



Core Transformation

During this two day programme you can learn how to take limitations and symptoms and transform them into resources, which will give you new understandings and perspectives on your life.

Discover new and empowering behaviours through this gentle and supportive process.

Length of course: Two days

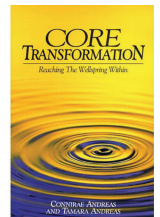
Reaching the wellspring within

Core Transformation works at the deepest levels to change unwanted behaviours, feelings and responses from simple limitations like nail-biting to deeper issues like trauma, anger, weight loss, grief or abuse.

It will help you to deal with the many stresses of everyday life.

Core Transformation was developed by Connirae Andreas - author of the book by the same name.

Core Transformation uses amazingly simple techniques and processes which will take you immediately into a more satisfying relationship with yourself and into a profound state of inner peace.



As a daily practice, it is an ideal way to take time out and to connect with yourself when you feel overloaded. Join us in an experience which will make a lasting change in your life.

The workshop consists of three elements:

Identifying and Securing Core Outcomes Through examining everyday occurrences and relationships you will learn to identify your Core Outcomes. You will also learn to identify those outcomes which are part of your identity.

Core Transformation Having identified your Core Outcomes this process will help you to experience them fully in an ongoing way.

Parental Timeline Reimprinting With this final process you will be able to integrate the Core State of being through the whole of your history, bringing an even deeper sense of health or well-being.

About our Training All of our training courses offer you a practical experience in a relaxing and supportive environment. We offer a combination of explanations, demonstrations and exercises in pairs and small groups. There is always time for questions and discussions. You will learn processes and techniques at a conscious and an unconscious level, which will enable you to reproduce them with others.

This workshop will be led by Peter McNab. Peter is one of the most experienced INLPTA Master Trainers in the world, having trained in over thirteen countries on three continents. In 1992, he assisted Connirae Andreas when she presented Core Transformation in London.

He subsequently became the first person outside the USA to be accredited personally by Connirae as a Core Transformation Trainer.

Peter is founding Director of **excellenceforall** and was responsible for introducing NLP to the Northwest of England

About excellenceforall

excellenceforall has been established in the Northwest since 1993 as a NLP Training Provider, accredited by INLPTA and recognised by ANLP. Since 1993, we have trained in places as far apart as Sheffield and Saudi Arabia, Manchester and Malibu, Glasgow and Gothenburg, Doncaster and Dubai. Our training is known for our energy, integrity and application. We believe that learning is fun and this is reflected in the way we train. We are so confident in the quality of our training that we offer a full money back guarantee on each seminar.

To book now, or for further information, contact:

excellenceforall Kingfisher Business Centre, Rawtenstall, Rossendale, Lancashire BB4 8ES.

• Tel: 01706 830055 • Fax: 01706 830066 • website: www.excellenceforall.co.uk • email: enquiries@excellenceforall.co.uk