

# *I-nfinite Potential*

## **How to be an adult in the workplace Workshop**

Louise van Niekerk Counselling

### **"What contributes to staff Engagement, Happiness and Productivity?"**

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**"1 Minute Wisdom: Did you know...The RIGHT MINDSET can make  
your staff up to 7 TIMES more valuable in the workplace?"**

#### *OUR LATEST TALKS & Team Buildings:*

There are 4 specific areas that teams, managers & leaders must master to optimise performance & results that actually have REAL impact. We assist people and teams to understand and use this vital information to achieve outstanding results...Rapidly.

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We have developed a Human Potential Optimisation System.

- Growth Optimizing Outlook
- High Efficiency Teamwork Development
- Infinite Leadership Effectiveness
- Positive Approach Training.

We regularly service cars, computers and other things...  
but it is even more important to regularly fine tune our own outlook; attitude,  
approaches, rationality and belief sets...for optimal potential.

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**So. Isn't it time your team have a fine tune... Improving Personal ,  
Team & Leadership Performance?**

Call or Email us for your latest workshop deal, to build more morale,  
motivation, meaning, engagement and productivity. Call 0820615514/033  
2666460

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**Louise van Niekerk** has been leading groups in transformation for the last 5 years. This includes groups at Akeso Psychiatric Clinic, Adult Child Anonymous Groups and Self Esteem Tools Groups. She has a private practice where she sees individuals or couples with a wide range of challenges.

Her specific areas of expertise including:

- Self esteem
- Adult Child syndrome
- Group Work
- Addiction and PTSD

She is currently completing her Diploma in Counselling from Blackford, UK, and a program on Practical Neuroscience by the Foundations of Wellbeing (Rich Hanson PhD)

She prefers an elective approach in counselling and coaching, where she uses the modality most needed by the client and the presenting problem:

- Client-centred Counselling
- Gestalt
- Maslov
- Transactional Analysis
- Psychoanalytic
- Cognitive-Behavioural
- Positive Neuropsychology
- The Comprehensive Resource Model (CRM - Lisa Schwartz)

She subscribes to the code of ethics as described by The British Council for Psychotherapy (BACP) and The Health Professionals Council of South Africa (HPCSA).

References:

“Louise runs circles around any counsellor or psychologist I have ever worked with. Her methods work rapidly and effectively.” – OH

“My life turned around completely when I started working with Louise. I am not scared and insecure anymore, but have learned how to be assertive and accomplish goals” – PD

“Since joining the self-esteem group all my relationships improved, work and personal. I am much happier and I think easier to be with.” – LT

*I did not realise how many coping tools I was missing until I started working with Louise. I always had a good external self-esteem, but experienced burnout as I always had to do more to prove my self-worth. Now I have real self-esteem, and it feels great.” - ML*

*“My three sessions with Louise helped me in a few different ways... Firstly, she guided me gently towards recognising my progress. By asking pertinent questions she helped me to really see the changes that have happened and to give myself credit and celebrate them.*

*Lastly, Louise asked me to make a list of the coping tools I’ve learned. I recognised that I use most of these tools in my life. It also helped me to decide to be more aware of them and to immediately turn to them in difficult times.” - SK*

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**Thank you for your kindness and time.**

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## **Are you an Adult in the Workplace?**

*How to transform your work experience into a harmonious, fulfilling and growth orientated experience.*

### **DAY 1**

**Session 1:** Introduction: Describing the purpose of the day and outlining the structure as well as a short explanation of my methods, experience and training. Workshop notes will be handed out.

Completing a questionnaire - The questionnaire will enable me to assess whether individuals have a mature outlook on life as well as mature coping skills, or if they are stuck in ways which will contribute to a negative working environment. This questionnaire will also determine which individuals have low self-esteem. Negative self-esteem is an indicator of negative workplace experiences, and increasing an individual’s sense of self-worth will contribute to a more harmonious work environment, more initiative, better team work and increased productivity.

Tea break

**Session 2:** Discussion of Transactional Analysis by Eric Berne. This discussion will focus on identifying negative roles in the work place and how to be an empowered adult who makes a positive contribution to the team. This session focuses on improved communication skills and will include participation from the audience.

Lunch

**Session 3:** Discussion - Do you bring the four horsemen of the apocalypse into the workplace?

Criticism, Defensiveness, Contempt and Stonewalling are major contributors to negative relationships. As identifying these behaviours will have been accomplished by the questionnaire, we can now proceed to find ways of coping with these behaviours in others, as well as learn that we ourselves can employ more healthy communication skills.

As part of this session we will discuss how we can contribute to a better work environment by being aware of our body language.

Practical participation will be encouraged.

Tea

**Session 4:** Role-play exercise – Spot the four horsemen.  
The best team will get a fun prize!

Close the session with a questions and answers session.

## **DAY 2**

**Session 1:** Discussion on Passive Aggressiveness.

- What it looks and sounds like
- Healthy alternatives to using passive aggressiveness
- Assertiveness instead of passive aggressiveness

Tea

**Session 2:** Boundary setting problems – the fear conundrum.

- How to set healthy boundaries.
- What would appropriate boundaries in the workplace look like, and how not to burn your bridges with your consequence-setting.

Lunch

**Session 3:** Positive neuropsychology: How its application improves happiness and productivity in the workplace and in everyday life.

Tea

**Session 4:** Complete a questionnaire.

This questionnaire will focus on where problem areas for the participants exist now that awareness has been brought to the problem.

This will enable me to

- measure the success of the workshop
- assess the potential of further workshops
- identify individuals who may benefit from personalised sessions

End with a Questions and Answers Session.