The Centre Within is a practical ‘how-to’ course designed to give you the tools and techniques to achieve what you want out of life. We talk about the problems that most people have, and explore the many ways those problems can be solved. While most people can relate to the stories and situations we talk about, participants are never asked to reveal any personal details.

The Centre Within is about...

....Feeling Good Self Esteem is one of the most important keys to our success and happiness. We look at why we often feel put down and inferior and how we can raise our self esteem to become more effective human beings in our relationships and in our achievements.

....Living Your Dreams How often do we yearn for things to happen in our lives but somehow manage to stop short of achieving them? Find out why we often ‘shoot ourselves in the foot’, effectively sabotaging our attempts at getting what we really want out of life. The course teaches techniques so you can find out what is right for you.

....Enjoying Happy Relationships One of the true joys in life is good relationships in the home and in the workplace. One of the worst things in life is not getting on with people – particularly those we love. Understanding why we do the things that stop us from having the very best relationships is vital in learning how we can effectively improve our dealings with other people.

....Increasing Your Prosperity Some people have all the luck! Maybe luck doesn’t have a lot to do with their success. How do we achieve abundance and prosperity? We look at the attitudes and techniques that successful people use and learn how we can all be abundant and increase the prosperity in our lives.

....Achieving “Peace of Mind” Perhaps “Peace of Mind” is what we are all looking for. We explore what stops us from having “Peace of Mind” and learn how we can work towards that magic balance that helps us achieve happiness, good health, wonderful relationships and a successful and fulfilling life.

The Centre Within teaches you tools and techniques to deal with everyday situations and to make the changes you wish to make in your life. For over 35 years it has helped many people to manage stress, to be more relaxed, and to become increasingly effective in their lives, improving their communications, their results in life, their relationships and their health. We are constantly receiving feedback that people find the course practical and relevant.

The Centre Within can be presented in two days or up to six consecutive sessions.

About Helen Everingham...

Teacher, public speaker, singer and actress, Helen Everingham first did The Centre Within course with founder Bert Weir in 1983.

Facing divorce and raising her two small boys on her own, Helen found the attitudes and techniques taught in the course changed her perspective on life and gave her the tools to raise her two sons to manhood, achieve her goals and live a happy and fulfilling life.

As a single parent, Helen returned to her work in the media, becoming Publicity Coordinator for the Seven Television Network. She later moved into freelance work, writing the text for the pictorial book “Forty Years of Television” and mounted her one-woman cabaret show “Crumbs In My Bed”.

In November 2002, tragedy struck when Helen’s two sons, at 24 and 26, were killed in a plane crash. While love and support have sustained her, Helen attributes her ability to cope so well to the attitudes and techniques she learned years before in The Centre Within course.

Helen holds a Certificate IV in Assessment and Workplace Training. Based in Sydney, Helen conducts The Centre Within and Self Esteem workshops around Australia. Helen is a popular motivational speaker, runs her Sydney singing studio, and performs on stage when time permits.

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