

# Moving to a 21st century workplace

Achieving wellness is a multi-dimensional practice.

It is important for people and organisations to adapt to meet the changing needs of the new century to stay productive, competitive and profitable.

Being well is not an end goal, rather it is a process and a way of life.

Wellness is the conscious choice to live in harmony. A choice that is available to us all.

Create Something New helps awaken you to this choice.

*"The greatest weapon against stress is our ability to choose one thought over another."*

William James

The unique CSN Self-Mastery program will help you:

- reduce stress
- be less affected by the external world
- become aware of and cease mindless reactions
- better interact with others
- understand the interaction between your emotions and your health
- live a life of your own conscious choosing

This leads to better engagement in life and in work.

This leads to less suffering and more joy.

This is what true well-being is all about.

The CSN Self-Mastery program aims to create change. It is an interactive program that helps people understand and integrate wellness concepts on an intellectual level, as well as on a deeper spiritual level.

After years of study, research and delving into learning and growth, the founders have put together this formal program incorporating ancient spiritual teachings with modern scientific principles.

*"We help others reconnect with their innate knowing of how to return to balance, to their natural state of being, to thrive."*

Create Something New

### Module 1

**Foundation of Self**  
mindfulness, moving  
to conscious choice

### Module 2

**Relationships with Others**  
enhance connections,  
resolve conflicts

### Module 3

**Mastering the Self**  
living with purpose,  
access inner guidance

### Module 4

**Creating Something New**  
power to manifest,  
disengage from fear

The four modules form the full Self-Mastery program and is a comprehensive guide to living the life you desire.

If you are interested in working with us on these programs or to tailor them to suit your needs, please contact [info@createsomethingnew.com.au](mailto:info@createsomethingnew.com.au).

