

Personal Profile

Gwendolyn Needham is a Northland-based free-lance resource person, adding memorable value to every workshop, training, conference, community enterprise, and speaking engagement she undertakes. Her work is highly referenced and reviewed.

Her unique approach is collaborative, energetic, thought-provoking, life-enhancing, and original.

Her teaching evokes self-responsibility, respect, wholeness, inter-relatedness, freedom of choice, mind-power.

HIGHWISE is directed by Gwendolyn, author, educator, celebrant, counsellor, nurse, priest.

She has facilitated advanced seminars in leadership and personal development for over 15 years, both in NZ and overseas; also presenting keynote addresses at international conferences in the USA, England, Ireland - World Federation for Mental Health; Christian Association of Psychological Studies; Business and Professional Women; Nursing International; Service Clubs.

Her approach to leadership is informed by ongoing study plus hands-on experience in fields of Health, Theology, Education, Psychology, Philosophy and Organisational Development.

Gwendolyn is the author of -
High Roads

- Keys to Personal Power & Business Success

Lasting Relationships - In Life, Love, and Marriage



"If you want to fly high you need to get wise!"

"Don't go to your grave with your best song yet unsung"

"When the pupil is ready, the teacher appears"

"Be rich - invest in your human-ness"

"The truth will set you free - but first, it will put you through the wringer"

"The keys to human happiness and peace are not metal, but mental"

"There are no such things as problems - only decisions waiting to be taken"

For Retreat Registration:

Visit our website www.inspire4life.co.nz/leaders-retreat-register/

Or contact Gwendolyn direct

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HIGHWISE
Leadership & Life Development

HIGHWISE presents -

"Thriving on Success"

The 2-Day Growth Retreat
With Gwendolyn Needham



Is your lifestyle and work...?

*demanding... pressured... significant...
in the public eye?*

Are you already an achiever...?

*an entrepreneur, ambitious, a current
or potential leader, a high flyer?*

Do you want to...?

live your own best possible life?

Then

"Thriving on Success"

may be right for you.



"Being at the Top, or aspiring to be at the Top is exciting and rewarding. It can also be hazardous to your life."

The Top is a high-risk place to be - stress, responsibilities, competitiveness, isolation, the Tall Poppy Syndrome of others' jealousies, strained relationships, power games.

Those at the Top typically do not care properly for themselves. Burn-out is a disease of real achievers, not couch potatoes. The higher your position, the less likely you are to have an adequate and skilled support system. Right?

Does your support system (your partner, your doctor, your therapist) currently give you the relaxed talking time you really need?

As a high achiever, you are a role model, whether you like it or not. You are visible. You are being watched. Your successes and failures are in the public arena. And sadly, some will take pleasure in seeing you fail.

This Retreat will provide a creative space for YOU to focus only on YOU.

Forget the rest of the world for two days. Return refreshed in heart, mind, body and spirit - and much clearer on your own best future.

You will enjoy more resilience, self-determination, wisdom, and peace of mind. Better equipped to make long-term progress, you will thrive on the successes you choose - whether in business, personal, professional or organisational roles.

"Thriving on Success"

- The 2-Day Growth Retreat moves you beyond mere visionary dream-words. It helps you grapple with the practical pitfalls, realities, and potential of your own current life.

Ask yourself -

Am I singing my best song yet?

What stops me now?

Can I thrive more fully?

When? How?

**Don't miss out. It's your one life, day by day.
So make a decision for your real 'self'
- your life depends on YOU.**



What you will get at "Thriving on Success"

- The 2-Day Growth Retreat

- 18 hours facilitated learning/ reflection/ practical choices for actions.
- Key content:
Wholism. Spirit. Empowerment in action. Beliefs, attitude, mind-power. Blockages. Emotional intelligence. Beyond victimisation. Balance or crash. Mission. Image. Discipline. Philosophy of leader-styles. Use/misuse of power. The fear-to-freedom pathway. Build and communicate your best strengths with confidence, clarity, purpose, integrity, excellence, and success.
- Your copy of HIGH ROADS - Keys to Personal Power & Business Success (value \$30)
- Two lunches, one dinner, teas/coffees/refreshments, workbook, notes
- 90-minute follow-up one on one consultation within two weeks of the Retreat. Ongoing support available.

Evaluations and References

"Gwendolyn focuses clearly on the vital underlying causes of burn-out of those in demanding situations"

RB Elliott, MD FRACP, Prof. Auckland Medical School.

"I was amazed at how the HIGHWISE stress teaching spoke directly to me, at the human level. It saved my sanity and my job. I am now a better teacher, and person, everyday. Don't miss out."

School Principal, Northland.

"Gwendolyn teaches in an uncomplicated and inclusive way. Her seminar opened up new ways our committee will work together. I found solutions to what had previously seemed unsolvable."

President, NZ National Organisation.

"A clearly-presented insight into the value of the human person at work. These are processes that our Committee will build on."

Manukau City Management Team.

"Well-qualified, thoughtful, constructive, worthy of serious attention."

The Hon. Doug Graham, former MP, Remuera.

"This New Zealander entertained and challenged our Lions Convention to find, choose and focus on our success in the widest and deepest ways. Refreshing, no-hype, immediately useful. Highly recommended."

John Murina, Chattanooga, USA.

"The Growth Retreat was a model of grace, dignity, privilege..... the atmosphere of trust and acceptance sparked honest wake-up calls, and seriously selective future directions. It was a great space for me to stop running, look within, and take charge of myself. More please! I will devour HIGH ROADS....."