

Mind Over Matter

The future you!



We are delighted to be introducing our brand new one-day workshop in 'Mind Coaching'.

'Mind Coaching' is a powerful learning system that specialises in state of the art audio technology, Neuro-Linguistic Programming (NLP), Mental Picturing, Self-programming and Depth Psychology.

Why is it important to you to master this skill?

- The ongoing pressure that we face every day to achieve and be successful in our finances, career and relationships
- Relationships at work and in our private lives continue to be strained. Divorce rates run at approx. 128,000 per year (2007 stats).
- Financial worries have always been an issue and now they are even greater under to current economic conditions.
- Stress and worry manifests itself into poor mental and physical health.
 - Mental ill health is the 2nd largest cause of time lost due to sickness absence in UK organisations. Stress, depression and anxiety account for over 50% of these mental health problems.
 - The World Health Organisation predicts that by 2020 mental health issues will be the number one health issue having overtaken cardiovascular disease.

What can 'Mind Coaching' do for you?

Every decision, behaviour, habit and action manifested itself firstly in your mind. Can you grasp the implication of what that can mean to you? Without sounding too dramatic practically anything can be treated with Mind Coaching. No it is not a magic wand and thank goodness as YOU are in control. You will learn to take self-

responsibility and feel clearly that you are in the driving seat of your life. So whether it is a negative behaviour or habit you wish to change, your state of health, body shape, motivation, improve your career or your energy levels, 'Mind Coaching' is for you. All that you need is the commitment to yourself for that better quality of life.

How will you change your Mind?

To be immersed with us for one full day, you will walk away with tools and techniques that you will be implementing immediately and changing your life in the area you have chosen.

Before you attend you will take our world renowned 'Wellness Inventory' that we are throwing in for free. (Valued at £50 normally). This inventory will create your current blue print and will have you identify where you need to take action. You will be working on these during the workshop and achieve them in your 'Mind'.

What you need to do next!

- Book on line at www.stayingalive.eu.com
- Reserve your place for just £99.00, includes lunch and a 'wellness inventory assessment', with 12 months access. Pay by card or send us a cheque.
- As soon as you receive your authorisation for the 'wellness inventory' you need to book out 45 minutes to complete it and identify your actions. Bring the results with you to the workshop.

We look forward to meeting you and developing your 'mind journey' with us very soon!

Michael de Groot and Traceyann Croshaw

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