



Compassionate NLP

## Master Achievement Boost Programme

**If you have already been achieving to your desired level, but recent events have taken their toll, and you are keen to get back to your previous level of performance, then this programme is designed specifically for you, and will**

- give you back the beliefs and attitudes you need to succeed in your chosen field
- lessen the fears and inner blocks you've been experiencing which have kept you from being who you know you can be, and have been in recent times
- enable you to re-develop and hone powerfully compelling goals
- bring you the inner confidence, and beliefs, which will get you back to enjoying the success you were achieving before

Using the power of Compassionate NLP with timeline techniques, trauma reduction methods and core transformation processes, you will easily and quickly get back in touch with the beliefs, feelings, attitudes and behaviours which you were previously enjoying.

The only thing you need to bring is a desire to get back on your feet, a willingness to be guided throughout, and the beliefs that most of the thoughts and feelings that have interrupted your journey are transitory and can be left behind for you to get on with your life.

Change, self-improvement, and success are all possible, if you are willing to let go of the past and embrace the new.

If you have the desire, than I shall support and guide you to where you want to be.

### **What this programme is not:**

- This is not Cognitive Behavioural Therapy (CBT)
- This is not traditional coaching, where you do all the work
- This is not meditation or mindfulness

### **What this programme is:**

- A series of sessions in which you are guided and supported throughout
- Effective methods you will be taken through, which enable you to let go of unhelpful thoughts and take on new thoughts of your choosing
- A way to lessen the impact of unhelpful or disempowering emotions such as sadness, anger, fear, embarrassment and other, similar, feelings
- A way to reduce the impact of any traumatic experiences or situations you may have had to deal with such as divorce, loss of a job, bereavement, a health related issue or other similarly disempowering event or events.
- An enjoyable and fascinating journey using tried and tested methods which really work
- An approach where 99% of the work we do happens during sessions - in between sessions you just get to live your life and start building your better future (which gets easier and easier after each session)

## **The Master Achievement Boost Programme**

*10 hours of sessions, over five weeks (usually consecutive weeks for the first 3 sessions, then 2 weeks apart for the following 2 sessions, being 6 weeks in total):*

2 hour introductory session, planning, identifying current limitations and feelings, identifying initial goals and longer vision, hypnotic session preparing for the changes to come

2 hour session clearing traumatic or difficult experiences

2 x 2 hour session putting you back in touch with your previous self-belief and confidence

2 hour session developing new goals and vision and installing it into your unconscious mind and future timeline (so that it feels compelling and almost inevitable)

### **Pricing**

MAB Programme	10 hours	6 weeks	£250
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196 Clarendon Park Road  
Leicester  
LE2 3AF

07730 653 613

stefan\_dzie@yahoo.com

