

# The JMMB Joan Duncan Foundation

## Transformation Training Workshops - Making a Difference in People's Lives

The JMMB Joan Duncan Foundation is offering Transformation Training Workshops to all individuals and groups who receive contributions from the Foundation. These workshops are based on **concrete and practical results** and provide participants with **tools to live their lives in effective and extraordinary ways**.

### Objective

The overall objective of the workshop is to create **transformation conversations** that open up possibilities to a previously unimagined present and future. Participants can then **choose to create a new paradigm** from which to live their lives.

### About the Workshop

At the core of this **6-hour interactive workshop** is how to live a life in the **present**, based on a personal **vision** and without the past being a determining factor.

Participants embark on a journey of **self-discovery** allowing them a glimpse of the stories they have made up and accepted as the truth about themselves, and the ways in which these stories run their lives. These stories, or **paradigms**, can be described as the boundaries drawn in order to make sense of our lives. Paradigms are **paradoxical** in that they both play a critical role in **limiting us and equally provide the possibility**, through insight, for us to have a **Paradigm Shift**.

Participants identify the behaviours of the old Paradigm that allowed it to perpetuate itself and the behaviours and ways of being vital to live inside the new paradigm and **choose greatness**.

Ultimately, they become aware of what is possible for themselves and their lives. They can then tap into their **imagination** and choose to **create a vision that breaks through current reality** - create any life they want.

### Outcomes

Participants:

- Take control of their lives
- Take Responsibility, are accountable and genuinely participate in the democratic process
- Are Performance driven
- Have a new level of self-awareness
- Have Effective relationships
- Have the Ability to operate beyond conflict
- Recognize themselves as leaders and have the tools to build the capacity for transformation leadership