

GOLDSTER★

IMPROVE YOUR ABILITY TO
MANAGE YOU





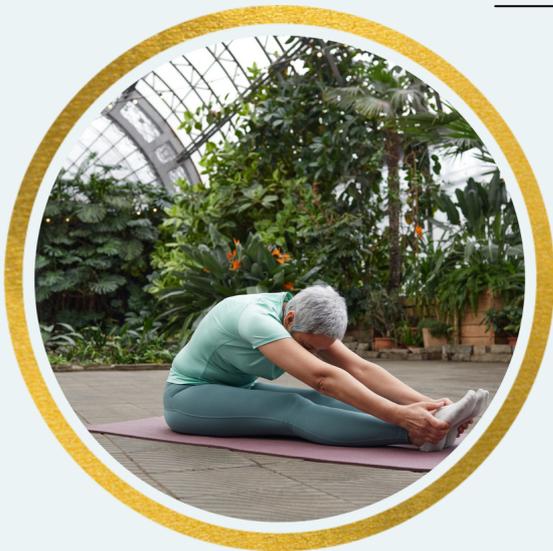
SELF MANAGEMENT

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IMPROVE YOUR ABILITY TO MANAGE YOU

ITS ABOUT UNDERSTANDING YOU

Emotional intelligence (otherwise known as emotional quotient or EQ) is the ability to understand, use, and manage your own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflict. Emotional intelligence helps you build stronger relationships, succeed at school and work, and achieve your career and personal goals.



SELF MANAGEMENT IS THE KEY TO EVERYTHING

EQ – Emotional Intelligence - isn't on the curriculum of any school. No-one teaches us how to better run our own brain. No one teaches us how to have a great life. And yet EQ matters more than IQ. EQ helps you make the most of your IQ and ensure you have a great life lived as your best self.

Can you see that a good ability to manage your emotions helps you to have better relationships, better self-confidence, better results, more success, more happiness, more peace of mind, more fun and adventure.

OUR METHOD

WHAT IS GOLDSTER?

Goldster is a digital platform that has pioneered the only systematic non-drug approach to health.

Built from all the available evidence and extensive data sets, it combines social interventions designed to target the physical, emotional and cognitive benefits people seek for their health.



A STRUCTURED WELLNESS INTERVENTION PATHWAY

The programme is driven by Goldster's own Structured Wellness Intervention Pathway (SWIP).

We identify the most appropriate non-drug healthy living and ageing approaches to benefit people.

Our method links common problems faced with ageing and connects them to the most effective approaches, enabling a simple and accessible way to improve the desired area of health.

"The path is made by walking on it"

THE COURSE

Let's learn how to shift energy – emotions are energy in motion. Feelings spin in order to hang around. What is it that makes feelings hang around? The fact is that it is you who feeds them. How do you feed them, how do you get them to hang around? And how do you change them when the emotions feel painful?

Let's engage the power of the mind, and your free will and choice. Let's engage the power of NLP, EFT, Havening, CBT, and Energy Medicine to shift what needs to be shifted and lift what needs to be lifted.

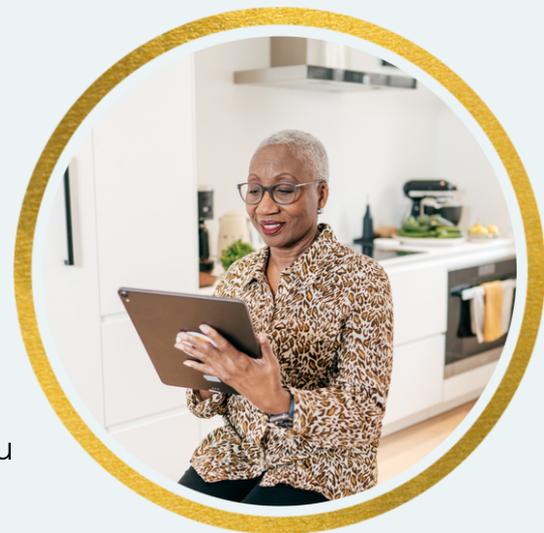
Let's experiment together and see what is possible in terms of shifting your emotional state and putting you back in control of your inner Queendom.

A CONNECTED COMMUNITY

While we live in a digital world, keeping social and connected is one of the most significant aspects of a healthy life.

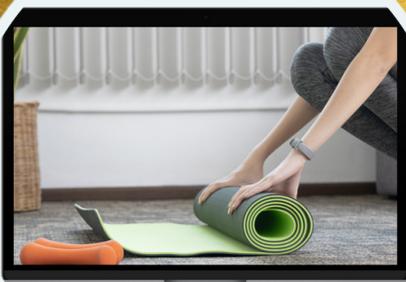
We want to give you many options to communicate and be as social as possible through this journey.

- The presenter will greet you in every class as a group. We want to celebrate your commitment and keep you motivated
- You will meet your instructors and other members at the start, enabling you to build rapport and friendships.



EVIDENCE-BASED, LIVE INTERACTIVE CLASSES

- Weekly coaching supports your journey and enables your advancement linked to evidence-based classes
- Don't worry about missing the coaching; you can catch up on the recording.



"When we do it together, we feel better together"

THE COURSE

GET THE MOST FROM GOLDSTER

The key to any improvement in health is doing more than one singular activity. We always encourage the use of a multi-component approach to maximise the benefits of the goldster platform



- Engage and stimulate the physical, emotional and cognitive aspects of your health with classes suggested by the coach
- Participate in the forums and group as often as possible to extract as much information as possible
- Your feedback to the coach on how you are doing will enable them the ability to adjust the course to need specifically to you



LEARNING IS PART OF THE JOURNEY

Understanding our health can help us prevent health problems and manage issues better when they arise.

Not all of us are familiar with medical terms or how our bodies work. We have to interpret statistics and evaluate risks and benefits that affect our health and safety. Let our research team put all those myths to bed and share our latest research with you.

"Learning is a journey of self discovery"

Week 1 - The Emotional Competencies of Self-Management

- Managing YOU.
- A review of key strategies
- Manage Distress.
- Restore calm, composure, and clarity.

Week 2 - Emotional Self-Regulation – Restoring Inner Harmony

- What plus what = what? And what else = feelings? Kath's powerful equation you will always remember!
- Manage impulsivity.
- Timelines and consequences – recognising your style.

Week 3 - State Shifting - The Destiny Recode

- What are your recurring emotions?
- What is the key one that keeps coming back like a haunting?
- When was the first time the younger you felt that emotion?
- Let's do The Destiny Recode – a powerful Kath Temple Technique!

Week 4 - Shifting Emotional Triggers - Clearing and Healing Old Wounds

- How to heal traumas and recurring emotions with EFT.
- How to heal traumas and recurring emotions with Havening.
- How to let go of emotions in the moment so they don't fester inside of you.
- Return to Balance.

Week 5 - Trustworthiness, Conscientiousness, Innovation

- Improving your reliability.
- Admitting mistakes with grace.
- When to take a stand.
- Keeping promises.
- Being accountable.
- Getting organised.
- Staying open to fresh perspectives.

Week 6 - Adaptability, Autonomy, Authenticity, Motivation, Commitment, Initiative & Optimism

- Disentangling from entanglement.
- Becoming more adaptable, autonomous, and authentic.
- Enhancing motivation and commitment?
- Lift your initiative and boost your optimism.
- Intentional authentic living.

YOUR JOURNEY

1

WEEKLY COURSE

FAMILIARISE YOURSELF WITH THE SCHEDULE

Your course takes place once a week on the same day and time each week for 6 weeks. Check the [class schedule](#) on our website for the course details and any resources you may need. No need to sign up, simply join the class on the day.

2

THE DAY OF THE CLASS

CHECK YOUR INBOX

Every morning at 6.30am, we email you all the classes for that day, with the links to our website to join. Don't forget to check your spam and your junk folder. If you prefer, simply go straight to our website to join.

3

THE CLASS IS ABOUT TO START

WAITING ROOM OPENS 15 MINS BEFORE

Our class waiting rooms open 15 mins prior to the start time, just to give you enough time to get prepared and settled

4

WELCOME TO THE CLASS

GET A LOVELY GREETING

Welcome to the class, you will be greeted by our digital concierges. Listen for a shout-out from the instructors as you are part of a valued community

5

LOOK FORWARD TO YOUR NEXT CLASSES

TRY OTHER CLASSES

Goldster offers a wide variety of classes all day, every day, so there is always something new for you to try. Try our drop-in classes or take a look at our other courses that run throughout the week.

YOUR COACH



Kathryn Temple

The Success & Happiness Psychologist

Expertise: Psychology, Psychotherapy, Hypnotherapy, NLP, EFT, Havening, Leadership, Success & Happiness.

International Success & Happiness Psychologist Kath Temple is a warm, inspiring, positive powerhouse award-winning entrepreneur!

Kath is extremely well qualified, she is a Business Psychologist, Organisational & Occupational Psychologist and founder of Lifelong Learning Company, The Happiness Foundation, Happiness Magazine and Temple Alternatives.

Kath is also a member of the British Psychological Society, including the Coaching Division, EFT International, Society of NLP and the International Coach Federation.

"One wild and precious life - live your best one as your best self!"

YOUR NOTES

WEEK 1

YOUR NOTES

WEEK 2

YOUR NOTES

WEEK 3

YOUR NOTES

WEEK 4

YOUR NOTES

WEEK 5

YOUR NOTES

WEEK 6

