

Module 1

Welcome
Course Design
How we learn
Accessing the unconscious mind
Fight/Flight/Freeze response
Create your successful outcome
Tracking Success & Life Success Rating
Stepping Forward

Module 2

4 Steps to Success
Anchors
Yes, yes, yes technique

Module 3

Change of modality
Relationship with food

Module 4

Lessons from language
Coming Together
Parts

Module 5

Happiness Strategies – Being You

Module 6

Letting Go

Module 7

Levels of change & Declarations

Module 8

Swish for Success
Belief Bridges
Keeping Active

Module 9

Time and Distance

Module 10

Success in social situations
Sleep
Self Recordings for Success
Wishing you Every Success

Relaxations

1. Confidence for Change
2. Change How You Feel
3. Spring Clean of Your Mind
4. Positive Intentions
5. Being You
6. Create a New Label
7. Keeping Active
8. Letting Go
9. 90th Birthday
10. Journey to Success