

Glamorous Life

ISSUE 1

YOU ARE FABULOUS!

SEPT '06

SUPERMODEL TURNS TO COURAGEOUS COACHING

Glamorous Life finds out what has Brett Shuttleworth so excited.

Having tried for weeks, we finally managed to secure a gap in Golden boy, Brett Shuttleworth's, very busy schedule. The mission? Finding out what has got Brett, best known for data for a very illustrious modeling career, so excited, of course!

These days he leads a life that seems light years away from the jet-set lifestyle of a supermodel. Now he spends most of his time coaching a select handful of clients to attain a higher level of being in both work and play.

Brett finally found something that has been quietly whispering to him for years while attending a course at the highly acclaimed COI Coaching academy. This course saw him qualify as a certified life coach.

So what effect did this journey have on him? He learned various advanced and powerful coaching techniques. He also discovered his enthusiasm, passion and communication skills, leading Brett to release his true self. Through coaching he can now help his clients realize all of this within themselves too.

But why would someone, such as Brett, take such a drastic step?

'It was one of those light bulb moments when I sat, quietly thinking about life and what it was all about. I realized I had been fortunate to live the life I have with so very many amazing experiences, but - and here is the bit - what was the through thread of it all, how far had I come in my spiritual journey, where was I going, and what was my contribution to the big picture?' said Brett.

This 'light bulb moment' made Brett realize that he has always been a person his family and friends could turn to for guidance and advice. He has always known that he possesses

the ability to think outside the box, and to see things from a very different perspective to all the other people around him. He attributes the bulk of his success to these facts, and this got him thinking that there might be something in his realization.

Although we all are trained to do something in life, be it through school, our parents, courses or in-job training, very few of us spend sufficient time honing our life skills. This hampers us in judging whether something is mere fantasy, or a truly attainable goal.

States Brett: 'Consciousness coaching occurs when a warrior is in the right conditions! One can create success in anything and everything, but without a deep rooted purpose it will crumble. Instead of living in the past, live in the now and have future goals - psychology helps your past, consciousness coaching delivers your future!'

The coaching style focuses on practical skills, rather than theory. It is a practice of wisdom, not of knowledge.

The renowned Creative Consciousness Coaching Technique has not only achieved incredible results for thousands of people, but has become a global pioneer on a worldwide basis. The course provides you with the necessary skills for you to sort the wheat from the chaff.

So, are you looking for balance and a map on how to set and attain realistic goals? You now have the answer! The only thing stopping you is... YOU!!

For further information, visit www.brettsuttleworth.com or www.coi-coachingacademy.com.



JOHANNESBURG
PRIDE
SOUTH AFRICA

GAY GUIDE TO PRIDE
30 SEPTEMBER 2006

To be held at Zoo Lake, Parkview

Parade

09h00 - Gates open to the public, entrance: R30.00 per person; Floats assemble at Zoo Lake Sports Club parking area (off Westwood Drive)

10h00 - Positioning of floats into Prince of Wales Road

10h30 - Opening speeches, LGBTI community message, HIV & AIDS message and memorial moment

11h00 to 13h00 - Parade departs Zoo Lake and travels through the streets of Rosebank for 6.2 Km; ends back at Zoo Lake

Mardi Gras

13h00 to 13h00 - Loads of entertainment on the Pride Stage. Food stalls, merchandise stalls and refreshments served from the Red Square Beer Garden. Don't forget your opportunity to win loads of prizes from the Pride Partners!

Entertainment on the day will include artists such as My Man (nominated for a Channel O Music Award), Lebo (Part of the group 'Gkwatwa Kamp'), and Daddy (who will be releasing his latest album at the end of September).

13h00 to 14h30 - VIP Moyo Plover luncheon (limited to 100 guests) - R 135.00 / person. Pride Picnic Hampers available at R165.00 / couple.

Bookings on www.ticketbitch.co.za.

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SOUTH AFRICA'S FASTEST GROWING GAY AND LESBIAN NEWSPAPER!

Lesbians on the Ramp... From drab to fab in one brush stroke... Swimming in the Lighthouse... What a drag... A day in Mofieville... Glamorous Life Launch Party... Bringing muscle to ticketing... Win lots of stuff... Sparkles the spunky Spark... Pinkmaritzburg pageant fever... The perfect Chocolate Mousse... Have you been spotted?... The Bitch foretells... Fledgling feather boas... Gay weddings - Royal Flush or Fold?... Mr Gay Gauteng reveals... Gay Affirmation...
AND MANY MORE FEATURES...

PRIDE 30 SEPTEMBER

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