



iDiscover Core in a nutshell: <http://idiscover360.com/>

iDiscover Core is a cutting-edge personal/professional development program with its own unique set of methodologies. It is a deep and intelligent personal/professional review that launches people to the next level of fulfilment with absolute clarity.

The methodologies are designed to increase and enhance the following qualities: self-awareness; emotional intelligence; mental resilience; adaptability, effective communication; contentment; presence; leadership; creativity and peak performance.

The core programme is **42 hours** and it runs over a long weekend in groups of up to **12 people** in order to optimize personal attention.

The program attracts **high achievers** from all industries and walks of life. The program is very popular amongst employees of leading silicon valley companies and graduates of ivy league universities.



# iDiscover Methodologies:

The iDiscover methodologies are a series of mental exercises designed to increase self awareness emotional intelligence and mental resilience. It's an intelligent inquisitive process of practical philosophy and applied psychology designed to expand the mind, open the heart, clarify personal and professional vision and bring people to their centre.

They are a product of years of research in human sciences, a culmination of the works of thought leaders in the area of human behaviour and human potential. They are proven to work with hundreds of satisfied clients and the results are guaranteed.



# Participants experience shifts in the following areas:

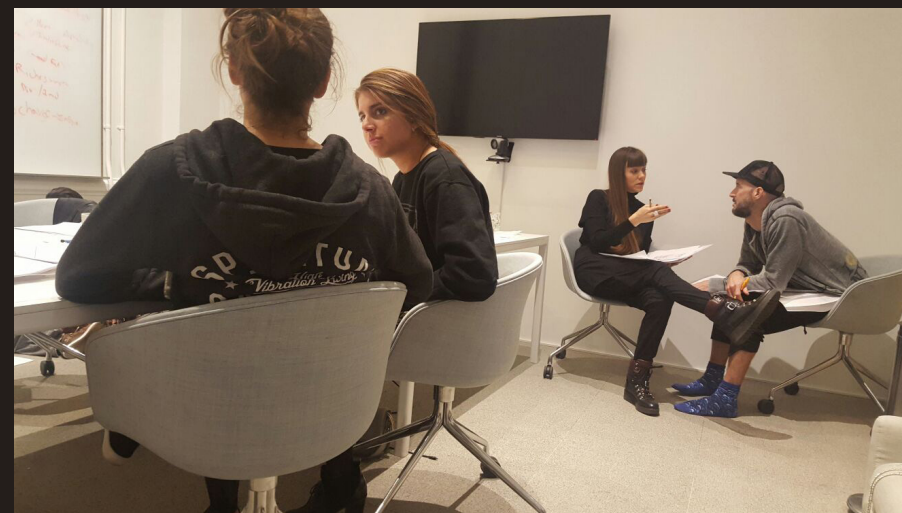
## Career Fulfilment, Purpose & Performance:

It helps participants to become very clear about their **personal/ professional vision** and **fulfilling career path**. It ignites their current working life with enthusiasm and inspiration. It increases **performance** levels of **leadership and creativity** both personal and professional.



## Relationships & Communication:

It enhances **emotional intelligence** and clear communication in professional and personal relationships. It increases fulfilment in the **personal and professional relationships**. It teaches how to deal powerfully with disputes, disagreement, criticism, competition and conflicts.



## Leadership, Crisis/ Change Management & Adaptability:

It strengthens **mental resilience** and **resolves internal conflicts** both in personal and professional areas of life. You will learn how to be mindful and centered in times of emotional challenge and how to implement the most advanced tools in behavioural change and time management.



Times: 42  
hours over a long  
weekend (None  
residential)

Thursday - 16:00 - 21:00

Friday - 08:00 - 20:00

Saturday - 08:00 - 21:00

Sunday - 08:00 - 21:00



## About Gal Stiglitz Founder of @WOW TALKS & @IDISCOVER



Gal is a social entrepreneur, a cultural thinker and an expert in the fields of purpose & emotional intelligence. He is passionate about bringing meaning, purpose and fulfillment to modern living. In 2009 he founded WOW Talks to inspire people to make a living doing what they love. The talks essentially focus on the WHY, the aspirations and the personal story behind the passion, which Gal thinks is contagious.

Talks have taken place in: Apple stores, universities, schools, galleries, festivals, conferences and coworking spaces. Today WOW Talks is a growing community and global movement. Gal travels the world to this his flagship program iDiscover, a methodology that enables individuals to become more purposeful and fulfilled both personally and professionally.