



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



Coaching Essentials – “Run Your Brain, Body & Life”

***Personal experience:** “Little needs to be said about the skills you’ll learn on this course – other than ground breaking and life changing. I learned this stuff years ago because my life was a complete mess and still I use it every single day. You’ll understand yourself and others in completely new, eye opening ways!”*

What is Coaching Essentials?

Containing the foundational models *essential* for running your own brain and influencing, persuading and coaching others; **Coaching Essentials** forms the basis for how to live a purposeful life. Introducing the NLP Communication model, the course is a practical guide to ‘how people work’.

You can’t improve something you don’t understand. If asked you to supercharge a formula one racing car – you’ve first got to understand how formula one racing cars work. So in order to *supercharge your mind* – you’ve got to understand how your mind works. It makes sense doesn’t it?



So this course isn’t just theory. From day one you’ll be applying these transformative learnings to yourself. You’ll learn from the inside-out. By the end of three days your eyes will be open to a whole new world. You’ll look at others in totally different ways. You’ll understand yourself and others more deeply than you ever thought possible. This will obviously enhance your relationships, make you more influential and better able to help 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 tap into it. Often priced at almost \$1,500, there’s real value in this course.

Here's what happens:

Day One:

- The truth about how communication works
- Develop exceptional 'people reading' skills
- Learn how to be fully present in the moment with others
- Be able to 'peek into the minds' of others
- Learn the art of creating deep relationships and trust

Day Two:

- The interaction of *mind and body*
- How to induce desired states in others
- Discover how to install and trigger powerfully useful states
- How to rid yourself and others of trauma
- Discover and 'anchor' your own states of Excellence
- Learn the skills of 'precision questioning' for communication clarity
- The famous Neuro-Semantic 'Well Formed Outcome model' for direction

Day Three:

- The higher levels of mind
- Exercises for mental mastery
- Detecting the governing levels of mind in others
- The best states of mind for an empowering life

Coaching Essentials is certified globally by the International Society of Neuro-Semantics (ISNS)

www.neurosemantics.com

Your trainer Alan Fayer 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:

\$695 NZD

For booking – contact Alan directly:

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

Timings and formats:

The Coaching Essentials training is 3 days in length: 9am-5pm.

“Just one weekend to change your plans from normal, which could make every other weekend (and week) of your life truly exceptional”

Public training: See 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 and book now

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

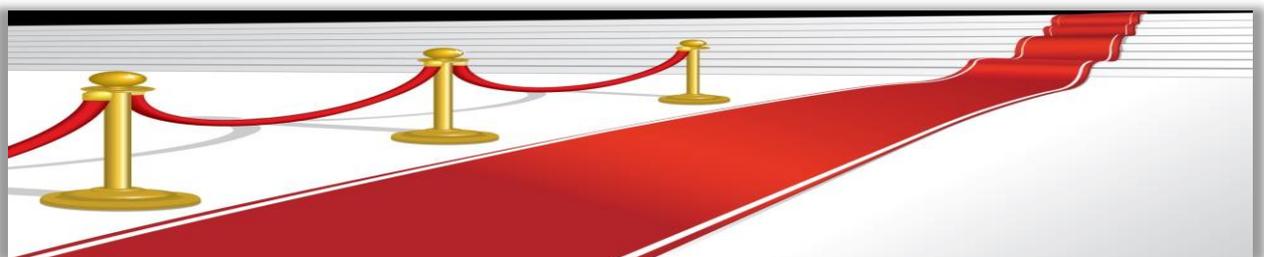
Completion of all of the Self-Actualisation trainings certifies you with a Diploma in Self-Actualisation Psychology

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:

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



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 lead 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 lead 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, reached stringent benchmarks and is now a Neuro-Semantic 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 provides 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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