



# SelfMastery

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Coaching human potential

When you are serious about change.....

# The Self Mastery workshop explained

The Self Mastery workshop has all the elements, experiences and learning aimed at individuals committed to bettering themselves in various aspects of their lives.

We know that every human being has potential far beyond what they've ever thought, but we need the tools to put this knowledge to use. This workshop is a profound journey of discovery and allows participants to explore who they are and how they can manifest a meaningful life. It is a tool for making all relationships work, and a technique for breaking through to new levels of intimacy, effectiveness and self-expression. Here, you express yourself as an individual and discover your passion in life.

Each person is truly unique! From our past experiences, culture, education and upbringing, we learn and develop patterns of behaviour, practices and approaches that make up our personality. Hence, we develop an outlook into ways of being and acting, "our style" – who we consider ourselves to be – and ultimately what we

"We don't teach the caterpillars how to fly, we open the space for them to see the possibility"

consider reality to be. We forget it is us who construct our perceptions and realities. The recognition of this allows for a refreshing freedom. People, situations, and our approach to life can alter dramatically – if we choose.

The Self Mastery workshop is a 6-day retreat-style workshop specifically designed to challenge the traditional ways of thinking, behaviour and reactions that no longer serve us. It facilitates fundamental shifts of attitude and perception, aiming to leave the individual creatively capable, fully satisfied and highly inspired to embrace a "bigger picture" of him or herself. The results are personal transformation.



“The true journey of discovery does not consist of searching for new landscapes but in having new eyes”

- ▶ This transformation results in committed human beings, who are solution oriented, not problem fixated.
- ▶ People become passionate about themselves, what they do or want to do.
- ▶ Responsibility and accountability become personal priorities.
- ▶ Individuals become globally aware, thus positively contributing to life, and supporting their peers, families and colleagues.
- ▶ Effective communications and mindful listening for value in what others say.
- ▶ Know himself or herself as someone who makes a profound difference.
- ▶ Experience appreciation for their parents, siblings, partners as well as other human beings.
- ▶ Powerfully and courageously face the risks and challenges of life.
- ▶ Build Self Esteem and Self Worth.
- ▶ Learning new “Language” and communication skills.  
Learning new Life Tools to integrate on a personal level.

The Magic of the Self Mastery workshop is in its design. Each individual is able to apply it to whatever is meaningful to him or her. The results they achieve and leave with are tailored to their own unique commitments and interests.

Situations that may have been challenging or difficult become fluid and open to change. We find ourselves no longer limited by a finite set of options, and able to achieve what we want with new ease and enjoyment. There is a freedom and ability to take action that was unavailable before - even familiar actions produce a whole new level of effectiveness. We are left, possibly for the first time, with a choice about who we are and who we can be.

# Why coaching human potential is good for business

In the turbulent global economic environment in which organisations' operate, change has become a permanent feature of the business landscape. There is relentless pressure to ensure that companies and individuals remain competitive. It has become imperative to seek learning that will give people of all ages an energised and competitive edge.

If you are energised, you will have a zest for life, allowing you to be more creative and cope better with mental and physical challenges. It makes for a happier and healthier environment, and creates that positive magnetic presence that draws people to want to be in your space.

The Impoverishment and the lack of "soul nourishment" experienced in our environments can directly impact on traditional organisational concerns of performance, productivity, creativity, innovation and competitive advantage. In many ways, being balanced and connected is a core business process. Coaching the human being makes good business sense because it is about supporting people to be at their best in living, learning and working.

Tragically, with the hustle and bustle and fight for survival in general life, many people have lost the connection with themselves and other

“If you want to feel secure, do what you already know how to do. But if you want to grow... go to the cutting edge of competence, which means a temporary loss of security.”

*-Anonymous-*

souls.  
We  
have  
lost

connection with what matters deeply to us, and without realising, it compromises the quality of our existence. This reflects in our way of behaving and being, which is the basis of the quality of our existence.

The notion of "the soul" might seem unrelated or at odds with the often, harsh reality of organisational life and learning. It can seem like an esoteric concept, a bit "touchy feely", associated with religion, and philosophical discussions. Negative, uninspired and numbed people, can have a major bearing on enduring personal and organisational concerns of performance, creativity, and productivity.

When people are at their best, organisations benefit from their enhanced performance, productivity and creativity.



# Self Mastery workshop outcomes

## ✓ In their personal and professional life, participants will develop:

- New levels of confidence to explore possibilities, take bold action, and embrace 'new' challenges and opportunities.
- Greater emotional insight and resilience.
- Self-correction.
- An ability to communicate more effectively with others – and to bring out their humanity and commitment.
- An expanded capacity for observation and reflection leading to insight.
- Greater satisfaction and understanding with their achievements as a leader.

## ✓ In working with and leading others they will expand their capacity to:

- Build new levels of trust in relationships with peers, employees, colleagues and partners.
- Elicit powerful commitments from others.
- Generate long-term vision.
- Coach others to achieve remarkable results.
- Participate effectively in the different kinds of conversations that shape our lives.
- Awaken greater responsibility in others.

## ✓ In contributing to the team, they will:

- Inspire a new spirit of dialogue and collaboration across the traditional boundaries of the team.
- Be self-generating.
- Design and implement new work practices that contribute to creating a workplace of choice.
- Set new standards of accountability and responsibility in the management practices of the team; and give practical meaning to the creation of a coaching and learning culture in the team.

# What others have to say

Dear Rudi, Rene & Toltec Team,

I'm not sure where to start thanking you. What an extraordinary week I experienced at your workshop. The way you manage to create a totally safe environment, smother each participant in unconditional love, and ensure absolute respect for each of us was amazing. I know from the other participants that we felt as if you and your remarkable team solely had our own interests at heart. In such an environment, no wonder magic flourishes. Sharing with such a diverse group of people really highlighted how each of us could use our strengths, vulnerabilities and experience to help, teach, and encourage each other. You do important and life changing work up there in the mountains. I feel energised, cleansed, free, and at ease with others and myself as a result. The last time I felt like that – well you know it was 47 years ago. Oh! and I haven't laughed as much for years – and I mean really laugh until I could hardly breathe. Thank you.

I would recommend this to anyone – like planting a tree, if not thirty years ago, then go now.

James Hill - August 2014 (UK)  
<http://www.alanbrookes.co.uk>

In 2010 our son was enrolled in Rudi Viljoen's Warriors gap year program "For the adventure of being alive". We were very pleased with the skills he learned, the team spirit he experienced, how his personality developed and the many ways he was challenged to leave his comfort zone and enter the courage zone. In 2011 we took some 40 of our senior managers to South Africa for amongst other objectives an immersion in some of the techniques Rudi uses. With a strong emphasis on personal and corporate values, almost all ended up going through the fire for Amicorp. Since that time we have sent nine groups of twenty people for a full week of Toltec training, and we have been amazed with the results, and how long they actually stick. We have seen a lot of our people make remarkable progress in their personal development as well as their lives. By confronting who they actually are, people become much more aware of their unused potential and unlimited possibilities in work and life. We have seen several people taking on much greater responsibilities and overcoming major challenges. We have also seen a few people leave, as they decided that what our company was looking for was not what they wanted in life. Although at first that may seem like a loss, I think it improves the overall team and makes the leavers happier as well. We have much better teamwork and less internal strife. In a modern company all employees must contribute to the maximum of their potential, there is no space for slackers, or negative minds, Rudi helps people to discover for themselves where that potential is, and to courageously take on new projects. We have many people who have learned for the first time to appreciate their colleagues as they are, irrespective of qualifications, title, race or position, which has a positive impact on our corporate culture. Rudi has a very intense personal style that never fails to reach its objectives. The 'approval' rates by the participants in 'Toltec' have consistently been very high, and the various 'alumni' groups, continue to work and stick together. Spending a week without cell phone, heating, alcohol and cigarettes as well as being involved in lots of physical exercise has a huge positive impact on our employee's lives and morale.

I can fully recommend Rudi and his dedicated team for coaching on the key questions in any person's life as well as strengthening personal and corporate values. We will continue to send people to Magoebaskloof.

Toine Knipping CEO Amicorp Group  
<http://www.amicorp.com>  
*Toine's Book*



“We do not see things as they are, we see things as we are”

This workshop changed my life! I discovered a great power within and a sense of purity. It has made me stronger mentally and emotionally, affecting my daily life in a way no words can describe. I learnt that life isn't about discovering myself, life is about creating myself!

Renske Hagg, Marketing Warriors Skills (South Africa)

I have been on so many adventures but the one I think back to every day is the Toltec Workshop. It has created a more positive way to live my day-to-day life, and I cannot recommend it enough to others.

Harry Hill, Warrior 2008 (England)

Dear Rudi, "Through this workshop the powerful girl within me is finally released! I have shaken off my limiting beliefs and I am ready to face the world with confidence and a grateful heart. Thanks for the tranquility of the place, challenging activities, life lessons, eating lifestyle, mingling with awesome fellow South Africans and friends from countries beyond our shores. Warrior's team, you rock!

Marie-Louise Dambysa – Open Toltec August 2014 (Tzaneen South Africa)

Dear Rudi and Toltec Team, I had the privilege of doing my workshop just over 10 years ago. Ever since I have made sure my whole family, colleagues, employees, partner, and closest friends have all done the Toltec workshop. I wanted all these people to also have this amazing gift of breaking those limiting beliefs we hold about ourselves and to find our purpose in life. The results I have experienced and seen in others have filtered into all aspects of my life. On behalf of all of us, THANK YOU!

Rowena Viljoen, Team Player (Tzaneen, South Africa)

Dear Rudi, I am the special girl from the workshop. I wanted to thank you for the most valuable workshop I have ever attended. I really learnt so much in 7 days that it is unbelievable. I am truly keeping up my workshop commitment of making my friends, colleagues, and family feel that they are special in their own ways. Would love to keep in touch with you. Take care and send my love and regards to the whole team.

Major Sonam Bakshi, Manager-Human Resources (India)

Dear Rudi, I just returned to my duties and I would like to thank you one more time for your workshop. Being on this side of the world I am realizing how important and special that week was. I have the determination to include into my life all that I learned from my own experience and from my colleague's experiences. Please extend my gratitude to your special team! Best Regards / Saludos Cordiales

Eveliny Arnal-Forde, Senior Account Manager (Barbados)

To me, the workshop was the most important process of the whole Warriors experience. It guided me in the direction of who I want to be and allowed me to release my past pain and look forward to a bright future.

Ernest Brandmuller, Warrior 2013 (Middleburg, SA)

This workshop gave me the courage to express who I truly am. I came to terms with this person and accepted myself. Because of this, I am now free. During Toltec I had the opportunity to deal with many of my life's issues, this meant the world to me. I can finally express myself, just love others, and value everything around me. It's not about faking it and just going with what society says to fit into this world anymore. I can now be me openly. And I finally love me.

Benjamin Erasmus, Warrior 2009 (Polokwane, SA)

“What kind of results do you want to create in your life?”



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