

What could you achieve with a new outlook?

Increased confidence?

Better relationships?

Greater success?

Clearer thinking?

Better decisions?

A happy fulfilling life?

Better communication?

A more positive outlook?

Unleash your full potential

The Outlook Course is a powerful, highly-effective programme of specially selected topics and exercises designed to allow you to consider the way you operate in life from different perspectives.

The programme and delivery has been optimised over 30 years of trial, testing and refinement.

A unique opportunity to realise things about Yourself in a safe and supportive environment where you can have fun trying something different.

During the course, you will discover ways to become more effective and dynamic in all areas of your life, including those areas where you already feel satisfied.



Our team will enable you to achieve the benefits and results that you are looking for in life.

We are a not-for-profit charity that supports people to get the most from their lives.

*"It was an incredible journey.
Tony Wiseman, the trainer, is
one of the world's
unknown geniuses"*



The Outlook Organisation
www.anewoutlook.com

How it works

Outlook is a transformational and inspirational experience. The programme takes you through a series of talks, discussion, group activities and individual exercises, all of which are dynamic, powerful and fun.

Exercises: the programme is made up of tried and tested activities, all of which have proved to give experiences that stimulate personal realisations, insights and learning. They include group, pair and individual interactive exercises and games. The exercises drive the course and support you to learn new personal skills through experience; they also give you insight into your own character and life.

Talks: there are around 40 different subjects covered including identifying and overcoming obstacles, becoming your own coach not critic, recognising how to correct mistakes, and making the best use of support. These are simple ideas which are powerful in practice.

Discussions: you have the opportunity to talk and question what you experience during the talks and exercises. The interactive nature of the programme allows individual contribution and an opportunity to examine your own thoughts and preconceptions. You only need to talk if you wish and very often listening to others helps clarify things further.

Learning: you will be supported by our assistants and our experienced trainers to reflect and draw out your own insights and learning from your experiences, as well as learning from other participants.



“Professionalism, dedication and total support are characteristics that make the course so effective and successful”

“It is like getting a tool box or a set of tools to help you for the rest of your life”

“Those days on the course were amazing. They have given me a totally new outlook on life and it's a joy to share it”





Freedom

Happiness

Effectiveness

Confidence

Awareness

Openness

Passion

Creativity



Clarity

Insight

Develop

Relate



Connect

Enjoyment

Fun

Dynamic



Why do the Outlook Course?

Many of us feel that we are not always getting the most from life. Perhaps you feel you could just do with a boost or something to put the spark back?

Maybe there is a specific aspect of your life that you believe is not working as well as it could?

Perhaps you feel you are not reaching your full potential, are stuck in a rut or going round in circles?

Maybe you are running out of ideas or energy for dealing with the people in your life?

Outlook will offer you:

- Access to powerful insights and practical tools
- Dedicated time and space for you to reflect.
- A safe and supportive environment in which to process your thoughts and feelings.

Thursday (5pm – 10pm*)

- Introduction
- Context
- Comfort zones
- Trust
- Finding solutions
- Making breakthroughs in your life

Friday (11am – 8pm*)

- Finding your power
- Overcoming ineffective beliefs and behaviours
- Demands and expectations
- Understanding past influences

Saturday (11am – 9:30pm*)

- What motivates you
- Taking responsibility
- Taking action
- Overcoming fear
- Recognising support
- Creating fun

Sunday (11am – 8:30pm*)

- Your values
- What you want from life
- Make things happen
- Creating goals
- Achieving your goals
- Close and celebration

**course times are approximate*

The Outlook Organisation

Founded in England in 1989, Outlook is a not-for-profit charitable foundation, with wide experience of creating and delivering training programmes for individuals in different groups and settings, including courses for families, people with cancer, people in custody and businesses – in the UK, Turkey, Spain and Israel.

The organisation's courses were created to offer unique and highly-effective personal development programmes, designed to bring about positive change in people's lives.



Outlook trainers and volunteer course assistants provide a uniquely safe space for individuals to experience their true selves and discover their potential in life. Professionalism, dedication and total support are characteristics that make the course so effective and successful.

Our lead trainer Tony Wiseman, is internationally recognised as a powerful, intuitive and charismatic trainer. He has held over 1000 seminars and workshops worldwide and the organisation has supported over 10,000 people to empower their lives.

What have you got to lose?

Leaving Outlook with a new sense of freedom, inspiration and motivation has been truly life changing for so many people. The course is designed to benefit absolutely everyone.

We are so confident that you'll get value for money that we offer a money back guarantee (Terms & conditions apply)

Date: Thursday to Sunday
One evening then three full days

Usual Price: £395 Large discounts available for early booking and bursary applicants.

To book or find out more visit our website www.anewoutlook.com

"You have nothing to lose apart from - perhaps - some of those inhibiting beliefs and ways of being that can often lie between us and happiness"

"On Outlook I learnt how to be my best; in having fun, in my relationships, in my life!"

"It was the best investment I ever made"



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