



Workshop Schedule 2018 Day One

For clarification, various visual models are used, throughout the course of the day.

9.00am - 9.15am Opening Minds

An introduction to meditation focusing on breath awareness to aid guided imagery and positive suggestion. All to assist with opening our minds.

9.15am - 10.00am Models (Practical)

Group exercise demonstrating how we learn and how the models we believe are formed. Links and patterns of the mind.

10.00am - 10.30am The New Model

Introduction to the Create Beautiful Partnerships workbook. Theories and grey areas, grasp what's useful.

10.30am - 10.50am Mid Morning Recess

Short tea break getting to know you.

10.50am - 11.30am Will-to-Power and Self-Esteem

Talk from your trainer on the importance of understanding will and how low self-esteem reflects how we use it.

11.30am - 12.30am Fear, Love and Guilt How and Why We Teach Them. Self-Awareness

Talk from your trainer on the language we use, understanding why and how we teach what we do. How to Raise our Self-Awareness.

12.30pm - 1.30pm Lunch

1.30pm - 2.00pm Games of Fear

Talk from your trainer on the types of games we play that are based on fear.

2.00pm - 2.30pm Games of Love

Talk from your trainer on the types of games we play that are based on love. The power of humility.

2.30pm - 3.00pm What is Love?

Talk from your trainer with an introduction to the CBP definition of love. Love in childhood, love in adulthood.

3.00pm - 3.20pm Mid Afternoon Recess

More tea, more getting to know you.

3.20pm - 4.00pm Boundaries

Talk from your trainer on the importance of boundaries, how to gently set and maintain them.

4.00pm - 5.00pm Independent, Co-dependent or Interdependent in Relationships

Talk from your trainer stressing the importance of independence and interdependence.

5.00pm - 5.30pm Close Q&A plus brief introduction to Sunday's schedule





Workshop Schedule 2018 Day Two

9.00am - 9.30am Introduction to Understanding the Unconscious Mind

Talk from your trainer highlighting the power, purpose and limitations of the unconscious mind.

10.30am - 11.00am Mid Morning Recess

And so, who are you? More tea?

11.30am - 12.00noon The Beginning

How beliefs are formed the emotional content and the ego.

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9.30am - 10.30am Introduction to Understanding beliefs (practical)

Practical exercises to reinforce how beliefs form in the mind. Unconscious generalisations. Dominos.

11.00am - 11.30am Gold Counselling

The story of GOLD Counselling and its evolution. The POWER of beliefs.

12.00noon - 12.30pm What do we want?

The question of what the above average person wants for their future.

12.30pm - 1.30pm Lunch

1.30pm - 2.00pm Belief Maps and Linguistics (practical)

Talk from your trainer on the power of language with practical exercises on belief maps and how we create them.

2.00pm - 2.30pm Linking the Map (practical)

Links and maps.

2.30pm - 3.00pm Demo Time

Working a map and how practice opens the mind to change. The resistance to the process and how to overcome it.

3.00pm - 3.20pm Mid Afternoon Recess

More getting to know you. Now we know what you are! LOVE.

3.20pm - 4.00pm Working to Empower Each Other (practical)

A quiet time for meditation and guided imagery.

4.00pm - 5.00pm Practice and Sharing (practical)

The Contract. Working with beliefs. The sensitivity of time and the mind. It's a tool never a weapon!

5.00pm - 5.30pm Close Q&A photo opportunity, exchange details

