



Dr Gachie **Better Lifestyle Academy**

BOOST YOUR BUSINESS FOR HIGHER PROFITS

Enhancing Human Capital Development for Maximum Achievement

About **Better Lifestyle Academy**

Better Lifestyle Academy is founded on the premise of VALUE CREATION by seeking to conduct user-centred training and consultancy services. This business philosophy is achieved through modules and services that are flexible and customised to client needs, for human capital development (HCD) using the **FIVE** pieces to the Better Lifestyle Business Puzzle for Maximum Achievement, namely:

1. **Philosophy** of creating value for my clients that will lead to your customer satisfaction and profitability.
2. **Attitude** of analysing past, present and future business growth needs for sustainable HCD.
3. **Activities**-of delivering tangible services that will add value to organizational processes and procedures.
4. **Results**-of transforming the activities into increased output, productivity and performance for measurable progress in a reasonable amount of time.
5. **Business Lifestyle**- the final blending of the Business Philosophy, Business Attitude, Business Activities and Business Results to create the final Business quest - called **Business lifestyle**.

- Better Lifestyle Academy appreciates that the development of human capital performance in the workplace is critical to the business bottom line.
- Better Lifestyle Academy further positions that lifelong learning is the bloodline for maximum achievement, as HCD is either appreciating or depreciating in value. Great **LEADERS** in their field are **READERS**.
- Better life academy takes away the pressure from HCD that is required to continually keep abreast with trends and allows the HCD to focus on the business of creating value to the employer.
- Therefore Better Lifestyle Academy Training and Consultancy **GUARANTEES** delivery that has the potential to make a strong positive impact on the performance of individuals, teams and the business as a whole.
- The Better Lifestyle Business Puzzle For Maximum Achievement is intensely practical viewed as a critical "instructional manual" .based on the fundamentals that seeks to develop the **DISCIPLINE** necessary to join the **TOP 10%** of the people and companies in your field, in terms of increased productivity, performance, output, and measurable results, with positive effect on your overall organizational strategy and objectives.

Why Choose **Better Lifestyle Academy**?

Better Lifestyle Academy is diversified, ranging from comprehensive in-service training, in sales, marketing, end user computing, supply chain, project management and promotions services and consulting services.

The objective is to deliver a comprehensive approach to the five pieces of business puzzle for maximum achievement by becoming a part of my client's business and knowing as much about their operations and challenges as possible.

Better Lifestyle Academy wants to support my clients in meeting their business profitability and HCD needs and most importantly achieving sustainable competitive advantage.

The Better Lifestyle Academy value adding objective is achieved through customising and delivering each module in such a way that it offers specific (1) **Skills**; (2) **Knowledge** and (3) **Values** as a stand-alone.

VISION statement

Better Lifestyle Academy envision in CREATING VALUE FOR SUSTAINABLE HUMAN CAPITAL DEVELOPMENT FOR MAXIMUM ACHIEVEMENT

MISSION statement

Better Lifestyle Academy mission is to CREATE VALUE for business by designing and delivering high impact HCD programs and a wide range of consultancy services that produce outstanding performance and productivity.

Guiding **PHILOSOPHY**

Better Lifestyle Academy is committed to the FIVE PIECES OF THE BUSINESS PUZZLE for creating a strong and continuous improvement in HCD performance and productivity for maximum achievement.

Benefits of Better Lifestyle Academy to your organisation

The following are a number of expected benefits which will emerge from Better Lifestyle Academy Training and Consultancy programs.

Benefits to the Company:

- Creating value for organizations- tangible and non- tangible
- Increased productivity and profitability.
- Enhanced perspective of being viewed as a "consultants, helpers, counsellors and advisors to your customers, not as salespeople"
- Raised standards of performance.
- Expansion of the business.
- Increased cash turnover.
- Maximisation of resources/greater efficiency.
- Reduced waste.
- Reduction in complaints.
- Facilitate good recruitment and retention.
- Lowers staff turnover
- Aids succession planning.

Benefits to Staff:

- Differentiating between majors and minors
- Shared work load.
- Better team work.
- Reduced overload.
- Increased job satisfaction.
- Better morale.
- Increased productivity.
- Greater professional and personal development.

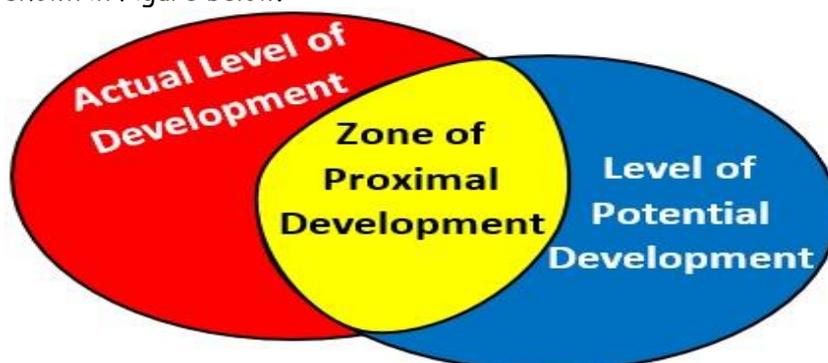
Benefits to Customer:

- Expanded "intimate" association
- Getting closer to the customer
- Clarity-they know what to expect
- Clearer brand association
- More efficient, reliable service.
- Less cause for complaint.

Mode of Delivery In site/In-House Training and Development

Better Lifestyle Academy has developed a range of modules that are customised to fit my client's needs for increased performance, profitability and efficiency. Using relevant, well selected Method, Media and Materials, the course facilitator, Dr Gachie will ensure that the client receive excellent resources, tasks, activities and support during the in site training and services anywhere in South Africa, in conjunction to the use of online learning technology.

Based on years of experience as an academic at a higher education of learning and a strong academic background, Dr Gachie personally delivers the courses as a facilitator of learning using the concept of called "Zone of Proximal Development" that zone which enhances the existing/prior knowledge with the potential (new emerging) through scaffolding the HCD as shown in Figure below.



Available seminar overview

The following are the flexible courses that Dr Gachie will personally deliver available for my client to select and customise for effective and efficient delivery. In general the courses/seminars are aimed at serving senior executives, management and individual professionals to enhance their skills, knowledge and value that is critical for improving organisational performance and productivity. Below is detailed course structures.

SEMINAR ONE: 1 Day MBA for increasing Sales and Marketing

Dr Wanjiru Gachie, has prepared an excellent a ONE day MBA for your sales and marketing employees. The ONE day MBA will make use of workbook, specifically designed at increasing sales, in the form of an interactive instruction manual that will take the participants through the process of applying the sales and marketing principles that will provide them with a distinct advantage over those who do not.

Benefit for your Sales and Marketing Employees will include:

- Improving strategies, practices and self-discipline that will support sales and marketing sustainability.
- Acquiring practical techniques to increase overall profitability.
- Integrating the skills of sequence and priority settings at work.
- Developing a sales and marketing philosophy that is integrated into the organizational strategy.
- Developing techniques for focusing and concentrating on high value activities that will translate to increased productivity, performance and output.
- Developing absolute clarity about organizational and personal development goals and strategies.
- Exploring effective time management that will result in refined sales processes by eliminating procrastination.
- Thinking big by identifying activities that the top 20% allows them to enjoy 80% of value creation.
- Acquiring principles of sales, principles of negotiating and principles of time management that can save months and even years of hard work and revenue.
- Simplifying life and work balance ...and much, much more.

The ONE day MBA has been prepared specifically for people working in the business world who want to maximize their potentials and get the greatest quality and quantity of business results in exchange for the hours, weeks, months and years of their precious lives that they invest in their careers.

SEMINAR TWO: Personal development and Empowerment

The Personal development and Empowerment course is designed for individuals and organizations that seeks to increase performance and productivity through empowering of employees to adopt the philosophy, principles and the accompanying powers of a Healthy Business Lifestyle for Maximum Achievement.

PERSONAL DEVELOPMENT AND EMPOWERMENT

- The power of planning
- The power of time management
- The power of habits
- The achievement habits
- The power of attitude
- The power of discipline
- The power of ambition
- Principles of lifelong learning
- The power of healthy lifestyle for productivity

SEMINAR THREE: Project Sustainability Management

This course provides coverage of an important aspect of the management of complex projects – sustainability of the project across its life cycle or sustainment. The three objectives of undertaking this module is to:

- Explore the environmental implications of managing resources and waste.
 - Develop methods for supporting the multiple needs of an organisation undertaking an operation remote from its normal source of support, as is often used in the military context.
 - Examine methods for supporting specific project outcome from first operational use until its disposal.
- **The Rationale:** Depending on the size/complexity of the project, resources involved and the relationship between the developers and the customer, the project life cycle continues through to disposal and/or abandonment. The principles, concepts and practices of sustainability as a major element of managing projects are examined, and the techniques for managing this critical will be examined.
 - **The Synopsis:** sustainability management approaches will be examined by concentrating on the project total life cycle support concept as a framework for detailed analysis and practice.
 - **The Objectives:** The course focuses on the development of essential skills in the managerial aspects of the sustainability processes required for the acquisition, operation and disposal of complex projects.

SEMINAR FOUR: Project Human Resource Communication and Integration Management

Examines the project human resource communication and integration management and is delivered as follows:

- **Part 1** will explore the project environment giving consideration to the definition of a project, the nature of project management, the organizational context of projects, the definition of project success, and the project life cycle.
- **Part 2** will consider the importance of stakeholder identification, analysis of their roles and impact and the need for a suitable stakeholder management strategy.
- **Part 3** will examine the organizational context in which projects are carried out, the alternative organizational structures that are available, and the need for a project team and allocation of project responsibilities.
- **Part 4** will consider the formation of the project team, the development of individual team members, the critical role of the project manager, the need for effective leadership and the ways to resolve conflict.
- **Part 5** will assess the legal environment in which projects are generally managed, considering the legal nature of the key stakeholders, their responsibilities to each other, agency, torts, fiduciary relationships, consumer protection legislation and intellectual property.
- **Part 6** will consider the need for effective communication with, and between, stakeholders, and the need for communications planning.
- **Part 7** will evaluate design and implementation of an effective project management information system (PMIS) strategy.
- **Part 8** will analyse the importance of project integration, the need for strategic planning and a detailed understanding of the project life cycle and then looks at the range of project integration methodologies that might apply to a wide range of project types, the role of the project manager in integration, and what constitute project success factors.
- **Part 9** will consider the details of project planning, the importance of a project charter, the project plan, and the development of the baseline plan.
- **Part 10** will evaluate the importance of project monitoring and control during the execution phase of the project to ensure that project deliverables and outcomes continue to match stakeholder expectations.
- **Part 11** will consider the need for independent and frequent review of the project by means of project evaluation during implementation, project audits, and reasons for considering project abandonment, and post-project reviews to confirm that success criteria have been met.

SEMINAR FIVE: Project Quality, Risk and Procurement Management

Examines the project quality environments, the risk environment within which projects exist, and how those risks can be identified and managed proactively, especially throughout the procurement processes which involve many stakeholders.

- **Part 1 - The project environment**- will explore what constitutes a 'project' and the characteristics that help to identify a project from routine on-going work.
- **Part 2 - Project quality context**-will evaluate quality in a project context., differentiate between quality planning, quality assurance and quality control, concepts such as 'total quality management' (TQM), Kaizen.
- **Part 3 - Quality planning and assurance** -will explore and discuss the tools and techniques available for preparation of a quality management and assurance plan.
- **Part 4 - Quality control**-will determine the necessary control steps to be taken to achieve quality conformance. Identify the appropriate monitoring and control procedures.
- **Part 5 - Project risk planning and identification**-will provide the participants with exploration of the total risk management process that should be used in a project, discuss in detail how to establish the context and risk identification process.
- **Part 6 - Project risk analysis and evaluation**-will define the process 'risk assessment', carry out a qualitative risk analysis, carry out a risk assessment on a project and utilize some quantitative risk analysis methods.
- **Part 7 - Project risk treatment and review**-will provide participants with exploration of the risk treatment process that should be used in a project, the ongoing management of risk during project implementation and termination, and to develop the material that should be covered regarding risk in a post-project review.

SEMINAR SIX: Project Scope, Time and Cost Management

Examines the project Scope, Time and Cost Management in the following parts/sections:

- **Part 1** will examine the role of projects in the context of the client group organization over a diverse range of industries, the contribution made by those projects to the organizational objectives and how organizations generally identify, analyse and select from competing project alternatives.
- **Part 2 to 4** will evaluate how project scope is managed so that all project processes and deliverables are identified, defined and completed, with no unnecessary work carried out.
- **Part 5** will take a close look at the financial aspects of project definition, and considers traditional and discounted cash flow analysis.
- **Part 6 to 7** will consider how project time is most effectively managed, examining how an appropriate time frame is established, and a schedule created for defining and monitoring project progress.
- **Part 8 to 10** will consider cost management of projects, and how an appropriate cost budget is established and then monitored through earned value analysis.
- **Part 11** will examine the closing of the scope, time and cost management by considering the steps necessary to bring projects to completion and capture the lessons learned for the benefit of the sponsoring organization and the project team.

PROJECT MANAGEMENT - MICROSOFT OFFICE PROJECT PROFESSIONAL

The modules will be delivered in conjunction to Microsoft office project professional for managing project quality, risk and procurement management, project scope, time and cost management.

SEMINAR SEVEN: Knowledge Management and Workplace Innovation

The Knowledge Management (KM) and innovation course takes the participants through the process of initiating, designing, implementing and evaluating an efficient method of collecting and using the informational assets and intellectual resources of the employees for maximum achievement.

Content and Benefits

- Appreciating the importance of KM and Innovation.
- Identifying the drivers of KM and Innovation as important competitive edge and a driver of efficiency and effectiveness.
- Developing and implementing or enhancing existing KM and innovation policy documents.
- Aligning KM and innovation to the overall organisational strategy.
- Development and management of that fosters KM and innovation.
- Aligning KM and innovation an overall organizational Strategy.
- Knowledge of organizational Models and application.
- Human Capital Management for KM.

Benefits to organization of Knowledge Management and Innovation	
<ul style="list-style-type: none"> • Ensures business sustainability • Acceleration of processes • Timesaving • Reduction of errors • Increased productivity • Reduce transaction costs • Re-use of internal knowledge • Reduce redundancies • Improving decision speed • Improving financial performance • long-term/short-term competitive advantage • Improved market value • Improved bargaining power against customers • Improved relations 	<ul style="list-style-type: none"> • Consistency across offices or practice areas • Improved project management • Business process improvement • Improved Quality control • Reduced frustration searching for documents • Client collaboration • Helps drive strategy • Cross-fertilizes ideas and increases opportunities for innovation • Enables organizations to stay ahead • Diffuses best practices. • Improves knowledge embedded • Organizational learning • Improved bargaining power against suppliers • Improving level of co-operation
<u>Benefits to customer</u>	<u>Benefits to Finance</u>
<ul style="list-style-type: none"> • Reduced time to react/respond • Increased quality of products & services • Better communication with customers • Increase in customer satisfaction • Better customer retention • Increased knowledge on customer 	<ul style="list-style-type: none"> • Better risk management, process improvement • Increased turnover, and market share • Optimized marketing efforts • Reduced administration costs • Benefits to Innovation and improved R&D • Application of new technologies • New products, services and business segments

SEMINAR EIGHT: Sustainable Development and (Corporate) Governance

This module explores the concept of sustainable development and the concept of (corporate) governance for maximum achievement, as well as the crucial link between sustainable development and governance. Sustainable development has emerged as the global norm and dominant approach to reconcile the goals of pillars of (i) economic development, (ii) environmental quality and (ii) social equity. Governance from this perspective can be understood as the rules, mechanisms, processes and institutions through which important decisions are made and implemented. The benefit and content will entail:

- Exploring the definition of sustainable development pillars and Governance, as well as the actors and actions involved.
- Assessing corporate social responsibility, triple bottom reporting for the benefit of organisation maximum achievement.
- Assessing sustainable and governance from different perspectives and levels, such as national, regional, international, rural livelihoods and sustainable urban livelihoods
- Assessing Sustainable Development: Principles in Practice, policies and policy integrations
- Identifying the Indicators of Sustainable Development and Governance
- Exploring Models institutional frameworks and theories for applying sustainable development and governance, in organizations for maximum achievement
- Exploring principles of good governance, using various codes such as the King Codes (III and IV)
- Assessing Governance for Sustainability: issues, challenges, successes, and identifying the challenges and success therein.
- Examining the relationship/link between sustainable development and Governance.
- Identifying the tensions between democracy and sustainability.
- Examination of international sustainable developing trends and in the African regions and application in South African organizations.

SEMINAR NINE: Systems Development Life Cycle or Software Development Life Cycle (Protocol for Heuristic Evaluation Models of Systems)

The module entails enhancing participants' knowledge and skills with regard to a pragmatic rationale for system evaluation. The module instrument and protocol are intended for use by instructional designers and other system design experts engaged in heuristic evaluations of e-business programs and supply chain systems. The systems development lifecycle (SDLC) is a type of methodology used to describe the process for building information systems, intended to develop information systems in a very deliberate, structured and methodical way, reiterating each stage of the life cycle.

Course contents:

- Explore the pragmatic rationale for evaluating interactive systems.
- Examine various types of evaluation models such as User-centred design (UCD), Waterfall Model, types of prototyping models and spiral model.
- The course is structured around the provision of information generating activities related to stages in the design and development of interactive products and solutions.
- Explore specific design activities to evaluation procedures and tools that will help the novice (as well as experienced) evaluator plan, conduct, and report better evaluations.
- Examine the SDLC stages such as Initiation/planning, Requirements gathering and analysis, design, implementation and evaluation.
- Human computer interaction- computer design principles

SEMINAR TEN: Supply Chain Management

The module entails enhancing participants' skills, knowledge and values with regard to supply chain management (SCM) for maximum achievement and evaluates the core fundamentals of Logistics within commerce for the growth and progression of corporations globally. From corporate giants to small businesses, product manufacturing industries operating within all verticals constantly strive to optimize logistics and operations techniques and practices for maximum achievement.

Benefits and Course Objective

- Increased appreciation of SCM fundamental role in South Africa and Global economy, while stimulating creative thinking on the topics of economic reasoning, business negotiation, and opportunities for growth for maximum achievement.
- Diverse opportunities for cost reduction through Supply Chain efficiency, and how optimization can improve revenue streams.
- Strive to evaluate current trends, growth opportunities, global patterns and niche markets, within the area of Logistics.

Issues to be addressed include:

- The role of SCM within organizations.
- Global competitive context
- Demand forecasting and inventory management
- Distribution and logistics management
- Strategic sourcing and supplier relationship management
- Knowledge and risk management in SCM
- Value chain and customer relationship management
- Ethics, social responsibility and sustainability

SEMINAR ELEVEN: integration and use of Learning Management Systems for Lifelong Learning

The module entails enhancing participants, knowledge, skills and values for the USE OF LEARNING MANAGEMENT SYSTEMS FOR LIFELONG LEARNING

Benefits includes:

- Gaining knowledge of educational theories (behaviourism and constructivist theories) that support learning.
- Appreciating the different types of assessment - traditional versus alternative assessment and how to apply them for maximum achievement.
- The concept of learning organization and organizational learning for creating value.
- Appreciating the value of lifelong learning in creating "personal development stock Inc."
- Selecting and applying for an academic qualification for human capital development.
- Setting priorities in lifelong learning for maximum achievement.

SEMINAR TWELVE: Human Organizational Behavior and Management theories

The course provides a comprehensive analysis of individual and group behavior in organizations. Its purpose is to provide an overview of how organizations can be managed more effectively and at the same time enhance the quality of employees work life for maximum achievement.

The benefit and course will investigate:

- **Management theories** - exploration of evolution of management theories and application for contemporary business future for maximum achievement.
- **Individual behavior** in organizations, including diversity, attitudes, job satisfaction, emotions, moods, personality, values, perception, decision making, and motivational theories, personality, decision-making, personal networks, and ethics.
- **Interpersonal group behavior**, including teamwork, conflict, leadership, and power and influence
- **Organizational factors** affecting behavior, including reward systems, culture, and organizational design, group behavior in organizations, communication, leadership, power and politics, conflict, and negotiations.

SEMINAR THIRTEEN: Business Research Methods and Methodology

The main purpose of this module is to provide the participants with a broad introduction to the methodological foundations and tools for undertaking research for business success and future sustainability. Participants will learn how to identify problems to study, research questions and design research projects. Bridging the gap between theory and practice, which will translated in creating value for your customers.

Course contents:

- Introduction to research - the role of research for business, research process overview.
- Philosophies and the language of research theory building - science and its functions, what is theory? And the meaning of methodology.
- Thinking like a researcher - understanding Concepts, Constructs, Variables, and Definitions
- Describe and compare major quantitative and qualitative research methods in research
- Problems and Hypotheses - defining the research problem, Formulation of the research hypotheses, the importance of problems and hypotheses.
- Research design - experimental and nonexperimental research design, field research, and survey research
- Methods of data collection - secondary data collection methods, qualitative methods of data collection, and Survey methods of data collection, reliability and validity.
- Sampling techniques -nature of sampling, Probability sampling design, Nonprobability sampling design, determination of sample size.
- Data analysis methods and techniques.
- Ethical issues in conducting research
- Report generation, report writing - Title page, Abstract, Introduction, Methodology, Results, Discussion, References, and Appendices.

Benefits of Market research include:

- Guides in communication with current and potential customers
- Helps identify opportunities in the marketplace.
- Measures business reputation.
- Uncovers and identifies potential problems
- Helps you plan ahead
- Can help you establish trends.
- Helps to establish market positioning
- Can determine the most persuasive 'promise'.
- Can identify areas compromise.

SEMINAR FOURTEEN: Advanced Computer Application Packages

This course enhances the participants existing MS Word skills using MS Office Applications.

ADVANCED MS WORD

This course addresses expert-level skills in Microsoft Word.

- Integrated End-user Computer Applications Skills and Knowledge in Problem Solving
- Formatting, customize document elements advanced paragraph & image formats.
- Section breaks, tables & columns.
- Creating table of contents.
- Creating automatic references.

ADVANCED SPREADSHEETS (MS EXCEL)

Enables users to customise Excel spreadsheets to produce valid and clear reporting of data integrated with macros for faster ways of working.

- Manipulate and format data.
- Sort and filter data.
- Charts.
- Formulae and functions.
- Comments, data protection, validation and auditing.
- Using 'What-If' Analysis Tools.

ADVANCED MS POWER POINT

This course addresses expert-level skills in Microsoft Power Point.

- Uses of Power Point to deliver business ideas.
- Various types of formatting, layout, use of images.
- Outlining Your Ideas, Creating an Internet Presentation.
- Creating a Multimedia Presentation.

SEMINAR FIFTEEN: Management & Supervisory Development

The course will entail a addressing a combination of authentic issues and factors facing contemporary organizations that are pre-requisite for business sustainability, productivity and performance.

- Personal Mastery
- Stress Management
- Leadership for business success
- Time Management
- Managing Meetings
- Business Presentation Skills
- Enhancing Team Performance
- Conflict Management
- Business Ethics
- Coaching & Mentoring Skills
- Learning Strategies
- Report Writing
- Interview Skills
- Event Management
- Introduction to Entrepreneurship
- Administrative Skills
- Reception Skills
- Telephone Etiquette
- Manage Personal Finances
- Basic Business Finance
- Professionalism & Customer Service
- Recruitment & Selection
- Managing HIV Aids Awareness Programme
- Health & Safety in Workplace

SEMINAR SIXTEEN: Public Administration and Management Theories

The benefits of the course Public Administration (PA) and Management Theories include:

- Explain purpose of PA and Development Management in a theoretical, conceptual and practical paradigm;
- Embed a critical approach to analysing and evaluating public admin PA and development management issues;
- Apply relevant, creative and innovative theoretical and conceptual frameworks in public service delivery;
- Analyse different approaches to the study of PA and Development Management in a comparative context;
- Evaluate foundations of PA and Development Management in regional and international settings; and
- Acquire analytical and communication skills expected of a good public manager.

Content topics

- Legislative, governmental, judicial and administrative institutions and functions.
- Institutional theory as a foundation for the discipline of public administration.
- Traditional public administration and the new public management.
- Public policy and analysis.
- Accountability in public administration.
- Intergovernmental relations.
- Public service ethics/ challenges facing pa sector.
- Creating value in public sector.

SEMINAR SEVENTEEN: Development of Human capital for maximum achievement

The course have the objective and benefit of aligning the human capital (HC) with organisational strategy and objective from a personal development perspective. The premise is that development of HC will translate to immeasurable benefit to the organisation both tangible and intangible.

<ul style="list-style-type: none"> ➤ <u>SUCCESS LAWS AND SUCCESS CATEGORIES</u> <ul style="list-style-type: none"> • Strategy One: UNLEASH THE POWER OF GOALS • Strategy Two: SEEK KNOWLEDGE • Strategy Three: LEARN HOW TO CHANGE • Strategy Four: CONTROL YOUR FINANCES • Strategy Five: MASTER TIME • Strategy Six: SURROUND YOURSELF WITH WINNERS • Strategy Seven: THE ART OF LIVING WELL 	<ul style="list-style-type: none"> ➤ <u>LEADERSHIP LAWS</u> <table border="0"> <tr> <td>The Law of Integrity</td> <td>The Law of Empathy</td> </tr> <tr> <td>The Law of Courage</td> <td>The Law of Resilience</td> </tr> <tr> <td>The Law of Realism</td> <td>The Law of Independence</td> </tr> <tr> <td>The Law of Power</td> <td>The Law of Emotional Maturity</td> </tr> <tr> <td>The Law of Ambition</td> <td>The Law of Excellence</td> </tr> <tr> <td>The Law of Optimism</td> <td></td> </tr> <tr> <td>The Law of Foresight</td> <td></td> </tr> </table> 	The Law of Integrity	The Law of Empathy	The Law of Courage	The Law of Resilience	The Law of Realism	The Law of Independence	The Law of Power	The Law of Emotional Maturity	The Law of Ambition	The Law of Excellence	The Law of Optimism		The Law of Foresight	
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<ul style="list-style-type: none"> ➤ <u>PILLAR OF PERSONAL DEVELOPMENT</u> <ul style="list-style-type: none"> ○ Associations ○ Time management ○ Lifelong learning ○ Relationships ○ Goals achieving ○ Total well-being ○ Communication 	<u>AMBITION POWER FOR ORGANISATIONAL SUCCESS</u> <ul style="list-style-type: none"> ○ Positive self-direction ○ Self-reliance ○ Self-discipline ○ Self-enterprise ○ Working with others ○ Self-appreciation 														
<ul style="list-style-type: none"> ➤ <u>PRINCIPLES OF SELF-DISCIPLINE</u> <ul style="list-style-type: none"> • Principle 1: Self-Discipline and Personal Success • Principle 2: Self-Discipline and Character • Principle 3: Self-Discipline and Responsibility • Principle 4: Self-Discipline and Goals. • Principle 5: Self-Discipline and Excellence. • Principle 6: Self-Discipline and Courage • Principle 7: Self-Discipline in Business, Sales, and Finances. • Principle 8: Self-Discipline and Work. • Principle 9: Self-Discipline and Leadership 	<ul style="list-style-type: none"> • Principle 10: Self-Discipline and Business • Principle 11: Self-Discipline and Sales • Principle 12: Self-Discipline and Money • Principle 13: Self-Discipline and Time Management • Principle 15: Self-Discipline and Happiness • Principle 16: Self-Discipline and Health • Principle 17: Self-Discipline and Fitness • Principle 18: Self-Discipline and Marriage • Principle 19: Self-Discipline and Children • Principle 20: Self-Discipline and Friendship • Principle 21: Self-Discipline and Peace of Mind 														

Dr Ms. Wanjiru Gachie (PhD, MBA, MPRM, MA, B.Ed.)

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Dr Wanjiru Gachie is an accomplished, extremely hard working, creative education professional, with a successful background in delivering effective lectures and seminars in creating an interactive atmosphere that promotes learning, continually improving the learning experience using Kaizen philosophy.



Dr Gachie outlook to organisational performance encompasses the principles and the power of healthy habits for excellence. Dr Gachie has a strong work ethic, is committed to the delivery of all projects/tasks on time and to a high quality standard and has a proven instructional system design ability with experience in technical skill development, design of online, offline as well as a learning management system.

Dr Gachie is a lecturer and Dr Gachie is an educator at the University of KwaZulu-Natal (UKZN) Durban, South Africa, in the field of information systems, education and public administration, project and business management. With over 15 years' experience, her course facilitation philosophy and orientation involves the use of radical constructivism as well as instructivism philosophies, therefore providing her audience with a wealth of different perceptive and providing with a rich, stimulating, interactive learning environment. Her extensive educational skills has enabled her to transform many lives through scaffolding and mentoring process.

Dr Gachie has a wonderful way of synthesizing ideas and insights from several disciplines into practical strategies that work quickly and get fast results. Her seminars are action-oriented which are delivered with specific strategies and plans that are easy to implement. The courses are delivered from the perspective that the participants will be involved in transforming their organisations, therefore making use of tools, techniques and approaches/strategies required for building the relevant skills, knowledge and values required for each course.

The delivery process and procedure undertaken involves the use of authentic tasks, cases, scenario, customized learning, role playing, and demonstrations, as well as direct instruction using both face-to-face learning and online learning systems. Other mode of delivery include, observation field trips experiential exercises, role plays, use of digital media technologies (videos, audios, text, and animations), presentations, overheads and guest lectures and seminars.

Dr Gachie has been making contribution in the field of education psychology and information technology, public administration, project and business management through teaching, undertaking research and publication in journal articles.

Dr Gachie is an avid reader in administration, history, business management, philosophy, economics, religion, metaphysics, philosophies and psychology and is always appreciating in value for the benefit of organizations and clients by keeping abreast with latest personal development trends and academic developments.

Academic qualification

Doctorate	Doctor of Administration (University of KwaZulu-Natal) 2015
Masters	Project Management (MPRM) (University of Southern Queensland, Australia) 2013
MBA	Master of Business Administration (University of KwaZulu-Natal) 2010
Masters	Information Technology/Digital Media (University of Natal) 2004
B.Ed. (honours)	Bachelor of Education Science: in Chemistry and Mathematics 1997