

# Discover Easy Ways to Develop Your Limitless Potential

Most of us are too busy learning, earning and going about our daily lives to even think about developing more of our potential. But maybe it's time to think about it now...

## How does the quality of your thinking impact your:-

- Health and wellbeing?
- Communication ability?
- Goal achievement - or lack of?
- Nervousness or anxiety?
- Self-confidence?
- Motivation and happiness?

**In the last 50 years** there have been huge amounts of neuro-scientific research. Yet, despite this mind/body knowledge, the practical applications are not easy to access. This means that, unfortunately, many people will fail to develop their hidden potential - and without ever realising it.

**How much more effective** would you be if you not only knew the structure of thought but could use it to easily change your mind - and keep the change? What if you could get rid of the 'stinking thinking' that could be poisoning your entire life? **Well now you can!**

## Presenting...

**In this one-day workshop you'll learn fun, simple techniques so you can easily:**

- Recognise how your current thoughts and beliefs may be undermining your success.
- Re-programme your thinking to get what you want.
- Discover how to motivate yourself and stay happy.
- Learn what positive thinking REALLY means and how it impacts your perception of life.
- Convert worrying, fear or anxiety into calm, confidence and control.
- Recognise and overcome thinking patterns that may be holding you back.
- Silence your 'Internal Terrorist' and get control of your thinking - take back control of your life.
- Rewire your brain by changing your mental messages.



**Saturday 26 November 2016**

# Inside Your Mind

## Inside Your Mind - Course Details:

**Date:** Saturday 26 November 2016

**Venue:** Old School Arts Centre, Stewart Street, **Raglan**

**Time:** 9.30 am - 5.00 pm

**Trainer:** Stephanie Philp, Internationally Recognised Trainer of Neuro Linguistic Programming (NLP), Author, Coach and Business Mentor.

**Cost:** \$125 per person. Bring a friend and pay only \$105 each or bring 2 friends and pay \$300 for all 3!

You'll receive a comprehensive training manual for future reference.

Morning and afternoon tea provided, bring your own lunch or explore the wonderful local cafes.

**Find out more and register** at [metamorphosis.co.nz](http://metamorphosis.co.nz) or <http://tinyurl.com/jtf9fy3>

Or phone Stephanie 07-825-6743/021-684-395 or email [steph@metamorphosis.co.nz](mailto:steph@metamorphosis.co.nz) to book your place.

(Sorry no door sales, registered participants only admitted on the day - numbers strictly limited)