

## Report

### Workshop “Successful Living – Manifestation”

10<sup>th</sup> of April 2010, Cyprus Youth Board, Larnaca Department.

The 3<sup>rd</sup> workshop from the series “Successful Living” has been completed with great success. During the workshop participants were able to learn how they can set goals, and manifesting them, by taking into consideration all parts of their life. This workshop series has been created by Elena Hadjigeorgiou, to help, guide and support participants to create a happier, more successful life.

The comments from the participants, from the questionnaires they have completed, show how much this 2 hour workshop has benefited them.

«This workshop helped me relax. I have more self-confidence. I like the practical part. It was wonderful!!! I was not expecting this workshop to be so good, so effective!»

“I leave having a more positive way of thinking. I was able to release the part of the past, and the present which were bothering me. I loved the way of teaching and presenting. We need more time.”

“It helped me feel more stable, and secure for my goals and decisions. I feel now that I can achieve my goals, day by day with confidence. I love the way I feel now. Now nothing and nobody can interfere with how I feel. Thank you.”

“I feel relaxed, whereas in the beginning I came in feeling tensed and stressed. I really liked everything. Congratulations, it was great. I would love to participate more often.”

“This workshop helped me a lot, even though I believed that I do not have any issues concerning my goals. I finally realized that I do have a lot of work to do. The exercise in finding balance in every aspect of my life helped me a lot. I know now what I need to do, and what I do not need in my life. I know what I can achieve. I love the calmness I feel inside.”

“The way we have assessed ourselves helped me a lot. My mood has changed, and I feel very happy. I loved the exercise in discovering more about my true self. Everything was perfect.”

“I now know, what I really want, and I can set more clear goals. I feel so empowered, and confident. I love the positive atmosphere. We all had a common goal, our self-development. This workshop is a must, if we want to have a better quality of life.”

It is a great benefit for our society, that Cyprus Youth Board, with the initiative of Larnaca department, is organizing workshops that are of great benefit to every participant, providing new, advanced and effective tools, for a better quality of life.