## TOOLBOX TO MANAGE YOURSELF

AHMET ERENTOK





## "LIFE" SEMINAR March 6-7, 2023

## MEET AHMET ERENTOK

### **Empowering transformation**

Life is a journey... It has many different stages, many ups and downs... You must have a clear understanding of yourself, a purpose to stay true to your essence. If you are willing to dig in and work on yourself, to take control of your life, to build the life you wish, then you'll need the tools to manage yourself (your living) with clear vision.

Make your journey in the world a better place for yourself and others through discipline, focus, and the ability to make purposeful choices.

I encourage you to discover what makes you feel alive.













- IF YOU ARE INTERESTED IN THINKING ABOUT 'LIVING'
  - (BUSINNESS / PERSONAL / SOCIAL)
  - HERE ARE TOOLS FOR BECOMING YOUR BEST
    - AND HAVE A SUCCESS READY LIFE

## WELCOME



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AHMET ERENTOK TEACHES BECOMING CHIEF LIFE OFFICER



### "LIFE" SESSION / March 6-7, 2023

#### 1 – LIFE & LIVING & LIVE

- How many types of basic life are there in our living?
- How many types of basic living sources are there in our life?

#### 2 – TIME & TIMING

• Is the right time the right timing?

#### "DEFINE" SESSION / April 5-6, 2023

#### 3 – FREE & FREEDOM

- Does "Free" mean "Freedom"
- 4 LOVE & FEAR
- Side effects of two emotions

#### "CONNECT" SESSION / April 25-26, 2023

#### **5 – COMMUNICATE & COMMUNICATION**

- Is every communicate communication?
- Lean Communication, Non-violent communication
- 5.1 SAY & TELL Does to say mean to tell?
- 5.2 HEAR & LISTEN To understand correctly
- 5.3 LOOK & SEE What is the difference between?

#### "MANAGE" SESSION / May 24-25, 2023

- 6 DECISION & MAKE A DECISION
- 7 GIVE UP & NEVER GIVE UP
- To know when and how





# SECTION 1" " " " " " " " " " SESSION





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1st Lecture // March 6, 2023

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# TIMING

2nd Lecture // March 7, 2023

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