

HEALTH BEGINS IN THE HEART

The mind-body connection is now proven scientific fact. This has important consequences - one of which is that you can directly influence not only your health and well-being, but also happiness - the quality of your life. Recent studies of people who live productive, healthy and happy lives show that there are issues beyond genetics, diet and environment that impact longevity and vitality.

There is a trend in many countries that shows a significant decline in age specific disabilities over the past two decades. Some explanations point towards: improvements in public health, fewer people smoking, new drugs for various illnesses, advances in medical technology and healthier lifestyles. This turns many people towards the notion of prevention. Beyond those environmental factors, much of the information available points towards just how we as individuals can have a huge impact on the quality of our lives.

This workshop is for anyone who wants to live life fully, that is those who want to enjoy a long, healthy, happy life, full of vitality and joy. An emphasis is put on self-reflection, using the feedback received through personal inventories and exercises to make the changes that will make a difference in your experiences in life. We will focus on the specific steps and practical "how to's" that help you as you move towards getting more out of life.

You will learn practical and exciting applications of the leading edge technology called NLP- allowing you to become more conscious of what actually works for you in creating the life you want to live. This workshop fits for you if you have a sincere interest in doing what it takes to enhance your life.

You will be introduced to some of the latest research in mind/body/spirit connection, deepening your understanding of the notion that you can actually make a difference in your life. You create your own reality through your thoughts. This training is designed to give you more flexibility and choices in both your personal and professional life, allowing you to fully engage yourself and engage in life. This is YOUR life - life it NOW.

Benefits:

- . More enjoyment of life
- . Make living a long, full, happy life appealing and pleasing
- . Feel good about the investment you're making in yourself.
- . Become more even-tempered, to cope with the ups and downs of life
- . Gain the ability to use physical/emotional symptoms for self-evaluation and personal change
- . Use your mind to create higher states of being
- . Make an ally of your unconscious mind
- . Increased self awareness about thinking patterns, emotional states and physiology that will lead to a healthy, happy life for you
- . Feel "in charge" and "in control" of your life

What you'll learn:

- . How to design and habituate states of personal excellence to establish and maintain well-being
- . How to transform dysfunctional patterns into patterns that get positive results
- . Powerful ways to change your reaction to stressful situations
- . How to create a future that you are drawn towards
- . Lifestyle factors that make a difference in your everyday experience
- . How to use unpleasant physical symptoms for self-evaluation and change
- . How to get what you truly want
- . How to eliminate barriers to a happy, successful life
- . Easy methods for replacing outdated behaviors with new behaviors that create choice
- . Processes that can boost your immune system
- . How to tap into resources from the past to assist you in the present and the future
- . Simple ways to build routines and motivate yourself

About the trainer

Suzi Smith is an internationally recognized NLP Trainer with a Masters Degree in counseling. She co-founded Anchor Point Institute, providing self development and health related training and consultancy to a wide variety of individuals, businesses and government organizations across the USA, Europe, Asia and Latin America. She has been actively involved in teaching NLP internationally for Over 25 years.

She is co-author of the books: Beliefs; Pathways to Health and Well-Being and NLP; The New Technology of Achievement. Suzi has co-authored numerous NLP articles, audio tapes and videos. She has authored a series of audio CD's geared towards various health issues.

Suzi has a commitment towards helping people have more control over their lives, especially concerning health, happiness and well-being. She has an active private practice, where she facilitates people in many powerful personal changes. She is also conducting ongoing telephone life coaching sessions with people from around the world.