



YOU CAN FEEL CONFIDENT AND SELF ASSURED

Build Your Confidence With NLP

AN INSPIRING DAY WORKSHOP TO FIRE UP **YOUR** CONFIDENCE

30% percent of adults suffer from low self-confidence at some point.
Don't let confidence problems hold you back.

Enrol now to master 3 key steps

1

SOLUTIONS MINDSET

Shift your response to problems and adversity.
Use solution focused questions to power ahead.

2

ASSERTIVE BEHAVIOUR

Change your body language and behaviour patterns to look, sound and feel more confident.

3

META MODEL LANGUAGE

Turn negative self-talk or limiting beliefs into supportive inner dialogue.

Take control of your life. Beat shyness and create healthy relationships. Become a new, more confident version of YOU.



MEET YOUR COURSE LEADER

Eleanor Shakiba is an expert in NLP. She has trained over 50,000 people in NLP and Applied Psychology. She writes, coaches and consults in the areas of positive thinking and behaviour, leadership and gender and success.

Eleanor started her career as a writer and theatre director. She next moved into training and management roles at the University of Sydney. Today, she is one of Australia's leading trainers in the field of breakthrough thinking. She is the author of *Difficult People Made Easy* and has written 90 training programs.

Her qualifications include a B.A. in Social Anthropology; Graduate Certificate in Adult Education; Graduate Diploma in Counseling, Master Practitioner and Trainer accreditation in Neuro Linguistic Programming; DISC and MBTI accreditation.

Eleanor is passionate about helping people turn difficult situations into constructive scenarios. Students describe her as 'a lively and enthusiastic presenter who can keep you engaged for hours.'

ENROL NOW

www.thinklearnsucceed.com.au

Course Outline

“think
learn?
succeed”
“smart training for clever people”

Do you want to feel less self-doubt? To experience more confidence or self-assurance? Would you like to feel more relaxed in social situations, or really believe in yourself? Neuro Linguistic Programming (NLP) can help. Discover how in this supportive, one day workshop. Try out NLP techniques for personal change. Learn to reframe negative thinking. See how naturally confident people think, talk and behave. Hear how YOU can use 'models of success' to do the same.

BY THE END OF THIS COURSE, YOU WILL KNOW HOW TO...

1. Understand what NLP is and how it is used to build confidence
2. Make your self-talk more supportive and confident
3. Regulate your emotions, so you can feel more confident
4. Challenge beliefs which hold you back or erode your self-esteem
5. Use self-hypnosis to build higher levels of self-assurance
6. Focus your attention on positive change by asking yourself solution focused questions
7. Use the NLP Meta Model to reframe limiting internal dialogue

SESSION ONE

WHAT IS NLP?

Find out what Neuro Linguistic Programming is, how it developed and how it is used to support personal change and growth.

SESSION FOUR

CHANGING SELF TALK

Learn to reprogram your inner voice. Use the NLP Meta Model to detect and challenge limiting self-talk. Use reframing questions to challenge your inner critic.

SESSION TWO

WHAT IS CONFIDENCE?

Explore the connection between confidence and self-esteem. How are they similar and different to each other? How do you build confidence?

SESSION FIVE

CHANGING BEHAVIOUR

Your action creates your results in life. Hear how to adopt the action and behaviour patterns of naturally confident people.

SESSION THREE

CHANGING MINDSETS

Your mindset has a direct impact on your confidence and self-esteem. So how do you change it? How do you 'think positive'?

SESSION SIX

PROGRAM YOUR MIND

Try out NLP trance induction techniques. Install a confident new part in your unconscious mind. Make feeling confident your 'default program'

COURSE DATES AND VENUES

Sydney: 11 November 2017
CBD venue

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BOOK YOUR SEAT

Boost your confidence and improve your life

Course Details

This course is offered in Sydney twice a year. Eleanor is looking forward to working with you.

**SYDNEY
CBD VENUE
11TH NOVEMBER**

Sydney CBD venue.

BOOK YOUR SEAT

Book before
10TH SEPTEMBER

**\$440
EARLY BIRD
PRICE**

Normally \$550

Your course fee covers
extensive notes, lunch
and an inspiring day of
training with well-known
trainer Eleanor Skakiba

What clients say about Eleanor's courses

"Interesting, worthwhile and
engaging and relevant."

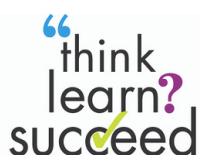
Maria Calabro
University of Western Sydney

"Really informative, great presenter,
great practical examples that I can
use day to day."

Aneta Iloska
Heart Foundation

"Very inspiring information
and ideas shared in the
seminar."

Wendy Lam
Open Program



Book by phone: 0433 126 841

Online: www.thinklearnsucceed.com.au



P.O. Box 1541 Rozelle NSW 2039
0433 126 841 www.thinklearnsucceed.com.au

REGISTER HERE

Or enrol online at www.thinklearnsucceed.com.au

1. CHOOSE YOUR LOCATION , DATE AND PRICE

☐ Sydney 11th November 2017 ☐ Early bird (before 10th September) \$440 ☐ Standard \$550

2. PROVIDE YOUR CONTACT DETAILS

First name: _____ Last name: _____

Email: _____ Work phone: _____

After hours phone: _____ (For urgent situations such as last minute venue change)

Company name: _____

Postal address: _____

3. CONFIRM ACCEPTANCE OF REGISTRATION TERMS

☐ I agree to the following registration terms.

If a registration is cancelled more than 21 working days before the date of the scheduled workshop, the fee of the workshop will be refunded, minus a \$330 processing fee. If a registration is cancelled between 21 and 7 working days before the date of the scheduled workshop, the registered participant will receive a redeemable credit note that can be used to attend another Think Learn Succeed workshop. The credit note will be valid for 6 months from the date of the workshop. If a registration is cancelled less than 7 working days before the date of the scheduled workshop, no refund or credit note will be issued. An alternative participant may attend in the place of the registered participant

In rare circumstances, unexpected events can lead to Think Learn Succeed workshops being cancelled or rescheduled. Think Learn Succeed therefore reserves the right to change the speaker, date or venue at any time prior to the event. Think Learn Succeed will minimise the risk of changes to any workshop and will notify all participants of any changes as soon as possible.

Name _____ Signature _____

4. PROVIDE PAYMENT DETAILS

☐ Visa - Master Card - American Express

Card number: _____

Name on card: _____

Expiry date: _____ Security code: _____

☐ Cheque made payable to Think Learn Succeed Pty Ltd

Payment amount: _____

Signature: _____

Thank you for your registration