



Living a Disciplined Life

Rights, decisions, control and an inspired knowledge of the self, the people around and life in general. Those made up the essence of the year's first in a series of GMP-organised workshops. Veteran Canadian speaker and trainer, Bob Urichuck, delivered his highly energised seminar entitled, '12 Disciplines for Living Your Dreams', to a full-house of varying professionals, candidates, GMP employees and contractors.

As they sat through the 3-hour talk, Bob ran his audience through each discipline with candour and humour, employing colourful anecdotes and sharing his own experiences to illustrate the practicality of his points.

The first step to change your mindset is to 'know your rights'.

He iterated and reiterated the importance of respecting holding oneself in the highest regard.

But a workshop meant that attendees had to be involved. Attendees let their imagination and enthusiasm flow freely, divulging dreams and aspirations as examples for application. Besides being merely moved and inspired, Bob urged everyone to bring back with them lessons they could apply for a lifetime.

Asserting the encapsulating point to his message, Bob stated, "What's the point in coming to a self-improvement seminar just to get high for a day? These are the tools, ideas and concepts you need to stop thinking and start doing!"



"Ask and you will receive."



Inspiring a personal conviction to change your life.



A seminar full of goals, dreams and aspirations.