

Workshop and Seminars

Workshop for “Professionals”

This seven hour workshop is designed for manager, business owners and professionals seeking to improve performance in their business. Learn how to use Neuro Linguistic Programming and D.I.S.C techniques in your business so that you are a Master Communicator with your employees, colleagues or clients.

“The Secret of Realizing YOUR Potential”

For many, this weekend is the first step in a journey of transformation and change in your life. “The Secret of Realizing Your Potential” enables you to remove the baggage which has held you back to reach your full potential in life.

“Information Nights”

These 3 hour nights will be dedicated to various topics from Anger Management, Troubled Children or Teenager, Learning Difficulties, Couple Counseling, Quit Smoking, Weight loss and much more.

For more information please visit our website www.bodymindsoulcoaching.com.au or give one of our coaches a call.

Our Coaches at Body Mind Soul Coaching



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Give us a call or email us to
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or join us on “Facebook”



What is stopping **YOU**
in **YOUR** life to be
Successful, Rich,
Happy & Complete!



Our aim at

Body Mind Soul Coaching

is assisting people to reach their true potential in life and lead the kind of life they want to live.

What is NLP ? (Neuro Linguistic Programming)

We all want to change something in our lives.
So what if you could change **EVERYTHING**
you want to change in your life!
What if you could make your life the way you
want?



NLP explores the relationship between on how we think (neuro), how we communicate both verbally and non-verbally (linguistic) and our patterns and emotions (programs).

By applying the principles of **NLP** you will be able to identify pattern's in people behaviors and their language but ultimately you will be able to understand yourself and the people around you.

Have **YOU** experience in **YOUR** life.....

- Personal Relationship difficulties
 - Low Self-Esteem
 - Lack of Self-confidence
 - Work mates are always getting the promotion **YOU** deserve
 - Trouble finding or holding onto a relationship that works
 - You are holding yourself back
 - Addiction problem
 - Repeating negative patterns in a relationship
 - Learning Difficulties
 - Over weight
 - Smoking
 - Trouble children or teenager
- we can help with so much more!!!!

It seems kind of depressing right!

BMS Coaching use the skills of **NLP** (Neuro Linguistic Programming), **Time Line Therapy** and **Hypnotherapy** with individuals, couples and children in clearing negative emotions, limiting decisions and ensuring any blocks standing in the way of dream.

Make this Year the year for YOU!

How can we help with Phobias, Anxiety or Panic Attacks?

In many cases, Anxiety, Phobia and Panic Attacks respond well to mind therapies such as **NLP** (Neuro Linguistic Programming) **Time Line Therapy** and **Hypnosis techniques**. We use those **techniques** by cutting the association between the irrational emotion of fear and the subject of focus. The secret is called **dissociation**. We help our client dissociate from the experience in the mind's eye, and remember that we never forget anything.

Couple Counseling, Weightloss, Anger Management, Trouble Teenager

Anger is a perfectly normal & natural experience from time to time, but it is not a terrible useful emotion. When anger becomes a habit or takes over your life to the point where you are struggling or facing negative consequences. Instead to trying to manage & control anger, the techniques of NLP, Time Line Therapy and Hypnosis can teach you how to resolve your anger and get rid of it so you can deal with events in a way that is more conscious and reasonable.