

## EQUILITRI

### Personal development plan



Image: <http://equilitri.org/>

*“Equilitri is a journey to discover yourself, who you are and who you can be, a set of tools to help you reach your full potential.”*

Tags: Culture / World View: Transformation of Consciousness; Personal Growth

#### Challenge:

There are plenty of programmes, books and people that promise or claim they can help you in this way or that way. The large majority offer advice, success recipes, "X easy steps to...", "secrets" and so on. If you ever tried them, you already know they are inspiring but, in the end, they are not really going to help you. Equilitri is not a success recipe. It does not tell you what to do. It does not give you a model to look up to that only frustrates you because it is so impossible to reach. Instead, it gives you a set of tools, instruments that you can use and draw up your own path. It does not give you tips and tricks or easy fixes. You have to actually get up and do it.

#### Solution:

Equilitri is a journey to discover yourself, who you are and who you can be. It is a Personal Development Method developed in over 15 years of work and testing in Asia and Europe. It has created success stories and successful projects, and it is promoted by an international team across Europe and Asia. If we were to give a definition for Equilitri, we would say that it is a self-manageable Personal Development method based on the principles of balance, simplicity and flexibility.

You can join a programme - they range between 3 and 9 days - where you work with coaches/trainers and a support group to find out the answers and solutions you need most. After that you will receive support (mentoring or coaching, progress assessment and support groups) for a period between 3-9 months, until you feel fully satisfied with the changes you pursued.

#### References:

<http://equilitri.org/>

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