

## **New Staff Development Program Takes a Fresh Approach with Startling Results**

*A new individual staff development program gets results by enabling people to discover their unique life code and connect to their strengths at work*

July 3, 2011 (FPRC) -- 93% of study participants reported an improved sense of wellbeing at work after completing Life Code Matrix, a new program that takes a fresh approach to staff development.

Dr Kathryn Owler who conducted independent research on Life Code Matrix, found the program differed from other wellness programs in that it appeared to create intrinsic motivation and the potential for sustainable change.

'People came out of the program with a clearer sense of identity and were able to align themselves more positively with their work' she said.

'They experienced their work more creatively with a sense of discovery. They were being fully 'there' at work.'

Unique aspects of Life Code Matrix that Dr Owler identified were that the process did not require mental effort; rather participants once they had identified who they were through the process were able to effortlessly be that person.

It was also efficient in that the process did not require constant repetition or reinforcement to create sustainable changes in behavior and attitude.

Life Code Matrix was initially developed by experienced business and life coach Cilla Sturt as a result of identity issues she experienced growing up in a different culture. Limitations she observed professionally with traditional coaching and staff development models led to the programs unique approach.

Life Code Matrix represents years of experimentation and research on Sturt's part. Over the years she has observed that people are best able to achieve their goals and aspirations when they gain a clear understanding of their identity

For more information go to <http://www.lifecodematrix.com/research-results/>

### **Contact Information**

For more information contact Graham Potter of Innovation partners Ltd  
(<http://www.lifecodematrix.com>)  
6478636316

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