



NLP Workshop with  
Master NLP trainer

**Yvonne Oswald** Phd

*Outrageously*

**Successful  
& Loving It**

Be very kind to yourself today!  
... and remember that your self-talk  
produces 100% of your successful results.

NLP (Neuro-Linguistic Programming)

Check this out: <http://selfhelpfix.com/nlp.php>

## The Psychology of Success

The human mind is the most powerful tool available to mankind. Nowhere is this truer than in the workplace. As a human behavioral scientist, Dr. Yvonne realised that our learned responses can inhibit or enhance our potential for success. Recognizing the drivers behind self-limiting tendencies, she subsequently researched and developed effective, practical, and dynamic techniques to accomplish spectacular professional results. Her pioneering and interactive training is designed and delivered to help you to discover new and powerful ways to control your life, then positively influence others through your interactions.

Success is assured by realizing that it is as simple as deleting old non-supportive images in the mind, replacing them with new positive ones in the pre-frontal cortex, and then, utilizing down-to-earth, effective techniques, continually reinforce them.

Through this experiential training  
Dr. Yvonne teaches you:

- To create strong and successful relationships at work and at home
- New negotiation and mediation techniques: The ONE crucial question you need to ask both parties to get a satisfactory resolution

- Confidence and self-reliance techniques
- How to make the best decisions quickly and easily
- To become a powerful communicator – make someone like you instantly!
- How to recognize and use the four communication styles
- High energy tips – change your mood in less than a minute!
- Boosting motivation & goal setting strategies
- That procrastination, stress, and worry become things of the past
- How to speak to & connect with everyone – The 4MAT process
- That success starts with self-talk! Switch to supportive thinking, which brings you 100% of your results!
- The Personal Freedom Matrix - clear anxiety forever!

*“Yvonne’s compelling techniques help transform your life using the language of success. When you change your words you change your life.”*

~ ~ John Gray, Ph.D,  
Author of *Men are from Mars, Women are from Venus*

