



1 Day Workshop

Silencing the Inner Critic

With Sylvia Guest
NLP Therapy & Coaching

Does your inner critic have altogether too much to say for itself? Would you like to know how to silence the criticism and turn your negative self-talk to positive and supportive?

Negative self-talk diminishes our self-worth and confidence, can create or reinforce limiting beliefs about our character and abilities, and is a major component of both depression and anxiety.

Get your happy on!

Come along for a day of positive and supportive NLP-based learning and laughter.

9.00 am to 3.30pm Saturday 2nd March 2019

239 Taratara Road, Kaeo (halfway between Kaeo & Mangonui)

Cost: \$95 per person

Includes

- Lunch, morning and afternoon tea (vegetarian)
- Printed or digital notes and mind tools
- \$10 discount voucher for Sylvia's co-written book *Think Feel Do: Everything Humanly Possible* (Retails at \$44.95)

To register: Phone or text Sylvia on 022 076 3734,
email sylvia@morebetter.co.nz
or book and pay online at www.morebetter.co.nz

Places are limited to ensure quality interaction, so be in quick!