

STEPS

Steps to Excellence for Personal Success

"All meaningful and lasting change starts first on the inside and then works its way out into reality." This is not a 5 day feel-good wonder; it is a profound process that produces genuine, internal and long-lasting personal change and growth.

Applications

STEPS has been implemented with success in a great variety of settings; it has been significantly effective in helping participants develop the motivation and self-belief to succeed in every area of their lives. It has also been used to help people successfully find jobs, and to enable those being made redundant to develop a new future for themselves. In education and community regeneration projects, the program has fostered grass roots change initiatives along with a renewed sense of possibility and community.

We at the Pacific Institute realise there are no quick fixes for the difficult challenges of life, which are often aggravated by beliefs which have been entrenched in individuals, families and communities for years, sometimes for generations. Still, we believe we offer a significant part of the solution to dealing with these deep-rooted problems. For more than 30 years, we have worked with individuals and groups to increase self-esteem, self-reliance, and productivity. STEPS was developed specifically to aid with these issues, and has been particularly effective when woven together with other support initiatives in a wider strategy for individual and community development. The program is designed to give participants information, understanding and tools that are immediately applicable to the challenges they face, but which they can take beyond the workshops and use throughout the rest of their lives.

Duration - The Journey

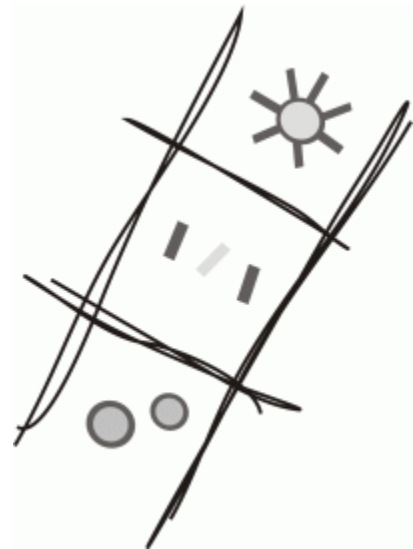
The S.T.E.P.S. journey is initiated over five days, an initial first phase of 3 days, followed by a 2nd and 3rd phase (one day each) about four weeks apart. The workshops are facilitated by experts who cater for a wide range of learning styles.

Workshops are followed by a period of self-study where participants are guided through a series of audio CD's.

Learner Outcomes

STEPS will help you:

- ⇒ develop an internal locus of control
- ⇒ increase size, scope and balance of your goals
- ⇒ maintain ongoing motivation
- ⇒ increase your self-esteem
- ⇒ deal with diversity in relationships
- ⇒ develop a "can do" attitude
- ⇒ enhance teamwork and co-responsibility
- ⇒ handle and thrive on change
- ⇒ live with less stress
- ⇒ develop an entrepreneurial mindset
- ⇒ increase accountability
- ⇒ live a happier, more purposeful life
- ⇒ think and act more efficiently
- ⇒ live a more fulfilling lifestyle



In hundreds of multi-cultural communities around the world, the principles of our STEPS program have played an instrumental role in helping tens of thousands of individuals to live with greater freedom and confidence. As part of a comprehensive implementation (with our programs developed specifically for educational institutions and businesses), STEPS will move your community towards a future of its own creation.

It is not because things are difficult that we do not dare, it is because we do not dare that they are difficult. - Seneca