



ASIA **WORKS**



# The Advanced Course



**The Next Step  
in Personal  
Breakthrough**

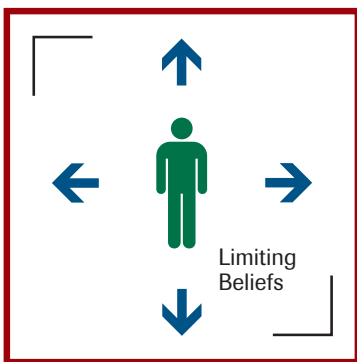




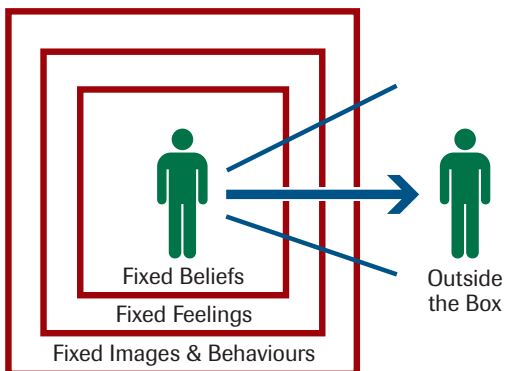
# The Advanced Course

The AsiaWorks Advanced Course is an intense and challenging experience for healthy men and women committed to breaking through to a new level of success and fulfillment.

## The Basic Training: Awareness of the Box



## The Advanced Course: Break Through the Box



## Beyond the Basic

While the emphasis in the AsiaWorks Basic Training is on self-discovery and awareness, the Advanced Course is an interpersonal experience where you can be challenged to stretch yourself beyond what you believe are your current limits. As you succeed, with the support of facilitators and other participants, you will discover that you are capable of more than you imagined possible.

An underlying premise of the Advanced Course is that you are most effective when you choose to be fully responsible for your actions and experiences. The Advanced Course is grounded in the principle that your experience of life is truly your own creation and that you have the power to respond effectively to all its circumstances. The result can be a lasting sense of certainty and self-confidence which spills over into every area of your life.

## Freedom of Full Self-Expression

In the Advanced Course, you engage 100 percent—intellectually, emotionally, physically and intuitively. At times, you may experience thoughts, feelings or sensations that you have not thoroughly experienced before. Most participants find this a fascinating and highly challenging experience.

The Advanced Course also provides opportunities for letting go of the past. In releasing old feelings of anger, sadness, disappointment or guilt, you can see the past more clearly, and recognise the decisions you made that block the way to ongoing success and fulfillment. In this process, the barriers to experiencing joy and aliveness dissolve. You are more free to live fully in the present.

The Advanced Course is your opportunity to confront your life head-on. Your participation is your choice. The Advanced Course demands five full days of 100 percent participation. Within these five days, there is time for you to reaffirm your path in life, and time to establish trust in your ability to accomplish unrealised dreams and invent new ones.

## If not now, when?

The time to build on the foundation you created in the Basic Training is now. You have opened up new possibilities, looked at the power of intention and choice. If you are ready to take the next step, the Advanced Course is here for you. It is hard work—and extremely rewarding. It is a powerful opportunity for you to reconnect with your authentic self and your passion for living every moment of life to the fullest.

## Structure and Processes

During the Advanced Course, you will participate in a variety of learning processes that build upon your experiences in the Basic Training. There are fewer lectures, more individual participation, fewer participants, and more direct interaction between the trainer and participants, and among the participants themselves.

Familiarise yourself with the kinds of learning processes that make up the Advanced Course by reading the descriptions below. The exercises are similar, although sometimes more rigorous and may evoke a more emotional response than the learning processes you experienced in the AsiaWorks Basic Training.

### Ground Rules

Ground Rules are designed to assist everyone in working cooperatively within a consistent format. During the first session of the training, the trainer will review the Ground Rules and ask that you agree to follow them as a condition of continuing in the training.

### Buddies

In the Advanced Course, you will work closely with one or more “buddies” during many of the learning processes. Buddies provide you with an opportunity to demonstrate responsibility, commitment, authenticity and contribution to others.

### Small Group Exercises

Over the course of the training, you will meet a number of times with a small group to discuss what you are learning and to share your experiences. You will also participate together as a group in certain training exercises. A volunteer staff member will act as your small group leader.

### Dyads

During the Advanced Course you will participate in several one-on-one interactions with your buddy or other participants, which we call dyads. You may be asked to answer a series of questions, complete statements, describe something that happened to you, or assume a particular body posture. Dyads provide opportunities to look honestly at specific personal issues, and to support your partner in the process.

### Mingles

In a mingle, you will move about the training room, having brief interactions with many different people. As in dyads, your communication with other people during mingles is structured.

### Role-Playing

As part of the training, you will participate in a number of different games and an individual or group skit or performance. These activities are designed to allow you to discover and explore ways of being that are powerful and effective which you may not be fully expressing in your daily life.

### Closed-Eye Processes

During closed-eye processes, you will be guided by your trainer in visualising situations from the past, and in creating a positive vision for your future. To facilitate relaxation and promote creativity, background music may be played and the lights may be lowered during these exercises.

### Sharing

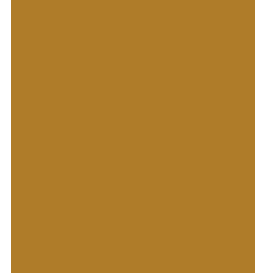
At many points throughout the training, you will be asked to share about yourself and what you are learning with other participants, and to listen to the experiences of others. This sharing may take place one-on-one, in small groups, or in front of all the training participants.

### Interactions With Others

The Advanced Course is an interpersonal experience where you will interact directly with other students in the room. The trainer is present to support you in defining your commitment and to give you honest feedback as to whether or not you are on track with this commitment throughout the process. Interactions with others allow you to examine your attitudes, assumptions and behaviours, and you may feel challenged or uncomfortable in dealing with the unfamiliar.

### Homework and Assignments

You will be given homework and/or assignments to complete outside the training room. These are designed to assist you to reflect on your experience and bring greater clarity to what you are learning.



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## Enrolment Requirements

Completion of the AsiaWorks Basic Training is a pre-requisite for the Advanced Course. A series of individual forms are required to activate your enrolment. Please read, complete and submit all required enrolment registration materials within two days after enrolling in the course and prior to the start of the course. AsiaWorks reserves the right to refuse enrolment in the Advanced Course to anyone who, in our best judgment, will not benefit from the experience of the training at this time.

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