



Chris Walton Msc

PERFORMANCE PSYCHOLOGIST

UNIQUE 1:1 COACHING AND
GROUP/TEAM TRAINING

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INCREDIBLE YOU COURSE

The Workshop based on the book

Incredible You

Unleashing the Power of Your Beliefs and Intentions to Achieve an Extraordinary life

You Will:

- ☞ Identify your goals.
- ☞ Understand the power of your beliefs on the physical health of your body and the success of your life.
- ☞ Understand the power of your thoughts, feelings and intentions on physical matter.
- ☞ Learn the best way to set your intentions for maximum success.
- ☞ Retrain the way you think and perceive what's possible.

Using the Mind-Body Belief Change Technique you will:

- ☞ Remove your limiting self-sabotaging beliefs and blocks to success that stop you achieving your real goals and desires.
- ☞ Integrate empowering subconscious beliefs in alignment with your goals and desires to dramatically improve your health, wealth, happiness, success and specific goal achievement.

Using the Emotional Balance Technique© you will remove your:

- ☞ Negative emotional reactions, fears, doubts, lack of confidence, feelings of not being good enough – clever enough or not being worthy and recondition your mind and body for a new level of happiness, peace, emotional energy and balance.

INCREDIBLE YOU COURSE

Using the **Optimal Brain Technique®** you will:

- ∞ Find answers to your problems.
- ∞ Connect with the *Trans personal You* and learn how to access a level of potential beyond your personality.
- ∞ Learn how to access the global collective mind to find answers to your deepest questions.
- ∞ Discover what enlightenment really is.
- ∞ Reconnect with your purpose.

Duration: 1 or 2 days.