

What people have said

"Yet again Patricia and Richard deliver practical tools for living life to the fullest using simple methods. Delivered with passion and creating intrigue to learn even more."

Keishana Coursey – Business owner

"The self-hypnosis course was presented extremely well with great clarity, insight, and lots of fun."

Pauline Renwick – Yoga instructor

"The process of self-hypnosis is one that has depth with real life application and can be used in a very ready and easy format. Patricia and Richard bring the subject to life in a fun, imaginative, and sensitive way of delivery. Excellent tutors always!"

Lucy Ragg – Health practitioner

"This was a very relaxed day filled with good information, humour, and plenty of time to experience the methods in a supportive environment"

Christine Abbasi – Practice nurse

"Well run one day course that allows me to use other skills that Patricia has introduced me to."

John Corcoran – Engineer

"A living learning day, exercise for the mind, and fuel for the future, thank you Patricia and Richard."

Maureen Vance – Manager,
Adult Reading Assistance Scheme



Ph: 64 3 980 9512 or
64 3 980 9518

patricia@lifetimelearning.co.nz
richard@lifetimelearning.co.nz

PO Box 430
(6, Harvey Terrace)
Christchurch 8140
New Zealand

www.lifetimelearning.co.nz

1 Day Self Hypnosis Training

Saturday 20 February
2010



Lifetime Learning (NZ) Ltd
P O Box 430 (6 Harvey Terrace)
Christchurch, New Zealand
Ph: 64 3 980 9512
or 64 3 980 9518
E: info@lifetimelearning.co.nz
www.lifetimelearning.co.nz

"What a beautifully sophisticated and simple tool self-hypnosis is. I am delighted with it, thanks Patricia and Richard."

Alison Scott – Teacher, writer, coach

What is Hypnosis?

The word hypnosis comes from the Greek word for sleep. The state of hypnosis is of altered consciousness where the unconscious mind is much more open to suggestion. Hypnosis is a form of trance, similar to the many naturally occurring trances we are all in from time to time, day to day. It is a deliberately induced trance – either self-induced, or induced by a hypnotist. When you are in a trance you are less aware of the outside world, concentrating more on what is happening inside.

“In the hypnotic trance you can pay attention to what is immediately important so that you can access positive memories and resources.”

Milton Erickson, psychiatrist, hypnotherapist.

Self-hypnosis is a great way to work towards achieving the things that are important to you. It is quick, simple, and efficient. Learn it in a day and use it for a lifetime!

Training Organisation:

Lifetime Learning (NZ) Ltd was established in 1992 by Patricia and Richard Greenhough.

Benefits of this Course

Self-hypnosis is a quick easy technique that you can use in as little as ten minutes. To

- Relax
- Change your behaviour
- Increase your creativity and awareness
- Make friends with your unconscious mind
- Access your resources
- Solve problems
- Set ecological outcomes and align with your highest values.

Learn in a day and use for a lifetime.

Venue:

6, Harvey Terrace, Richmond,
Christchurch, New Zealand

Times:

Please arrive by 9.15am. Teas and coffee will be available.

Class time 9.30 am to 5.00 pm, with
an hour for lunch between 1 pm and 2 pm.

Date:

Saturday 20 February 2010

Investment:

Full price \$150.00 (GST inclusive)

Early bird \$120.00 (GST inclusive) if paid in full by
6 February, 2010.

Book now, numbers are limited to 12 people.

Payment by direct credit, cheque, or cash please.

The Presenters: Two skilled internationally trained presenters with different styles and strengths working with small groups to give focussed attention to each participant.



Patricia Greenhough is an internationally trained and certified NLP Trainer, Hypnotherapy Trainer, HNLP Master Coach, and Feldenkrais® teacher. She is trained in kinesiology, and many other disciplines.

Richard Greenhough is an internationally trained and certified NLP Trainer, Hypnotherapy Trainer, and HNLP Coach. He is a Company Director, and an experienced trainer and educator.

Enrolment Details

Self-Hypnosis 20 February 2010

Please print

Name _____

Address _____

Phones _____

Email _____

Payment enclosed _____

Contact us

Phones: 64 3 980 9512 or
64 3 980 9518

Email: patricia@lifetimelearning.co.nz
richard@lifetimelearning.co.nz

Mail: PO Box 430
(6, Harvey Terrace)
Christchurch 8140
New Zealand
www.lifetimelearning.co.nz