



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





Unleashing Vitality

Personal experience: *“I used to procrastinate badly! I’d forever put things off and no matter how I’d try, nothing worked. Motivation was a real problem and I often felt lethargic and too lazy to do anything much.*

I just wanted to be able to get things done easier and enjoy life. I was desperate for more energy and alertness. I knew other people who had plenty of energy and yet they didn’t have fancy exercise regimes or diets. Some people were just chilled out and refreshed whenever I met them no matter how long hours or strenuously they worked and played. I wanted some of that! What was their secret?

*When I first experienced Unleashing Vitality, life became sooo much easier. Since then I never feel unmotivated or procrastinate; if there’s something to do – I do it. My diet improved, time management crystallised, I’m so enthralled by life and learning that I rarely ‘vegetate’ in front of TV. I read more passionately and productively, exercise is not a problem and my mind is constantly moving towards higher ideals – overall, I’m **really** loving life.”*

Are you ready to tap into unlimited energy and motivation and achieve your goals?

What would your life be like if you felt fully aligned physically, mentally and emotionally? What if you could connect all this to your higher purpose and unleash energy and vitality in every aspect of your life?

What is Unleashing Vitality? Unleashing Vitality allows you to tap into vast sources of physical, mental and emotional energy. If you want more ‘oomph’ to help your work and personal relationships grow, by creating the simplest changes in your mind and habits – then you’ll get a **lot** from this training.



What most people consider as ‘motivation problems’ are simply the result of poor ‘need gratification’. We **all have** mental and physical ‘deficiency needs’ (D-needs). These were defined by pioneer of positive psychology Abraham Maslow as being in a hierarchy of *survival, safety, social and self*. And we **all** live with them – **every** day. Without

healthy gratification of these needs we can’t move to the higher ‘Being needs’ (B-needs); it’s the B-needs that let us live passionate, happy and blissful lives.

To not have your D-needs adequately *and properly* fulfilled leads to stress, a bad attitude, not caring, no motivation and a lack of physical and mental energy. Does this sound like you sometimes? Is this a useful way of living? Would you want to work or hang out with this kind of person? It’s frightening that research in 2011 indicated “globally, only 31% [of employees] are fully engaged in their work. 17% are disengaged”⁽¹⁾ What does this say about the other 52%? And what does this say about the quality of your life?

(1)

www.blessingwhite.com/eee_report.asp

Benefits:

- *Be happier within yourself*
- *Become more motivated in daily life*
- *Have more physical energy*
- *Have more mental & emotional energy*
- *Stop procrastinating*
- *Say goodbye to diets*
- *Start to live a more vibrant, meaningful and authentic life*



Here's what happens:

Day One:

- You'll discover the *real* nature of the things that drive you
- You'll make a detailed analysis of key areas of life with the *Self-Actualisation Assessment Scale*
- Discover and transform unconscious negative causes of low energy and frustration
- Understand and connect with your *true nature* more than you ever have before

Day Two:

- Flush out and address 'Meta-Pathologies'
- Discover and connect with your true 'Identity'
- Connect with your higher drives – your 10 'Meta-Needs'
- Develop higher level coping skills for vitality
- Start to synergise your highest meanings with your everyday life

Day Three:

- Develop the skill of 'Peaking' (experiencing, bliss, connection, joy, etc.)
- Develop 'freshness of appreciation' – The Innocent Eye
- Skills for seeing holistically – The Integrative Eye
- Find real value in all of life – The Sacralising Eye
- Develop a plan for living vitally every day – The transformative Eye

Unleashing Vitality is certified globally by the International Society of Neuro-Semantics (ISNS)

www.neurosemantics.com



ISNS courses are 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. Everyone gets value from this course.

Your trainer, Alan Fayter is a certified Master Trainer with the ISNS, 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

Email: talktoalan@optimum-mind.com

Timings and formats:

The Unleashing Vitality 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

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

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 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, hit the stringent benchmarks and is now a Neuro-Semantics *Master Trainer*. Alan trains and speaks at conferences and trainings worldwide and is a recognised leader in his field. He 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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