



**Self-Actualisation  
Trainings that  
Change Your Life**



## Self-Leadership – “Accessing Personal Genius”

**Personal experience:** *“For years I had no real direction in life. I’d tried various jobs, hobbies and stuff but nothing stuck. I had no purpose and was being pushed along by circumstances, my emotions and insecurities. I felt I had no real control over my life, let alone destiny. I was unfocussed, my life felt boring... like there was ‘something missing’ – but what?”*

*I was unmotivated to learn and had zero self-esteem. I dreamt of a life of purpose, meaning and excitement! I wanted to be happy, courageous and fulfilled. I wanted to do what I wanted, when I wanted. I wanted to be free from the daily grind..... But how?*

*When I first experienced **Accessing Personal Genius** it made all of the ‘theory’ of personal and professional growth ‘come to life’. I revamped my life, started my own business and began directing my life’s course the way I wanted”*

### What is Self Leadership?

Whether leading others or just wanting to take control of your own destiny, **Self Leadership** is essential to create your future. We create everything twice; first in our mind and then in the world. The thoughts you have are creating your future every moment of every day through what you say and do. Controlling your thoughts is the first key to self-mastery. *Mastery of anything starts with mastery of Self.*

Your thoughts are constantly affecting your body because thoughts create physical and emotional ‘states’. It’s through these states you live your life; so they’re directly linked to *everything* you do and say. To make real changes we *must* start with the mind. It makes sense doesn’t it? But not at a superficial level of just ‘positive thinking,’ we must go to the higher frames of mind to find the ‘magic.’ This course will not only tell you how to do this, you’ll actually be doing it from day one!

### Outcomes

- The ability to focus all of your attention and energy
- The ability to step in and out of ‘the Zone’ at will
- A sense of being *fully* in control of your mind, emotions and behaviour
- A strong sense of self acceptance and appreciation
- The ego-strength to face challenges – and even relish them
- The Resilience to take life’s ups and downs and bounce back even stronger
- The ability to take effective action on what you know; to implement your dreams!

***Are you ready to unlock Your Potential and perform at a higher level?***

The reason you gain so much from this course is because it goes to the very foundation of *everything* you do professionally and personally; giving you effective methods for managing your thinking and emotions. This is the 'magic' of Neuro-Semantics and it can be applied *anywhere* you need to perform better.

### Here's what happens:

#### Day One. Building a stronger 'you':

- You'll learn about and take charge of the multiple layers of your mind
- You'll supercharge your '4 Personal Power Zones'
- You'll Esteem yourself fully and unconditionally
- You'll learn how to change nasty, un-useful beliefs *instantly* and replace them with more empowering ones
- You'll discover the real structure of pleasure, how to enhance it and how spread it anywhere in your life

#### Day Two. Clearing away old baggage:

- *The secret to Emotional Mastery. You'll learn how to stop being controlled by emotions and start getting them to work for you*
- Redefine negative ideas so they no longer hold you back
- Deal with self-destructive internal states
- Close the 'Knowing-Doing Gap'. Stop just knowing things and put them into action through your thoughts and behaviours – I love this bit!
- Create mental blueprints for an amazing future

#### Day Three. Step into 'The Zone' of Self Mastery

- Streamline your thoughts. Focus your highest *intentions* so they constantly drive what you pay *attention* to. Become a ferocious learner, fully engaged in life
- Discover *your unique Genius (Flow) States* – and step in at will. Wherever you want it, whenever you want it
- Blitz excuses. Stop holding yourself back with excuses that have no substance
- Resolve internal conflicts quickly. This is *really* powerful.
- Align your life's purpose with your everyday actions. Bring wholeness and integrity to your everyday life

At the end of the 3 days you'll be able to manage your mind and get yourself to *do* what you *want* to do. You'll learn how to direct your *attentions* so they'll serve your highest *intentions*. And step into states of unconditional self-esteem and eliminate internal conflicts and excuses.

Just imagine having these abilities. What difference will they make at work and home? How will your personal self-mastery benefit those you live and work with?

Run in over 40 countries across every continent, this course has helped thousands of people from all walks of life because no matter where you are today, *you* have untapped potential and I will show you how to access it. Often priced at around \$1,500, there's real value in this course.

***Accessing Personal Genius*** is certified globally by the  
International Society of Neuro-Semantics (ISNS)  
[www.neurosemantics.com](http://www.neurosemantics.com)

Your trainer Alan Fayter is a certified Master Trainer with the  
ISNS, Meta-Coach and member of the ISNS Global Leadership  
Team ...and an all-round nice guy ☺



**Your Investment:**

**\$795 NZD**

**For booking – contact Alan directly:**

Phone (+64) 021 260 5486 or [talktoalan@optimum-mind.com](mailto:talktoalan@optimum-mind.com)

**Timings and formats:**

The Self Leadership training is 3 days in length: 9am-5.30pm.

***“Just three days to change your plans from normal, which could make every other day of your life truly exceptional”***

**Public training:** See [www.optimum-mind.com](http://www.optimum-mind.com) for public training dates and ***sign up to the elist*** for new training release dates and the free weekly articles or videos.

**To ensure the best learning environment, all public trainings are strictly limited in numbers and are conducted in an intimate and safe venue.**

Don't miss out, [talktoalan@optimum-mind.com](mailto:talktoalan@optimum-mind.com) and book now

***Completion of all of the Self-Actualisation trainings certifies you with a  
Diploma in Self-Actualisation Psychology***

**Refund policy:** If you're not completely satisfied with the course at the end of day 1 or 2; I won't take any more of your time, I'll give you a full refund then and there – and you get to keep all your materials

\*Courses are subject to minimum numbers of attendees

**To book now – contact Alan directly:**

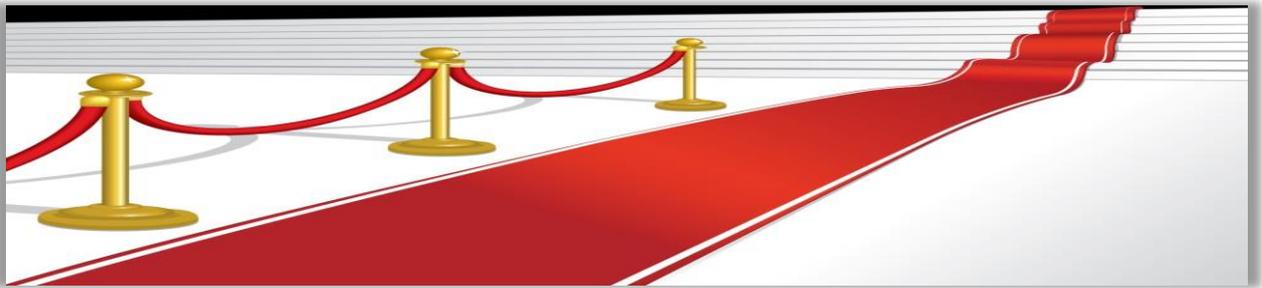
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**Corporate training:** In-house, courses can be run in any format to suit your needs;

- 3 consecutive full days
- 3 days spread over a number of weeks (i.e. 1 day per week)
- 6 half day blocks run over a number of weeks (i.e. half a day per week)
- Any schedule to suit your needs

**Corporate Investment:**

In-house or group trainings: Daily rates + materials apply



## INTRODUCING ALAN FAYTER



- *NS-NLP Master Trainer (ISNS)*
- *NLP Trainer (IANLP Fellow Member Trainer)*
- *Coach IANLP*
- *Certified Meta-Coach (MCF)*
- *Self-Actualisation Coach & Trainer (Dip)*
- *Dr Clinical Hypnotherapy (distinction)*
- *Transforming Communication Instructor*

Alan has a diverse working background and spent many years travelling the world gaining valuable “real life” experiences that enables him to connect with and understand people on many levels. He believes that if you’re going to do something, then be the best! This driving attitude has led to many personal successes starting way back when he graduated the top of his class as a part-time soldier in the British Army. Alan’s passion for helping others achieve the best has led him towards training and coaching in various areas over the years, he has been a qualified and experienced scuba diving instructor and experienced black belt martial arts instructor.

It’s Alan’s pursuit of excellence and sharing what he has learnt that lead him to study of excellence and Human Potential itself – Neuro Linguistic Programming, Neuro-Semantics, Hypnosis & Meta-Coaching. Alan has been working with people and successfully helping others to make positive changes in their personal and professional lives since 2001. His passion for learning, excelling, teaching and assisting others to unleash their potentials continues. He has a Doctorate in Clinical Hypnotherapy (distinction) yet focuses on conversational hypnotic applications.

Alan is a Fellow Member Trainer with the ***International Association of NLP***; one of only a handful in all of Australasia. IANLP is widely recognised as the world standard for NLP with strict criteria for membership ensuring the highest possible training standards and qualifications for you.

As a certified Meta-Coach with the ***Meta-Coach Foundation*** Alan uses specific models for coaching executives and business owners, and uses models aimed specifically at business development.

Alan also trained as a Trainer with the ***International Society of Neuro-Semantics*** under the direct tutelage of Dr L. Michael Hall PhD, the developer of Neuro Semantics, and graduated the top of his class. In 2014 Alan completed his four year internship, hit the stringent benchmarks and is now a Neuro-Semantics Master Trainer. Alan trains and speaks at conferences and trainings worldwide and is a member of the ISNS Global Leadership Team.

Alan provides coaching and training from basic short courses right through to career development trainings which he certifies at an international level.

Alan has and does provided coaching and training to organisations such as Inland Revenue, Meridian Energy, Airways NZ, The Just Group, ECAN, Glassons, Hallensteins and many others.

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