

# NEWB BUZZZ



Connecting U to Us...

Issue - 02  
September 2016

## Greetings from New Beginnings...

We are three months away from the end of the year!! If you have goals to achieve or targets to meet, before the end of the year, now is the time to review your priorities and focus on your action plans. If you use these next three months effectively, you will achieve more, avoid burn out and you will feel free and content when you finally take time off in December, to spend with the family! Work smart and give yourself permission to say 'No' when you need to.

## What's new at NewB:

Once again, **New Beginnings** leads the way in ground breaking training opportunities by bringing new Internationally recognised Training to Mauritius!

This time from California, USA. **Dr Ginger Lapid-Bodga** has been training the **Enneagram** for over 15 years and has written 6 Books on the Enneagram, including—**What type of Leader are You?**

Want to learn more about the **Enneagram**? Would you like to learn something completely new and different? Would you like to **discover** more about your **personality** and also learn about the **9 Leadership Styles** you could expand on? Contact us or visit our website , [www.newb.mu](http://www.newb.mu) for more information.

Ginger will be delivering two Training courses in **November 2016**:

1. **Coaching with the Enneagram**, targeted at Coaches and HR Officials.
2. **Leadership Excellence through the Enneagram**, targeted at Leaders, Business Executives, Managers and Entrepreneurs.

## In This Issue

- ♦ What's new at NewB.
- ♦ What's happening with Neuro-Semantics.
- ♦ MCF Mauritius
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- ♦ Future Trainings

### Coaching with the Enneagram

How Long: One Full Day  
When: Mon 7 Nov 2016  
Time: 08:30 till 17:30  
Venue: Maritim Hotel - Balaclava  
Cost: Rs 12,500

### Leadership Excellence through the Enneagram

How Long: Two Full Day  
When: Tues 8 Nov & Wed 09 Nov 2016  
Time: 08:30 till 17:30  
Venue: Maritim Hotel - Balaclava  
Cost: Rs 27,500

## What Lies Ahead:

Exciting things happened for New Beginnings since we last connected in June. We too, had to take time to review and rethink our way forward. Re-locating across the globe was more challenging than I anticipated. It took two months to set up my home and office. I am happy to report we are back to normal, fully operational and functioning extremely well with a three-dimensional office, spread across Fiji, Mauritius and Singapore.



In Fiji, I have settled in a beautiful home, my daughter Ivana is doing well at her new school and I am slowly starting to get to know the Fijian way of life. I have been very fortunate to have Simone, Haana and Jessen at my side and who have been a great sense of support for me during this transition.

We are very positive about the future and excited for what lies ahead. We have plans to continue training in Mauritius, and also to expand into Singapore, South Africa and eventually Fiji. So even though New Beginnings is not as active as we used to be in Mauritius, we will still continue our offices here and will continue to deliver Neuro-Semantics and all our other unique NewB products to selective clients in Mauritius. We have built very close relationships with some of our clients and we will keep working closely with them.

It is interesting how we have had to change our entire way of working and Virtual meetings has become the norm as we keep connected with each other and our clients. In some areas, my role has changed to a more consulting role, where I guide and mentor my client's teams to do many of the things I would normally be physically doing.

We have become more selective and chosen to only work with a handful of clients who we believe are mutually beneficial. This has been a great learning for us as we have had to learn to say 'no' to some opportunities which we might have considered in the past. The good news is that we are referring some of my clients to other Trainers and Meta-Coaches in the community for interventions we feel are not convenient for us.

## What's Happening with Neuro-Semantics:

I am also happy to share with you that we have an even closer relationship with ISNS (International Institute of Neuro-Semantics.) We meet regularly as a group of 12 International Neuro-Semantic Trainers from all over the world to continue develop this amazing product and brand.

Every country with 5 or more Trainers is supported by a Regional Institute. Mauritius currently falls under SAINS (the South African Institute of Neuro-Semantics) which in turn reports to ISNS. I was appointed on the Board of Governors for the SAINS in March 2015. This means I am able to raise the Mauritian flag higher and ensure that Meta-Coaches in this community are well represented at this level. In August 2015, I was also appointed to the Leadership team of ISNS. This is a great milestone for **New Beginnings** as we can contribute to the strategic role of this fantastic establishment.



## MCF Mauritius:

After completing the ACMC (Coaching Mastery of the Meta-Coaching system), graduates automatically become members of MCF (Meta-Coach Foundation). This foundation is a platform for the graduates and certified Meta-Coaches to continue practicing and improving their Coaching Skills. There is no fee to be an MCF member, you simply qualify by completing the ACMC certification.

In Mauritius we have a very active MCF Chapter run by a highly passionate and resourceful Leadership Team. I am honoured to present to you the MCF Mauritius Leadership Team.

### MCF Mauritius Team:



#### *Leadership Team:*

- ◇ **Simone Aveleira:** Regional Director—Mauritius & Events
- ◇ **Diane Venner:** Weekly & Monthly Practice
- ◇ **Joyce Clever Aglar:** Communications
- ◇ **Bruneau Woomed:** Membership
- ◇ **Jacques Requin:** Admin / Governance / Finance

#### *Assist Team:*

- ◇ **Waiman Ip Min Wan:** Weekly & Monthly Practice
- ◇ **Atish Bagolah:** Events
- ◇ **Reena Ramdawon:** Assist Admin / Governance/ Finance



I am impressed with the progress and energy which has been shown by the Mauritian MCF Leadership team. They have been meeting regularly and working behind the scenes, sharing ideas and making plans to keep the MCF community active. You will soon be hearing more about all the things they are planning. I am so proud of each and every one of them and especially of Simone Aveleira for leading out in her role as Regional Director and doing it so well!

I am equally impressed with the MCF Members for the consistent high turn out of the Monthly Practice sessions. We have held 15 meetings since we started the MCF and every single one has been well attended.

### Snapshot of the MCF Meeting on 11 June 2016



## Celebrating our Community:

We will soon have two more Neuro-Semantic Trainers in our community. I would like to take this opportunity to wish Waiman Ip Min Wan and Bruneau Woomed the best, as they represent Mauritius at the next NSTT in Hong Kong, later this month. They will return as certified NS Trainers and this will add to our growth and success as the Mauritian Community.



I am so excited about the future and will continue to connect with you to keep you informed on our future Training.

We are planning to deliver **Meta-NLP Practitioner certification** with Dirk Nieuwoudt from South Africa, in **April 2017**. Stay connected for more details...



“Blessed are those who have people in their lives who are both Mirrors and Shadows. Mirrors because they don’t lie and shadows because they never leave”...

***Forever Learning Growing & Sharing...***

*Sandra*

## Coach's Corner

### COACHING with the ENNEAGRAM

*By Ginger Lapid-Bogda, PhD & Diann le Roux.*

Join Ginger and Diann to discover the Enneagram for Coaches. The Enneagram provides a key to unlock the Coaching box. During this one full day program, learn on the following;

- \* How to use the Enneagram to explore the world of your clients.
- \* About the Architecture of the Human Personality.
- \* The Strengths of the Enneagram Coaches.

This workshop will enable you to;

- ◇ Discover your client’s latent talents and abilities.
- ◇ Identify unconscious and automatic thinking and feeling patterns that trigger reactions and drive our life.
- ◇ Help your clients improve their personal, family and professional life and become happier and more effective.

#### Coaching with the Enneagram

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Cost: Rs 12,500

**IOCA Members get 15% Off.**

**Refer a friend and get  
additional 5% Off**



# Enneagram in Mauritius

## LEADERSHIP EXCELLENCE through the ENNEAGRAM

A leadership program with *Ginger Lapid-Bogda, PhD & Diann le Roux.*

In this challenging, engaging, and sophisticated leadership program, you'll be exploring the multiple realms of leadership excellence, starting with your leadership style and its unique strengths and predictable development areas.

From this foundation, you'll be able to do the following:

- ✓ Identify your Enneagram type and its corresponding leadership style.
- ✓ Honor, grow, and leverage your natural leadership style.
- ✓ Choose specific leadership development activities customized especially for you.
- ✓ Enhance your ability to communicate effectively with everyone at work.
- ✓ Make excellent decisions better and faster and with more clarity and certainty.
- ✓ Create an easy-to-use, dynamic leadership development plan.



### The 9 Enneagram Leadership Styles

Ones	Set clear goals and inspire others to achieve the highest quality, often leading from their high example of excellence.
Twos	Assess the strengths and development areas of those who work for them, then facilitate people toward the achievement of organizational goals.
Threes	Create environments that achieve results and success because people understand the organization's goals and structure for achieving them.
Fours	Create organizations that give people meaning and purpose so they are aligned with the organization and are inspired to do excellent work.
Fives	Develop organizations through thoughtful research, deliberation, and planning, so that systems fit together and people are working on a common mission.
Sixes	Solve organizational problems by developing a creative problem-solving environment in which each person feels that he or she is part of the solution.
Sevens	Get people excited and create innovative ventures so that organizations can take advantage of new and important business opportunities.
Eights	Move organizations forward by leading decisively, getting capable and reliable people in the right jobs, and empowering competent people to take action.
Nines	Help achieve the common mission by creating and guiding clearly structured and harmonious work environments.



**Ginger Lapid-Bogda, PhD**, is an internationally recognized Enneagram author—including **What type of Leader are You?** - teacher, speaker, OD consultant and coach who helps organizations, leaders, teams, and individuals use the Enneagram to enhance their personal and professional lives.



**Diann le Roux**, is a registered psychologist and professional executive coach, with over 25 years of experience in various learning, therapeutic and organizational fields, and has worked with individuals and groups in a range of organizations. Diann has trained with a variety of internationally known Enneagram teachers; she teaches the Enneagram throughout South Africa.

**Leadership Excellence through the Enneagram**  
**8 & 9 Nov 2016**

# NewB Top Products 2017

## 1. Personal Power Coaching

Personal 'one on one' Executive Coaching Packages.

What is your Personal or Professional Goals for 2017?

This package includes 5 or 10 private Coaching sessions with a specific personalised methodology to ensure you reach your full potential and achieve your goals. This may be to perform more effectively, start something new, improve leadership skills, further your career or even just start a healthier lifestyle. You will receive a Personal Workbook, Personal Development Plan and a Free Enneagram Assessment.

**Investment** for 5 sessions: Rs 28,000

**Investment** for 10 sessions: Rs 60,000

**Target:** Managers, Executives, Self Employed.

## 2. Coaching Techniques for Leaders

2 Full Days - A Leadership Program that covers the basics of NLP and clearly explains the differences between Coaching, Mentoring, Consulting, Training and Counselling. This is an Introduction to Coaching Essentials and provides Coaching Techniques and Tools, and teaches how to hold Meaningful Conversations. It includes Practical Exercises and Role Plays.

**Investment:** Rs 25,000 per delegate

**Target:** Managers, Leaders, Executives, HR Officers

## 3. Unleashing Leadership Potential

A 6-month program that ensures the entire Management team aligns their daily objectives with the Company's Goals, Vision, Mission and Values. This program introduces the world of coaching through NLP and the 7 core coaching skills to create a culture of leading with a coaching mind-set and leadership life-style. Creating employee engagement through Self-Actualisation and enhancing Team Leadership. Through Structured Thinking Strategies, each manager creates their own Leadership Matrix, Power Zone and Circle of Excellence. A Coaching Case Study is done throughout the program to put learnings into practice and experience Leading with a Coaching mind-set. Feedback is given on Coaching Case study Report.

**Investment:** Rs 45,000 per delegate

**Target:** Management/ Leadership Team, Entire Department

## 4. Building our Future Together

2 Full Days Program that covers Corporate Culture and Team Building. Aligns the company's Vision, Mission & Values. Re-defines the strategic goals and action plans. Rediscovered the passion in the employees and inspires them to perform at their BEST!

Includes: Role Plays, Skits, Practical Exercises, A Picture Frame of your hand prints committing to Action Plans.

**Investment:** Rs 35,000 per delegate.

**Target:** General Employees

## 5. Creating our Dream Team

2 Full Days of Strategic Team Development and Team Coaching. This is the perfect program to re-energise working teams. It includes a 12 step process and a 'Truth and Transparency' personal feedback session where all team members participate in a 'Circle of Truth'. Each team member gives and receives open and honest feedback and commits to actions they will do to improve Team Performance based on the feedback they received. The Team leaves with an Action Plan to ensure they move forward as a High Performing Team. \*Optional Belbin Assessments.

**Investment:** Rs 22,500 per delegate

**Target:** Managers, Leaders, Executives, Teams

## 6. Enhancing Team Effectiveness

3 Full days Team building workshop that aims to increase the effectiveness of the overall dynamics of a team. It includes identification and alignment of the team objectives, NLP communication model, the VAK representational system, Framing, Looping and the 4 MAT model.

**Investment:** Rs 40,000 per delegate

**Target:** Entrepreneurs, Business Leaders, Managers who wants to improve their team performance.

## 7. The Ripple Effect

1 Full Day – A Team building program that motivates people and develops People Skills. Promotes Self-Awareness and Self- Development. Improves Communication Skills. Help employees to connect better with people and build great people relationships. Explains Energy transfer and how positive and negative energy affects people around you. Includes: Practical exercises with Tibetan bowls, Divining rods and 'Wheel of Life'.

**Investment:** Rs 8,000 per delegate.

**Target:** General Employees

## 8. Neuro-Semantics Training

Certified Meta-Coach Training:

Coaching Essentials – 4 Full Days at Rs 38,500

Coaching Genius – 3 Full Days at Rs 38,000

Coaching Mastery – 8 Days Boot Camp at Rs 145,000

Other Neuro-Semantics Training

Advanced Communication Skills – 3 Full Days

Self-Leadership – 3 Full Days

Implementing Successful Change – 2 Full Days

Meta-NLP Practitioner Certification – 8 Full Days

Please contact New Beginnings for more details.

**Target:** CEOs, Entrepreneurs, Managers, Sales Managers, HR Practitioners, New Coaches, Experienced Coaches, NLP Practitioners, Teachers, Facilitators, Trainers, Sport Coaches, Individual committed to Personal Development.

# Future Trainings

## Meta-NLP Practitioner Certification

*with Sandra Viljoen & Dirk Niuwoudt*

**PART 1: 19 – 22 April 2017 from 08:30 to 17:30**

**PART 2: 26 – 29 April 2017 from 08:30 to 17:30**



THE INTERNATIONAL  
META-COACH™ TRAINING SYSTEM  
*Coaching at a higher level for success and transformation*



**Neuro-Semantics**  
International Society of Neuro-Semantics  
Actualizing Excellence

**Target: Leaders, Managers, Inspiring Coaches, Teachers, Facilitators, Trainers, HR Practitioners, Individuals committed to Personal Development**

### NewB International Partners



[www.thecoachingroom.com.au](http://www.thecoachingroom.com.au)

Visit their Website for amazing training on Executive Coaching, Self Development, Leadership development and much more. Highly recommend "The Coaching Room" for high quality training and unique deliver from top class trainers.



**MINDLIB**

[www.mindlib.co.za](http://www.mindlib.co.za)

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