



Discovering Goodness Program

I would like to introduce you to John Bedwany and the Discovering Goodness Corporate Empowerment Program.

John is one of the most senior business leaders in the world with direct experience over 35 years across 30 countries. He has managed the global expansion of an ERP start up, TMS Tailor Made Systems and grown it internationally across 15 countries, served at IBM with SMB Marketing responsibilities across Asia Pacific, is the innovator and creator of the Authentic Relationship Management methodologies and go to market services and for the past 16 years has been the CEO of his Marketing Agency, the Database Dept. serving the largest and most successful IT companies in the world.

He is also studied with many grand masters and taught martial arts for over 40 years, creating his own system named Chuan Fa School of Martial Arts. With a maniacal focus on peak performance and wellbeing – “mental, physical, emotional and soulful alignment of knowledge to deliver the best version of you with every breath you take.”

He also sits on the Martial Arts Industry Association Covid Safe committee assisting the martial arts schools across Australia deal with a clear pathway during these challenging Covid times.

And has mentored many senior executives in finding their true source of authentic power as they transition through their life’s journey.

With his unique experience and consistent success in business and human peak performance he has now consolidated his corporate best practice and personal peak performance knowledge into a cloud-based portal available to all companies around the world.

If your company is focused on authentic content that will super charge your people’s performance while manifesting long lasting wellbeing then this program could be of interest to you.

The Science behind the Right Thoughts and Positive Emotions



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Science has now absolutely proven through mountains of research that “Your Thoughts” directly impact your actions and outcomes of your actions.

In 2005 the National Science Foundation published an article summarizing research on human thoughts per day. It was found that the average person has between 12,000 to 60,000 thoughts per day. Of those thousands of thoughts, 80% were negative, and 95% were exactly the same repetitive thoughts as the day before.

Further, Harvard Medical School published a paper on Emotional Intelligence that states, “Emotional intelligence refers to the ability to identify and regulate our own emotions, to recognize the emotions of other people and feel empathy toward them, and to use these abilities to communicate effectively and build healthy, productive relationships with others. Healthy, productive relationships not only are key to our psychological well-being, they’re also vital to physical health.”

If this is indeed the case then one would assume if I fill my thoughts with Positive Knowledge (the Right Thoughts) then it would be logical that my actions would therefore be the most productive in each and every moment (the Right Actions) with the outcome being “Natural Peak Performance & an Authentically Happy Life.”

This in turn results in Positive Emotions – the “feel good emotions” that are created from the Positive Knowledge.

When you consistently vibrate through Positive Emotions you are therefore representing the best version of you with every breath you take.

The Discovering Goodness Program

The Discovering Goodness Program was created to provide “positive emotions action-based affirmations”, which we call DGA’s, to support the peak performance and wellbeing of people at their job function level.

While each function faces unique challenges, the key to creating a thriving culture is alignment to business imperatives from all functions and providing people with empowering experiences and development opportunities. “Good people make good business” is the mantra of the Discovering Goodness Program.

The Discovering Goodness Program has been developed by researching what best practice by Job Function looks like, the issues we face in delivering to these best practices and then mapping the 100+ DGAs by Job Function for each of your staff to select from.



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The Discovering Goodness Program also identifies the 27 Positive Emotions categories and maps the 100+ DGAs against each Positive Emotion category for your staff to select from based on what they would like to experience more of. Once the two selections categories by staff member are completed their bespoke "Affirmations Library" is created for them to internalise daily in as little time as "14 minutes per day."

They also rate themselves on each Positive Emotion category and each 30 days they are prompted to review their ratings to measure their personal improvements. You as a senior leadership team member will also get access to the Positive Emotions Index for your company and by Job Function to analyse the health and wellbeing of your people in aggregate.

The outcome being that each staff member will have a mindful and real time awareness of positive thoughts that create positive actions yielding them Peak Performance and Authentic Happiness while your business benefits from a healthy, high performance culture where peak performance and wellbeing is the natural state of vibration of your people.

We can't wait to share the Discovering Goodness Program with you.