

# Mind Mastery with NLP Neuro-Linguistic Programming Practitioner Certification Training Also Time Line Therapy® and Hypnosis



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be brilliant now  
a new level of excellence



# MIND MASTERY WITH NLP

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## Practitioner Certification – Course Content

Neuro-Linguistic Programming (NLP) is one of the most advanced technologies for creating human change both in individuals and groups in Entertainment, Business, Education and Therapy.

NLP is the most effective modality available for taking control of your emotions and conscious and unconscious thought processes.

NLP is the study of human excellence. It helps us understand why and how we communicate the way we do, both internally with ourselves and externally to those around us. Our training has been specifically developed to produce fun and refreshing ways to think differently for immediately improved results.

NLP takes you on a journey of self-discovery. It allows you to generate your own learning and come to your own realization and awareness from working through the processes taught. This will provide you with the leadership know how, success strategies and creative edge necessary to be masterful in any context – business, career, social, competitive and leisure.

On our 8-day training program you will learn how to practically apply these leading edge tools to help positively improve yourself and others.

For successful certification we will be looking for your demonstration of ability to identify the following basic skills, techniques, patterns and concepts of NLP, Time Line Therapy and Hypnosis and to utilize them competently with self and with others.

## Neuro-Linguistic Programming Practitioner Certification:

During our Intensive Mind Mastery with NLP Practitioner Certification Training, you will learn:

### Our 8-day program includes:

- Comprehensive introduction to Mind Mastery with NLP
- Understanding how we learn, communicate and develop as individuals
- Moving from Mind Servitude to Mind Mastery
- Managing your mind and taking responsibility for your emotions, behaviour and results

### Achieving Your Goals

- Learn why some goals succeed and some fail
- Embrace the 8 principles for Brilliance
- Understand the keys to achieving your outcome
- How to create well formed outcomes
- Set new standards and step up in your life

### Using Your Senses To The Full

- Understand how your senses interact with your nervous system and how it affects you physically
- Recognize which senses other people prefer to communicate with so you can interact with them in the ways they prefer
- Calibrating on the most effective ways to interact effortlessly
- Appreciate how the movements of the eyes can show you what a person is really thinking and improve learning and creativity
- Understand how people make decisions by just watching their eye movements
- Build Rapport instantly and maintain it
- Learn how to read body language and understand what is really being said
- Transform the way you use your own body to influence outstanding results
- Create instant empathy and understanding with body posture and voice tone
- Generate open communication between people by listening with intent and purpose

## Language Patterns and Words

- Learn how to use your speech to build instant rapport and communication
- Words have meanings you never imagined, learn how to read the personality behind the vocabulary
- Discover the power of abstract language and how it can induce trance states and agreement
- Assist people to have more behavioural flexibility by gracefully moving them beyond their boundary conditions
- Learn how to structure stories which can move a client from stuck no options to positive resourceful states of well-being
- Uncover how 3 simple questions can unveil specific information about any hidden topic
- Manage objections effectively
- Maximize positive feedback with reflective questioning techniques

## Sub-Modalities

- Learn to run your own brain exploring the shades of meaning
- Change beliefs and values
- Turn limiting patterns into empowering behaviours
- Use simple Swish Patterns to remove unsupportive states and emotions

## Access Naturally Occurring States Instantly and Integrate Parts Resolving Inner Conflict

- Learn how to manage your moods and feelings with anchoring
- Control your emotions - not be controlled by them
- Create personal triggers to instantly change your mood or state of mind
- Banish procrastination forever
- Understand what causes inner conflicts and how to resolve them
- Ability to shift consciousness to external or internal, as required by the moment's task.

## Learn New Strategies to Achieve Desired Results

- Build strategies that guarantee your success
- Understand your client's current strategies that don't work and how to help change them
- Design strategies that have well-formed, ecological structures of the desired state
- Learn strategies to attract emotional connections
- Reframing the structural content and context of situations for easy resolution

## Time Line Therapy® Practitioner Certification:

Time Line Therapy® uses a persons own internal Time Line to work with their unconscious mind to help heal emotional trauma as well as eradicate unwanted negative thoughts, behaviours, emotions decisions and beliefs. Our past experiences and the memories that go with them affect how we approach present day situations. These memories and experiences can sometimes stop us from achieving the results we want.

- Destroy limiting internal blocks
- Remove negative emotions and beliefs
- Eliminate limiting decisions
- Reconnect with your Unconscious Mind
- Questioning For Results
- Elicitation Of The Time Line
- First Test Of Elicitation
- Discovering The Root Cause
- Negative Emotions Number One
- The 3 Things To Check At Position #3
- General Reframes
- Negative Emotions Number 2
- If A Client Associates Into A Traumatic Memory
- Anxiety
- Determining Limiting Decisions
- Limiting Decisions
- 3 Reasons Why The Emotions Disappear
- Changing The Location/Direction Of The Time Line
- Make smarter decisions using S-M-A-R-T techniques
- Putting A Goal In Your Future
- Phobia Model
- Parts Integration
- Understand what you really want and how to get it
- Create a compelling vision of the future to keep you inspired and on track

## Hypnosis Practitioner Certification:

At the Practitioner level you will learn the fundamentals of Ericksonian Hypnosis and patterns of indirect permissive suggestion, the basis to gaining the most effective conscious and unconscious congruency.

- History Of Hypnosis
- The Pre-Talk
- Stages Of Hypnosis
- Suggestibility Tests
- Hypnotic Patterns
- The Fundamentals Of Ericksonian Hypnosis
- Patterns Of Indirect Suggestion
- Ericksonian Inductions
- Questions For Induction I
- Questions For Induction II
- General Pendulum Healing Paradigm
- Pendulum Chart
- Multiple Embedded Metaphors
- Convincers
- Contraindications For Hypnosis
- Post-Hypnotic Suggestions

Learn the latest hypnosis techniques and become more effective in creating change in repetitive behaviours.

You know the mind is an incredibly powerful tool. Most emotional stress and even physical illness can arise from beliefs, desires and conditioning that we keep deep in our sub-conscious mind.

Hypnotherapy unlocks your mind and releases you from the sub-conscious constraints that stop you fully enjoying your life.

Well known for being effective with giving up smoking and weight management, hypnosis is also powerful in resolving many other issues in the mind and body.

## Who would benefit the most in attending this course:

This course has been meticulously designed for anyone interested in making real and lasting change in their lives and in the lives of others. Get the most out of your career at any level by becoming a masterful communicator. You will receive great value from this course if clear concise communication is a must for you to deliver promptly and effectively with purpose and intent:

- Directors, Actors, Musicians, Publicists, Producers, Stage Managers, Production Managers, DOP's, Assistant Directors, Make-up Artists, Stylists, Photographers, Event Producers, Journalists
- CEO's, Executives, HR Managers, Team Leaders, Sales Executives, Customer Service Professionals
- Business owners, Entrepreneurs, Leaders
- Coaches, Business Consultants, Sole Traders
- Lawyers, Accountants, Teachers, Doctors
- Natural and Complimentary Therapists, those in the Healing Art
- Parents, Child Care Workers, Social Workers, Counsellors
- Anyone committed to becoming a masterful communicator

## When You Study With Be Brilliant Now You Will Be Able to Use NLP Applications in:

- As the foundation for maintaining your own standards of excellence
- Masterful communication with family, friends, business colleagues, associates, clients, bosses, directors, children
- Personal and business coaching
- Learning and educational coaching
- Therapy and relationship coaching
- To create change and growth on a personal level
- All modes of business including sales and communication
- Enhancing relationships with yourself and those around you

### What is Included?

This Mind Mastery NLP Intensive Practitioners Certification Training is approved and endorsed by the ABNLP, the TLT™A and the ABH and includes the following:

Set of 20 CDs narrated by Julie-Anne Black Master Coach and Trainer of NLP, Time Line Therapy and Hypnosis. This forms the basis for your pre-course study and has been specifically designed to optimize your training. Plus an extremely comprehensive course manual.

Our Practitioner Courses normally fill up early so please plan ahead!!

An 8-day training introduces, explains and demonstrates all the NLP subjects that are required by the ABNLP. Training given by a Certified Trainer of NLP, a Certified Trainer of Time Line Therapy™ and a Certified Trainer of Hypnosis.

Certificates Include: Practitioner of Neuro-Linguistic Programming, Practitioner of Time Line Therapy™ & Practitioner of Hypnosis.

**To confirm your place today call +61 3 9534 0065.**

## About Be Brilliant Now

Be Brilliant Now is a motivational company that gives heart-centered leaders and creative entrepreneurs the training, tools, guidance and support they need to achieve spectacular results, both personally and professionally.

We are the #1 specialist in offering presentations, products, courses and elite mentoring programs in mind mastery and advanced communication.

## About your trainer – Julie-Anne Black

Julie-Anne achieved tremendous success as a TV Producer, working on an array of spectacular shows, harnessing the talent of some of Australia's favourite stars. But whilst her external world looked like a dream, her internal world was a place of trauma and quiet desperation where she felt totally alone and out of control.

When Julie-Anne came across NLP it quite literally saved her life. More specifically it helped her claim her life because she learnt how to harness her determined spirit and passion for all things spectacular and use it to recreate strategies of success in all aspects of her life. But most importantly NLP gave Julie-Anne the tools to finally be at peace with her traumatic childhood, clean up the unresolved inner gunk and finally say yes to living a brilliant life consistently.

Now-a-days you can find her focused on supporting passionate creative entrepreneurs and heart-centered industry leaders reach a new level of excellence. She is also a sought after world-class keynote speaker and educator of all things brilliant. She inspires, engages and captivates audiences with unique and innovative techniques that help you produce spectacular results both personally and professionally. Julie-Anne is an expert in sharing fresh and inspiring ways that inject you with new thinking for better, happier and more positive results.

Julie-Anne and her team are devoted to providing a safe space for you to be seen and heard. A powerful environment that truly supports you to be at peace with your past, so you can be in love with your future.

## What Our Students Say:

"Jules is an absolutely amazing person who gives openly from her heart. My training in the NLP Practitioner Certification has been a wonderful journey, with lots of challenges and growth that will carry me forward to a future of possibilities. Thank you Jules xx."

Tracey McQueen - Social Worker - Berwick Vic

"Jules is a mind-blowing facilitator in every way. Besides the fact that she lives what she teaches and knows it intimately, she has an amazing gift to be able to hold you as you stretch your wings to fly. Her insight and ability to BE WITH YOU, enable the gentle unfolding and uplifting of your heart, soul and spirit. Thanks Jules (Jewels)."

Catherine Maguire - Registered Nurse - Montmorency Vic

"An amazing 8 days, made all the more exciting by the realisation that they were just the first 8 days in my NLP journey. Thank you."

Charles Alpren - GP - St Kilda Vic

"Thank you! An absolutely fantastic and soulful journey. To anyone considering in investing in themselves and their future ... you need look no further ... Julie-Anne Black and the team at "Be Brilliant Now" are well equipped to assist with your individual journey. Julie-Anne Black brings her smile, zest for life, and commitment to coaching, to a level I have never experienced before. At all times during my training and journey I felt I was in safe hands, and the discoveries made are well worth the investment. May you cherish the opportunity to be coached by a most amazing, colourful and loving soul. For training with a heart ... you need look no further."

Alex Gonzalez - Business Owner - Mulgrave Vic

"NLP Practitioner Training with Jules opened my eyes to a world of possibilities, opportunities and creation where I'm behaving in a manner supportive of my own success and that of others. The potential applications of what I've learned are extraordinary and I'm amazed to see the contribution I'm already making and impacting upon the personal and business objectives of my clients, colleagues and comrades. Committed to her students success and evolution, Jules is truly brilliant and facilitates in a refreshingly real way. I recommend her without reservation. Being Brilliant Now!."

Rebecca Mutch - Training Manager - Vic

"WOW, what a challenging 8 days (and the rest!) Julie-Anne is great at building rapport, and she doesn't stop at 'being nice'; she's honest in her feedback and challenges constructively. The course content is mentally stimulating and when learning the 'toolkit of techniques' we were provided with plenty of interactive opportunities. Completing the course has made a difference in my life and I feel energized to help others. Thanks 😊"

Amanda Booth - HR Manager - Hawthorn Vic

## Other Brilliant Services

Be Brilliant Now is a motivational company that gives heart-centred leaders and creative entrepreneurs the training, tools, guidance and support you need to create and achieve spectacular results, both personally and professionally. We are the #1 specialist in offering presentations, products, courses and elite mentoring programs in mind mastery and advanced communication.

### >> Mentoring Programs

We specialize in providing a safe space for you to be seen and heard. It's a powerful environment where you are fully supported to face the tough stuff and bust through your blocks. We guarantee to move you from Distress to Success, providing you with the training, support, accountability, and guidance you need to step into your greatness and Be Brilliant Now.

We'll give you the necessary success strategies and tools to identify and stop the inner bully, so you can set new standards and step up. Together, we'll design a compelling vision for your future and develop, map out and implement a blueprint that supports you to live a brilliant life in all areas.

Our world-class mentoring programs are like nothing you have experienced, yet everything you would expect from Director, Life Strategist and Blockbuster Mentor Julie-Anne Black. Life is about thinking big, being spectacular and creating only the best.

Our world-class mentoring programs include:

- Platinum Mastermind Program
- Diamond Mastermind Program
- Signature VIP Day

### >> Accelerated Mind Mastery Seminars with NLP

If being the best in your field is important to you, then becoming a masterful communicator and success strategist is a must. Our specialized Mind Mastery techniques combined with Neuro-Linguistic Programming (NLP) will give you the edge whilst transforming the way you think and act.

Our powerful and transformational courses include:

- NLP, Time Line Therapy and Hypnosis Practitioner Training (8 days)
- NLP, Time Line Therapy and Hypnosis Master Practitioner Training (16-days)
- Stand Up & Talk! For Brilliant Presentation Skills (6-days)
- Midday Motivator
- Body Language – Thinking On Your Feet
- Born For Success – Mastering Peak Mental Performance
- I Can – Create A Better Future

## >> Hand Analysis Reading

Want to know your life purpose? Want to know what prevents you from living a happy, free-to-be lifestyle? Then a 'Your Brilliant Hands' analysis will provide you with the answers!

Your fingerprints are unique to you, no-one else has a set like yours and they were developed as early as 14 weeks in utero! Their individuality shares vital information about why and what you are here to achieve in this life. They also uncover what's been holding you back from achieving it!

## >> Get Brilliant with Julie-Anne speaking at your next event

Julie-Anne touches your audience with energy, purpose, passion, and intent. Every single time. She designs a signature message with core tips to make the most significant difference in the lives of your audience members. Having achieved tremendous success as a TV Producer, working on an array of spectacular shows, harnessing the talent of some of Australia's favourite stars, Julie-Anne knows what it takes to be at the top of your game. Now-a-days you can find her focused on helping creative entrepreneurs and industry leaders reach a new level of excellence. Julie-Anne is a passionate and energetic speaker and expert in sharing fresh and inspiring ways that inject you with new thinking for better, happier and more positive results.

### We specialize in supporting you to:

- Bust through mental and emotional blocks that hold you back
- Stop the inner bully in it's tracks and setting new standards
- Help you uncover your life purpose
- Life and career strategist
- Help you get paid for your brilliance

### Julie-Anne is also available for:

- Specialised keynotes and presentations
- On-site half day and one-day seminars in Mind Mastery
- Corporate Consulting
- Media Appearances

### Bliss Mist – for your Body, Mind and Soul

Julie-Anne specifically developed Bliss Mist to help you refocus, refresh and rejuvenate the stagnant energy around you. Its brilliant uses help support you to shift, cleanse and clear moods from tiredness, crankiness and the 'can't be bothereds', whilst renewing your joy and enthusiasm for life.

This all round Aussie product is hand-made with love in St Kilda from a uniquely blissful and powerful blend of Australian essential oils and bush flower essences, combined with living filtered water to support and nurture your body, mind and soul.

