



# Unleash Your Super-Self! The Power Of Personal Change

Six-Day Training in Neuro Linguistic Programming (NLP)

Monday 25 - Saturday 30 April 2022

Karioi Conference Centre, Raglan Sunset Motel, Raglan, Waikato



## The Super-Self idea didn't come from me

I was discussing with a newly qualified NLP Practitioner how I thought NLP training helped people access deeper levels of intelligence and smarter ways of thinking. She looked at me aghast.

*“Oh, it's so much more than that! It's as if we access our... umm... Super-Self! Like our superhero selves that are sooo much more of everything; smarter, more confident, more authentic, more connected, more courageous ... well just more – of everything! And everyone on the course achieved those massive changes!”*

OK then.

So while I tend to be more humble and modest about my training, this woman wasn't going to let me play small!

**“Life changing.** Everything you get out of the course is positive both for work and personal life.”

Jason Giacomazzi - Project Supervisor

## Who Or What Is Your Super-Self?

It's that part of you that has deep intuitive wisdom, that knows your infinite potential and that makes great decisions. It is the learner and the knower. Sometimes you might access it fleetingly when you're 'in the flow' – only to find it seems to disappear again when you could most use it!

**“Stunning!** The skills learned in NLP training are able to be utilised in ALL walks of life. Steph is unique, superb, an excellent teacher. I loved it, loved it all. I'll really miss having my batteries recharged by the energy in this room.”

Brent Hopkins - Trainer

### What if you could access your Super-Self more often?

How different would life be if you had the skills to easily figure out what was driving someone's behaviour and to respond with objectivity and compassion instead of frustration and teeth gnashing? What if you had practical skills to help you

really figure out how people 'tick' - and why everyone seems to 'tick' differently?

## Introducing ...

## The Power of Personal Change

This six-day intensive training in Neuro Linguistic Programming (NLP) will give you practical tools and skills to become more of who you are. You'll improve your



Course participants

Emotional Intelligence (EQ) by gaining more self-awareness and awareness of others. You'll develop the Soft Skills that are vital to your effectiveness in the 21st Century – in both your personal and professional relationships. In fact you'll put your People Skills on speed!

## People with a high EQ are in high demand

At the same time, they're hard to find. This means that those who have learnt and can demonstrate EQ skills will be much sought-after as employees, team leaders and executives, often commanding higher salaries and more opportunities.

The Power of Personal Change training is for those who value their own development and/or who facilitate the growth and development of others. Typically, many previous graduates have wanted to achieve better, faster and longer lasting results in their own lives as well as with their clients, team members or customers. They want behavioural change – for themselves, with others – or both!

## REAL People Skills

If you've ever tried to change a behaviour by constantly focusing on it, you know how difficult that can be – and how easy it is to slip back into the old ways. Stephanie Philp, your trainer, has a unique approach to training that works on both deeper and higher levels of mental, emotional and physical functioning. So instead of just learning a few new processes or structures, it will reshape the very foundation of your thinking; you'll almost be able to feel the new dendrites growing and reaching out to hold hands! Change happens easily and effortlessly, and at the deepest level.

## Changes stay changed!

You don't have to 'try' to ensure the changes stay 'changed.' Your new ways of thinking and being will naturally have a flow-on effect to those around you, providing you with a feedback mechanism of how you're developing. You'll make the changes you want for yourself and you'll also learn ways to help others make the changes they want.

## That's why it's called, 'The Power of Personal Change'

When you change your own behaviour those around you respond differently. You'll make the changes you want for yourself and you'll learn how to help others make the changes they want - with care and integrity.

### Carefully layered and woven

*"As a participant with a training and development background, it was a pleasure to be part of Steph's NLP Practitioner Training. Her own values, vast knowledge, years of experience and care for her participants are carefully layered and woven into every aspect of the course; making your time spent with her a stimulating, hilarious, invaluable learning journey."*

*The NLP Practitioner toolkit is something everyone can use and apply in every area of their lives; from work to relationships, parenting and beyond. I signed up to give myself the gift of some learning and inspiration. I'm so glad I did it."*

Katherine Parrott  
Owner - Red Feather

*"Bloody fantastic! Felt safe and comfortable all the way through my training. Thank you Steph!"*

Makerita Makepelu - Facilitator -  
Theatre of Liberation

## SOME of the Personal and Professional Approaches taught on 'The Power of Personal Change'

- 🕒 Learn simple, quick techniques to feel the way you want to feel in any given situation; for example calm and in control instead of stressed, or energised and motivated when you want to get things done.
- 🕒 Know what positive thinking really means and its impact on the achievement of your goals.
- 🕒 Improve your observation and listening skills, so you can accurately 'read' people and support them to achieve their goals.
- 🕒 Find out how you can be influential and persuasive without saying a word!
- 🕒 Learn a communication model that forms the central core of NLP and explains how behaviours and responses are impacted by the unconscious filters we all have.
- 🕒 Identify and understand the importance of values and use them to motivate yourself and others or to ethically sell your products and services.
- 🕒 Learn the Blueprint for Excellence and develop the flexibility and resilience of a rubber ball - bouncing back from setbacks and over obstacles.
- 🕒 Forget SMART goals! Use the PERFECT model to clarify, set and achieve goals that will be relevant in all aspects of your life. No more self-sabotage!
- 🕒 Use specific, targeted questions to zoom in to the root cause of problems quickly and easily. These questions save time and give valuable insights into the thinking patterns driving behaviour.
- 🕒 Learn a collection of skills for understanding people's unconscious thinking patterns and processes.
- 🕒 Tap into your own brilliance and release floods of creativity and motivation - plus, help others do the same.
- 🕒 Learn the 'body language' of language itself and create new, positive thought patterns and beliefs.
- 🕒 Reduce stress levels and avoid burnout, yet still get the best out of people, (including yourself) every time.

**"Changed my life!** And we're just scratching the surface!"

Clinton Lyall -  
Programme Manager, DOC.

**"Inspirational!** It was like going on holiday but at the same time learning intensely. Completing 101 gave me the skills I needed to safely and resourcefully challenge clients with their presenting issues.

This was an area I found most difficult in the past and now find I can quickly and effectively get to the source of the issue rather than work around the presenting symptoms."

Joanna Budai - Career  
Professional

**"The best course I have ever done.** A master course in personal development. Highly recommended."

Louise Coughlan - Physiotherapist

- Discover the verbal, tonal and body language skills you need to communicate authentically and to make sure you get your message across so people truly understand and feel understood.
- Learn the skills used by charismatic leaders to positively and ethically influence and inspire others, both consciously and unconsciously.

## The training environment and delivery

Small groups of participants mean you get the individual attention you deserve and the changes you want. I place a high value on creating a fun learning environment, and a safe zone where you can feel free to take on new challenges. In order to grow and to successfully coach, mentor or lead others it's important to continue to challenge and develop yourself. The venue is the Papahua Hui Conference Room at the Raglan Holiday Park. It's a beautiful, light and airy space with a large outdoor courtyard



area. Accommodation is available at the park. Please [contact the Holiday Park](#) directly to organise this.

Each days training builds upon and strengthens the foundations laid in previous days so your learning is as deep as it is exponential. It's holistic by design so it affects every area of your life and makes the learning 'sticky.' You get lots of practice and feedback. By the end of the course you're left with a new sense of personal and professional confidence about just how much more you're capable of.

**NB.** The Power of Personal Change is a stand-alone course and also the first of three, 6-day block courses leading to International NLP

### I thought I'd learn doctrines

*"I thought I would learn doctrines and philosophies that would be opposite to my cultural map of the world.*

*In fact it only enhanced it even more. My relationship with my wairua has strengthened 10 fold.*

*The biggest benefit I have received is the realisation that I have the answers to solving my issues and obstacles and that wellbeing is a state of mind.*

*I recommend this Raglan course, it's value for money and Steph is a great trainer.*

*I can't wait to share it with my Iwi.*

*E te Iwi Kia Ora. (Good Life to the World)"*

Goldie Akapita  
Poukokori Kaupapa  
(Project Manager)  
Ngati Rangi Trust

Practitioner Certification (total 18 days). You're under no obligation to complete the full Practitioner Training but should you decide to continue, you'll be relieved to know that you won't have to start again from scratch, provided you complete within 3 years.

[Download this free eBook](#). It has more information about the NLP Practitioner course contents, answers to FAQs, and testimonials from people just like you. Or just visit [InsideYourMind.com](http://InsideYourMind.com)

## Who's the course for?

The Power of Personal Change is for people who want to make changes in their personal and professional lives and/or who want to positively influence others in their growth and development.

Participants come from all occupations including; business, coaching, health care, education, training, sales, management, engineering, IT and human resource management. They share a curiosity about what makes people 'tick' and understand the importance of communicating effectively to facilitate cooperative change. They usually have a love of learning and a desire to continuously improve and develop, both personally and professionally. They know, at some level, that they are always capable of more.



## The Inside Your Mind 'Inside Out' Promise

I know how much difference this course will make to your life and I really want you to have the benefit of joining us. To make this as easy as possible, I offer ...

*"If you don't see, hear and feel the difference – from the Inside Out –  
I'll give you your money back."*

With a guarantee like that - it's a risk free investment! But remember, places are limited.

**So, when you're ready to unleash your Super-Self**

Email me: [steph@insideyourmind.com](mailto:steph@insideyourmind.com) or register online at

<https://insideyourmind.com/training/the-power-of-personal-change/>

## Dates, Times and Investment

By paying early you not only secure your place (they are limited) you also gain a significant discount.

**Hours:** 9.00 am - 6.00 pm each day with 1 hour for lunch.

Course & Dates	Early Bird	Full Investment
Autumn 2022 The Power of Personal Change Monday 25 - Saturday 30 April 2022	US\$1,259.00 (Approx NZ \$1795.00 (inc gst) Paid in full by 1 April 2022 (\$200 secures your place)	US\$1359.00 (Approx NZ \$1995.00 (inc gst) Paid in full by 18 April 2022

## Your Trainer



**Hi, I'm Stephanie Philp**

I'm an internationally recognised NLP Master Trainer, Master Coach Trainer, author and developer. I've been training NLP Practitioners since 2000 and have trained NLP in NZ, UK and Portugal.

My qualifications are recognised by the International Assn of NLP based in Switzerland, the International Association of NLP Institutes (IN) and International Coaching Institutes (ICI). My training courses are also recognised by the NZ Assn NLP (NZANLP). In addition I'm a

qualified mBIT (Multiple Brain Integration Techniques) Coach and mBIT Coach trainer (Multiple Brain Integration Techniques).

With a background in HR and senior management, I have first hand experience in resolving the human challenges associated with business. I have been training people to achieve deep and transformative change since 1994. I have a humorous and inclusive facilitation style. [Find out more](#)

## Places are strictly limited!!

### 3 Ways to register:

1. Book at the website <https://insideyourmind.com/training/the-power-of-personal-change/> where you can pay with your credit card through my secure server.
2. Email me to save your place and I can send you an invoice (It must be paid by the date indicated above to receive the appropriate discount.)
3. Pay by direct banking. [Email me](#) [steph@insideyourmind.com](mailto:steph@insideyourmind.com) for payment details



**Look forward to seeing you soon!**