

NEURO DYNAMICS

MENTAL SPRING-CLEAN PROGRAM



HAVE YOU EVER JUST WANTED TO PRESS THE RESET BUTTON ON YOUR MIND AND INSTALL IT WITH NEW HABITS AND BELIEFS THAT WILL AID YOU TO BE YOUR BEST?

This process is about **unleashing your potential** by mobilizing your best resources. If you are interested in **becoming more resourceful, running your own brain, taking charge of your own life**, and actualizing all of your incredible latent potentials, you will find this through this **gentle, powerful and non invasive process.....Is that something you want?**

Using tools of Neuro Semantics

- Move through your internal blocks and develop patterns for success
- Eliminate destructive patterns of belief that hold you back
- Install positive strategies to empower and maintain your authentic self

Gain mind mastery tools that work for a lifetime

Session 1: PAST *Undertaking a mental clean out you will*

- Unplug buttons that create reactions that do not serve you
- Learn about your mind and mental 1st aid
- Audit your resilience bank accounts
- Defeat internal demons that sabotage your success
- Eliminate limiting beliefs and install empowering beliefs
- Get in control over 'stinking' thinking habits and a misbehaving mind

Session 2: PRESENT *Constructing mind tools for mastery you will*

- Create an internal mental space
- Close the Knowing-Doing Gap on old habits
- Develop and implement effective mind tools to invite new possibilities and put YOU in control

Session 3: FUTURE *Creating the future you want you will*

- Take an intentional stance that makes life purposeful
- Becoming Aligned with the higher levels of your mind
- Turn on more confidence, self control and happiness at will
- Develop a Laser-beam state of focus on what's important
- Program in the ideal future and watch it happen

How does it work?

It involves three face-to-face sessions around about three hours each. In addition To that you will do pre and post "work". This **will ensure.....** given that you "do the work" that you **will gain even more that you came for.....are you ready for that ?**

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TESTAMONIALS

When I woke this morning I felt amazing only a short time ago I felt so bad, and now to suddenly feel so confident and good about myselfI have made myself a promise never to go back there again. I don't know why I put it of for so long.....it was so effortless Thank you for giving the tools to be happy

.....
Dawn Maitland

Well as you know I used to be an extreme procrastinator.....all these great ideas killed by this lifelong bad habit.....well no more since my mental spring clean.....I exercise regularly, have started my own business and got my life under control. What a relief.....and quite frankly I did not believe that this process would work for me for once I am glad I was wrong.....thankyou...and watch this space!

Peter Normington

It has been a year since I undertook my mental-springclean. I still cannot believe the person I was then and the difference it has given me. I have lost 10kg, increased my income three fold, renewed what I thought was a dead relationship and achieved everything I set in place. I am now a confident ,happy and successful person! and it was soooooo easy! I wish I had done it 10 years ago thanks Cheryl for helping me create a meaningful life!

Carole French

WHY NOT INVEST IN YOURSELF?

YOUR COACH

Academic Qualifications

Cheryl Gilroy

- BA Human Resource Development (major organisational development)
- Grad Dip Psychology
- Master of Applied Science Social Ecology
- Master Practitioner Neuro Semantics
- Accredited Mediator



Cheryl is a recognised and certified master trainer in NLP/ Neuro Semantics. She has worked all over the world with elite athletes, police negotiators, individuals and corporations optimising their performance. Her business *People Dynamics* won the prestigious business of the year award. She is a fun, dynamic and progressive coach. Her strengths and area of expertise lie in developing people to be their best. She holds academic qualifications in Psychology, Human Resource Development and Social Ecology. Cheryl's Masters Thesis was on the utilization of the human brain. Her area of passion is Neuro Semantics and Neuro Linguistic programming.

Cheryl has worked with hundreds of individuals and organisations such as The Australian Federal Police, Ericsson Global, and Independent Commission against Corruption, The Australian Institute of Sport - *Elite Athletes Program* guiding them to reach their full potential.

More Testimonials

"I've come across to Cheryl in an International Coaching Training, where she has been invited as an expert coach in the field of Neuro Semantics. I was so impressed with her style – enthusiastic, authentic, genuine and professional – and her confidence in what she does, that I have decided to do her Mental Spring Cleaning Program on an area of my life which has put me, literally, in agony for the last four years. I would consider myself as someone in the self-actualising process and this one thing was hindering my further development. I knew I needed an expert facilitating the process and had all the trust that Cheryl and her program could help me breakthrough. And it wasn't until I finished the program I found out about her profound credentials!

What a powerful experience it was! - Cutting edge technology coupled with Cheryl's expertise. I wish I met Cheryl years ago and did her Mental Spring Cleaning Program. I recommend the program to anyone who want to liberate themselves from their limitations and anything they are carrying from the past, create clarity and balance in their lives and start running their own brain."

Ceren Ozan Bs BA, M HRM&IR, MBus, APMC
Human Capital Specialist

Working with Cheryl during the "mental spring clean" was healing on many levels. Her incredible insights and care allowed me to uncover and clear long hidden painful wounds and to actually create in the world the potential I have had living only deep inside in my heart. Since the sessions, I feel more confident, clearer about my direction, capable and more sexy than ever. I have been working with the practical exercises and ways of being Cheryl suggested and now my life is very different and filled with possibility. A really big thing to come out of one of the sessions is that I have been able to be with my mum again on a truly loving level. It is so wonderful to connect with her again...this makes me smile even writing about it. Cheryl was such a kind and caring facilitator of the clearing process - she held the safe space for 'me' to make 'my' changes - I'll ever be grateful.

Dr Rosina Mladenovic
Lecturer Sydney University

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