



Kintsugi Our Self-Mastery Workshop

"Embrace your imperfections and find happiness by showing your authentic and beautiful seams of development and growth"

To create environments where full potential is realised.



Kintsugi - Our Self-Mastery Workshop

Kintsugi Personal Growth Philosophy

Poetically translated to “golden joinery” Kintsugi is the centuries-old Japanese art of fixing broken pottery.

Rather than re-join ceramic pieces with a camouflaged adhesive, the Kintsugi technique employs a special tree sap lacquer dusted with powdered gold, silver, or platinum. Once completed, beautiful seams of gold glint in the conspicuous cracks of ceramic wares, giving a one-of-a-kind appearance to each “repaired” piece.

This unique method celebrates each artefact’s unique history by emphasizing its fractures and breaks instead of hiding or disguising them. In fact, Kintsugi often makes the repaired piece even more beautiful than the original, revitalizing it with a new look and giving it a second life.

Representing our Kintsugi Personal Growth Philosophy then...

- **We are all unique, one of a kind, let's celebrate it**
- **Be proud and brave to show off our life development scars**
- **Personal growth and learning is revitalising**





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KNOWING SELF

Understanding “My Seams”, my strengths, my enablers and my blockers

REPAIRING SELF

Knowing my operating energy, how do I adapt my waves so that I can spend time on repairing “My Seams”.



BEING SELF

Clarity of the footprints I am leaving, knowing my impact on others, when they look at “My Seams”, what they see, feel, think and do.

BALANCING SELF

Creating the paradigms of “My Seams”, if I want to... Then I need to...., achieving true authentic balance of my strengths and weaknesses



"Imagine trying to quietly walk through a forest and calmly trying to find your way out of that forest. Self-Mastery is about being OK both inside and outside the forest"

Neil Mundell-Phipps

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