

# Shadowmatch®

## Personal Growth Workshop

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Presented by Pieter de Villiers

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Pieter is the author and functional developer of the Shadowmatch system. He did all the research that led to the development of the system and he still fulfills the role as Head of Research and Development at Shadowmatch.

He has been working on the research and continuous developments for 35 years. As a specialist youth counselor working on depression, anxiety and suicide, he became aware of certain trends or patterns. This all happened within the counseling framework of the Dutch Reformed Church where he practiced as a full time minister of religion.

Pieter discovered that failure is psychologically probably the most destructive event that can happen to us. This is why he developed Shadowmatch. He discovered some strange realities: Failure might be inevitable, but we must learn to fail successfully. We must also find a way to recover from it with relative ease. Our habits can do it for us!

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### Workshop Detail

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Understand the powerful psychology of habits. How we learn them and why they are such incredible assets.



How to deal with failure: You will learn how to use your habits to deal positively with failures you may experience. You will also discover how to prevent the impact of future failures that might come your way.



A changing world is a modern life stressor. We all have to face serious changes from time to time. Economic, political, social and career changes, to mention just a few. Your habits are the most reliable constructs to understand your position towards change. How do your habits balance with your current life-style?



Personal position of strength: Life is, in a way, a never-ending attack on our personal position of strength. If the challenges of life get the upper hand, we are in trouble. Understanding your habits is a key component to stay on top and in control.

Feedback from our previous workshop

"The workshop is essential and applicable to everyone, regardless of their position or status. Most especially to those in leadership, senior roles of influence and decision making who are often removed from the reality of people dynamics. A brilliant workshop which left me more equipped to manage myself and influence effectiveness in others."

"An excellent toolkit to use and to help yourself and others. Excellent workshop with a lot of insights shared."

"This is the most beneficial workshop I've ever attended!"

"Amazing and very insightful. I would recommend this to as many people as I can!"

"Excellent workshop with valuable practical information!"

"Time and money well spent - enriching, challenging and empowering!"

"Excellent tool for coaches and mentors to assist others to live a life worth living."

"What an eye opener!"

"Do you think you know yourself? Think again! Do Shadowmatch and discover yourself to discover the truth!"