



Rod Briggs is a sought-after international lecturer and consultant whose area of expertise lies in the mind sciences. He lectures on Stress Control, Trauma, Emotional Aptitude, Problem Solving, Interpersonal Relationships, Crisis Management, Personal Performance, Situation Awareness and Psycho-Neuro Immunology (to mention a few) to government departments, military and peace keeping forces, members of the medical fraternity, health departments, corporate and private groups from all over the world. In addition to this, Rod works as a highly respected mediator and consultant to corporations, families and private groups. When he speaks, hearts open, minds

become inspired and people become motivated. His teachings are gentle, fun and informative with entertaining stories, transformational wisdom and insights.

He was born in the UK with only one working lung, which left him a virtual cripple and unable to participate in the compulsory two hours per day sports sessions at the English Grammar School at which he was educated. He was, instead, relegated to the schools' eight hundred-year-old library, which he saw as an opportunity to study the mind sciences in his search for ways of overcoming his physical inadequacy. These studies included many and various philosophies and mental disciplines, which enabled him to triumph over his disability. He relocated to South Africa at thirteen and, using Martial Arts to strengthen his underdeveloped body, he obtained black belts in Judo, Karate, and Jiu-Jitsu. This led to a study of the philosophies behind the fighting arts and added further to his knowledge of the mind.

His tertiary studies included, amongst others, Science and Theology as well as Psychology at the University of the Witwatersrand and the University of South Africa.

He is a frequent guest on local and international talk shows and when not traveling presenting seminars, talks and lectures, he resides on the Dolphin Coast of Natal.

FEAR OF CHANGE & SELF SABOTAGE

The current situation sees many people fearful of the future, behind every news report there is an agenda. This has led the media to become a "weapon of mass distraction" taking society towards a gloomy future. In actual fact, we have never been better off! Our society has more information, better educational prospects and a higher standard of living than any time in the history of our species; we should be in a Golden age.

What stops us is not what is going on externally, it has little to do with politics, our bankers and everything to do with the way we view ourselves - with our very thinking process. We sabotage ourselves at every turn with our self-images holding us back in all walks of life. The talk will explain how our beliefs restrict us, where those limiting beliefs come from, how to change them as well as where our fears originate from and how they become repetitive in our lives. It is educational, funny and empowering. Over the last two decades Rod Briggs and his Mindlink Foundation have taught peak achievers in business, world champions and Olympians from four different continents how to access their true potential and through this, to change their lives.