

# BALANCED APPROACH

Enjoyable • Accessible • Sustainable • Innovative

## Trainings and workshops 2008

We will be running a series of courses in South Birmingham with limited spaces. These include

1. NLP coaching - £95 (28<sup>TH</sup> July)
2. Stress Buster - £65 (early booking discount is £5) – (TBA)
3. Introduction to NLP - £95 (TBA)
4. NLP practitioner Core Skills – £1055.00 (sat. 4<sup>th</sup> Oct to Wed 8<sup>th</sup> Oct)
5. Personal development (time, team, anger and stress management) - £95 (29<sup>th</sup> July)
6. Understanding and applying hypnosis (including self-hypnosis) - £95 (19<sup>th</sup> August)
7. The Peaceful Warrior – change your life! - £95 (30<sup>th</sup> September)

Venue – The Longbridge Innovation Centre - <http://www.longbridgetechnologypark.co.uk>

The sessions are designed to be interactive rather than just lectures so you will gain real 'hands-on' experience that you can apply effectively straight away.

**NLP - Neuro-Linguistic Programming (NLP)** studies the structure of how humans think and experience the world. From this we can create the opportunity for change.

The Peaceful Warrior day includes both mental and physical activity through a combination of Tai Chi, philosophy and transformational NLP to break free from old limiting beliefs

The Stress Buster day will address the language we use and understand more deeply comments like "You always get yourself in to a state". Exploring natural trance states, the relationship between mind and body as 'stressors' and a new perspective on the work 'emotion'

The trainer, Mark Peters, has extensive experience in both the private and public sector and is registered with the Society of NLP, Association of NLP, General Hypnotherapy Standards Council and the British Society for Clinical and Academic Hypnosis

**For these and other courses see [www.balancedapproach.co.uk](http://www.balancedapproach.co.uk) or call Mark to discuss**

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Cancellations: MUST be in writing a minimum of 14 working days before the course date. A refund will then be given less and admin fee of £50 per place. If courses have to be cancelled and rescheduled and the new dates are not convenient, a credit or refund will be offered

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## Booking form: workshops & Training Courses 2008

I wish to attend number(s) \_\_\_\_\_ and enclose £50ea deposit (enclose cheque made payable to Balanced Approach)

I enclose full payment for number(s) \_\_\_\_\_. **Full payment no later than 1 month before course date. Late payment may incur admin charges.**

I would like more details of number(s): \_\_\_\_\_ (by e-mail?)

Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Address: \_\_\_\_\_

Fax: \_\_\_\_\_ Tel: \_\_\_\_\_

e-mail: \_\_\_\_\_ No. of places: \_\_\_\_\_

Special dietary requirements: \_\_\_\_\_

Please complete & return to: Balanced Approach, Blue Skies, Ash Lane, Hopwood. B48 7TS.  
Tel / Fax: 021 445 0093 • e-mail: [sendmeinfo@balancedapproach.co.uk](mailto:sendmeinfo@balancedapproach.co.uk)