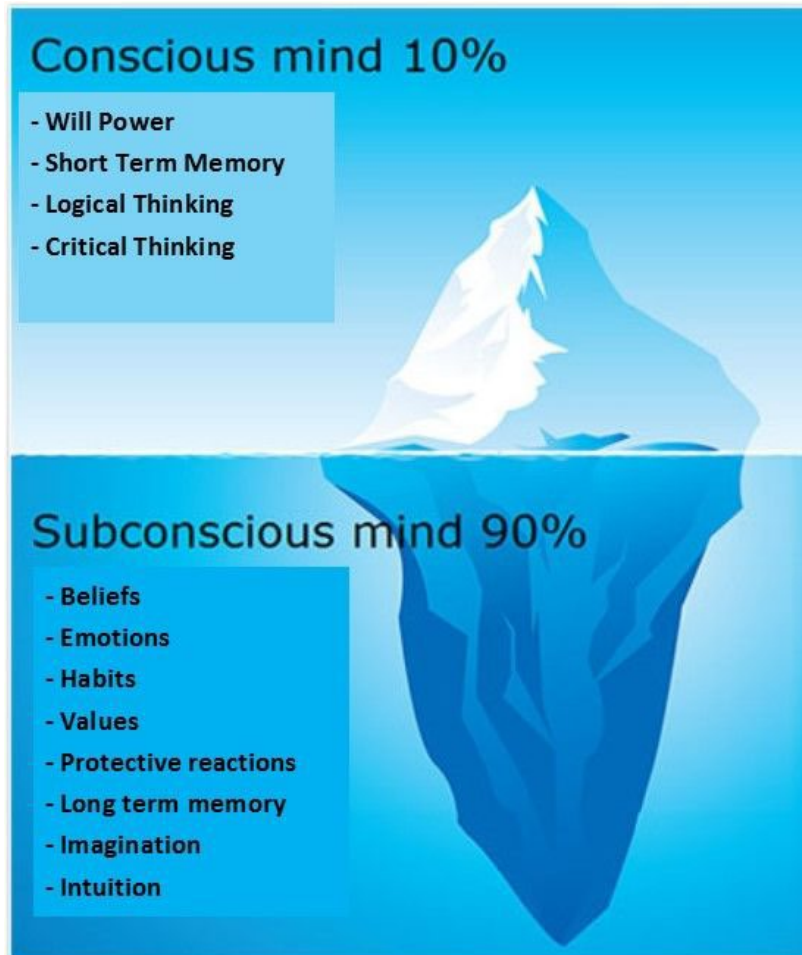


CONSCIOUS AND SUBCONSCIOUS MIND



Most of our influences come from the subconscious mind. We are on autopilot and not consciously aware of. We create our identity from here. This is where our resistance to change lies.

Using NLP and Matrix Therapies Techniques, we tap into the unconscious mind to reprogram our thoughts, clear limiting beliefs, negative influences, negative emotions. We help you breakthrough what's holding you back to be more fulfilled in all areas of your life.

MINDSET MATTERS

- What mindset are you playing in every day?
- Are you showing up as the leader in your own life and at work? OR
- Are you a victim?
- Every day YOU have a CHOICE
- Your thoughts will create your reality
- You are only in control of your own thoughts and actions
- Others opinions are non of your business
- Do not take anything personally
- Let GO of the EGO, it likes to run the show
- Humble Growth Mindset
- There is always a BREATH before you respond

