

Realife Smart Workshop Sessions

© Modelling Excellence

Be and get anything you want by learning the formula of success from others.

Model success in business, finances, relationships, health, fitness, sports or anything you want to be or achieve.

© Beliefs & Reframing

Discover the power your beliefs have over you and how they have formed and continue to frame your life.

Learn how to change and reframe any belief and lose negative and limiting thought and behaviour patterns.

Study the power of language, thoughts and physiology and see how easy it is to change yourself and others.

© Relaxation & Breathing

Learn how to really relax and switch off from a hectic day creating calmness and balance.

Acquire more energy anytime you want and learn how to breathe and relax in a moment with easy to apply methods and techniques.

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Alpha & Beta States

Alpha is the state of mind where we do our best work, play our best sport, enjoy our relationships the most and when we are really healthy and happy.

Improve your effectiveness, understand & control your unconscious mind and access the state whenever you wish.

Improve Your Memory

Rapidly improve your memory and creativity with the use of anchoring, alpha state and memory pegs.

Understand states of the brain and how to use them to improve your memory even during times of stress & pressure.

Healthy Living & Hydration

Drop excess weight, feel fantastic, have more energy, avoid illness, improve concentration and clarity of thoughts by choosing foods that heal you rather than harm you and cleanse you rather than clog you.

Learn the importance of hydration and how to balance the body to be more alkaline than acidic.

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© Tai Chi

Tai Chi is used to raise awareness about the location and function of energy centres in the body. Basic moves are demonstrated and practised providing a simple routine you can practice yourself anytime after the session to regenerate your energy levels.

© Building Rapport & Intonations

Learn how to get anyone to bond with you using body language, gestures and language skills & patterns to build rapport in the workplace or anywhere in life.

You will be amazed how you can connect and disconnect with people at will.

© Affirmations & Incantations

Learn how to program & reprogram the subconscious mind to get you anything you want.

Often, we do not believe we are able to do or obtain anything we want or even change any patterns, behaviours and addictions we don't want!

But affirmations, incantations, visualisations and timeline strategies work to give messages and instructions directly into your subconscious mind so it doesn't matter if you don't believe something on a conscious level, the power of the mind on a subconscious level is all that is required to make huge changes.

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① Effective Goal Setting

Find out what you really want from work, home, relationships, finances, health or anything you can dream of, and how to get it.

Use goal setting to create a plan and strategy that is easy to follow, step by step to achieve anything you want even in your wildest dreams.

① NLP Presuppositions & Advanced Language Patterns

Learn how to convince anyone about anything and practice being a politician!

Use language skills to influence and open people's minds To consider other alternatives. These skills can influence, motivate, encourage, challenge, help, calm and inspire others within the workplace and general life.

① Anchoring

Program yourself and others to change your/their feelings in a second even during difficult times.

Learn how all the senses can be used (hear, smell, taste, see or touch) in setting positive anchors to induce feelings such as relaxation, happiness, determination or control at anytime and snap out of negative feelings such as anger, fear, panic or confusion.

Have the power to choose how you feel!