



# Growth In Your Capacity To Think, Feel And Act

**The Best In Me  
(BIM) Programme  
is based on  
a self-discovery  
and experiential  
approach to learn  
and bring out the  
best in oneself.**

## **The Experience:**

Concepts and principles from Neuro-linguistic Programming and Enneagram Personality System are infused in the designing of the programme. There is also an element of mentoring or coaching as we support and work with the participants.

The discovery and learning experience is made easy as discoveries happens through participation and learning comes naturally.

**You can be sure that you will be  
engaged at the physical, emotional,  
and intellectual level.**

Throughout the programme, there will be no one right answer that applies to all as everyone is a unique human being and the experiences will be different. Interpersonal interaction is evident in the programme as opportunities for you to learn from others or for you to inspire others.

## The Aim:

The aim of the BIM is to create opportunities for expansion of personal capacity in thinking, feeling, and doing. It is also for you to look within yourself with a calm & alert awareness and uncover new possibilities or clearer directions towards what is important in your own life.

This is supported by the better understanding of your **personality styles, worldview, underlying motivation, resource available**, and **possible growth path**. You will also have the opportunity to explore deeper level of patterns that are generating the results that you are having currently in all the **important areas of your life**.

The programme itself is not meant to motivate you, however, you will have the opportunity to find your own motivation and desire to grow. Coupled with the tools that you learnt, you can continue the journey of growth on your own.

DISCOVERING  
*and*  
BRINGING OUT  
*the*  
BEST IN ME!

## Best In Me (BIM) Programme Schedule

### 4 Full Days

**Day 1 to 3:** 8.30am — 6pm

**Day 4:** 8.30am — 7pm

### BIM 3

**Apr** 16th, 17th, 23rd, 24th

### Course Fee

Aspen3 facils: **\$680 + 7% GST**

Friends of past participant  
(20% off): **\$1040 + 7% GST**

Public: **\$1300 + 7% GST**

## Training Venue

20 Mactaggart Road, #06-01  
Singapore 368079

**Nearest MRT:** Tai Seng (5mins walk from MRT)

**Bus Services (along Paya Lebar Road):**

22, 24, 28, 43, 58, 62, 70, 70M, 76, 80, 93, 158

**Bus Services (along Macpherson Road):**

62, 90, 151

## Who Should Attend:

- Bring their life to the next level
- Look for growth opportunities
- Discover their strengths and resources
- Seek clarity in life
- Achieve effectiveness for greater success

## How You Will Benefit:

- Learn to pause and be aware of oneself
- Discover underlying worldview and motivation
- Understand own personality style, inner resource and possible grow opportunities
- Explore what are important or own passion and new possibilities
- Know how to handle inner conflict
- Experience wholeness and integration of oneself
- Develop strong relationships based on mutual trust

## Ways to find out more or register

Call **6487 6323** or **98550505**

Email: [yvonnelim@aspen3.sg](mailto:yvonnelim@aspen3.sg)

Look for Yvonne or any other trainers available.



# Testimony From BIM Participants

DISCOVERING  
*and* .....  
BRINGING OUT  
*the* .....  
**BEST IN ME!**

## **I found home. And being able to say "Thank you" became a gift for me.**

BIM started my journey in listening to the whispers that I could not hear within me until we had been given the opportunity to practice to stay quiet and listen. I discovered my courage, to walk into places that I have been too afraid to move.

It was kindness, gentleness and empathy that led me home. Learning to be more patient, gentle with myself and listen more to what I tell myself, the kind ones and the tough ones, I catch them more often and I learn to let go of those "not" true thoughts and keep fears away.

I learnt about my own inner resource that I never knew I had and now I have a garden! That I have to look after to stay active and alive. BIM gave me a new window to look ahead. I made new friends. I like to keep this believe we are growing together. I am grateful to beside them. Thank you Ian and Yvonne, thank you for your kindness in life.

**Stacey, BIM 1 (Apr 14)**

## **Attending BIM opened a new door for me.**

It led me to knowing more about myself, being aware of how changing my 'inner' self would influence and bring about positive changes to those around me. BIM provided a safe environment for me to explore the possible Enneagram types I could be, and be true to myself.

My biggest takeaway was learning to pause and be sensitive to listen to the bodily sensations and the messages of what my body is telling me (sounds cheem, but you'll understand when you join!). By consistently pausing and being curious about these messages, it gave me more clarity in what I want to and what I can achieve.

Putting these to practice has allowed me to make conscious changes within to bring about the Best In Me (:

**Saman, BIM 1 (Apr 14)**

**I attended the first run of BIM out of curiosity and with the intention to seek personal growth.**

The workshop was conducted in a safe environment for sharing, support and learning.

I found the enneagram part useful as it served as an option to recognize my motivations and provided a direction towards growth in different aspects. The trainers Ian and Yvonne were intuitive and dedicated to seek clarity for participants.

A great workshop for those who want to connect deeply within oneself and with others.

**Karine, BIM 1 (Apr 14)**

**There's a quote that says "The quieter you become, the more you can hear."**

It became pretty true for me recently as I started to connect to my inner voice and all it takes for me is a deep breath. I started to practice taking in deep breaths a couple of times whenever I feel stressed or overwhelmed by things in my life. This allows me to feel more calm and centered and the next thing I know, my inner voice is here and it guides my way through. That is something really powerful I learnt from BIM. Even though it has been 2 months since I attended BIM, but probably without BIM, I will not even know that inner voice actually exists and allowing myself to really connect and trust that instinct of mine now. I'm grateful for BIM and the trainers!

**Xu En, BIM 2 (Jul 14)**

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**It is an absolute pleasure to be part of BIM and throughout the programme I discovered a self that I did not realise I had.**

We all have thoughts that drives our actions and eventually reflect and define us. But to be able to filter, identify, practise and sharpen our potential, it requires so much more than discipline. It was a smoother progression for me to find my true self within and direct myself towards my goals. But I witness how a simple question could leave many in doubts and hesitant. A shout out to those who have yet been able to realise their potential to be part of BIM. And for those who have, keep an open mind!

**We all have went through stages of confusion where we feel lost without a direction and we do not know what we want in life. You have nothing to lose other than valuable discoveries ;)**

BIM definitely made my goals clearer and for the first time I am starting to look inside myself so much more daily and keep improving as an individual. Always, an open mind to bring out the BEST IN YOU^^ cheers!

**Jia Ning, BIM 2 (Jul 14)**