

MetaMorphosis proudly presents:

Inside Your Mind - 22 February 2020

Learn easy, practical skills to apply NLP and neuroscience to your life, and use your mind with intention and purpose. Change your mind — and keep the change!



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

- ✓ Recognise how your current thoughts and beliefs may be sabotaging 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 worry, 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 power over your thinking - take back control of your life.
- ✓ Rewire your brain by changing your mental messages.



95% of what you do each day is done on auto pilot

The 95% consists of habits, beliefs and programming that are often old and unconscious. So while your unconscious mind enables you to function without having to think about your day to day routines, it's also responsible for maintaining self-limiting beliefs and unwanted habits and behaviours.



How much more effective would you be if you not only understood the true structure of thought, but could use that knowledge to easily change your mind - and keep the change?

Well now you can!

In this training you will discover inner strengths and potential that will change the way you experience the world.



"I used to get so anxious when I presented that I literally shook. But, at my last presentation I felt so confident I actually sang!"

Jeremy Hughes, past participant of the Inside Your Mind training course.

Book NOW! Limited spaces available

Date: Saturday 22 February 2020

Venue: Karioi Conference Room, Sunset Motel, Bankart 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.

Investment: \$247 per person. Bring a friend and pay only \$217 each or bring 2 friends and pay just \$199 each!

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

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

Find out more and register at metamorphosis.co.nz or <https://tinyurl.com/y4sywgx8> (Read Jeremy's full story there too!)

Or phone Stephanie 07-825-6743/021-684-395 or email steph@metamorphosis.co.nz to book your place. (Sorry no door sales, registered participants only admitted on the day - spaces are strictly limited)