

BREAKTHROUGH COACHING NLP MASTERCLASS

EMPOWERING TRANSFORMATION

BELIEF CHANGE

BREAKTHROUGH COACHING
NLP MASTERCLASS

70,000 thoughts/day

35 - 48 thoughts/minute/person

MANY OF THESE THOUGHTS ARE
LIMITING

Money

Talent

Fail

Not Smart

Skills



Fear

Background

Not Smart

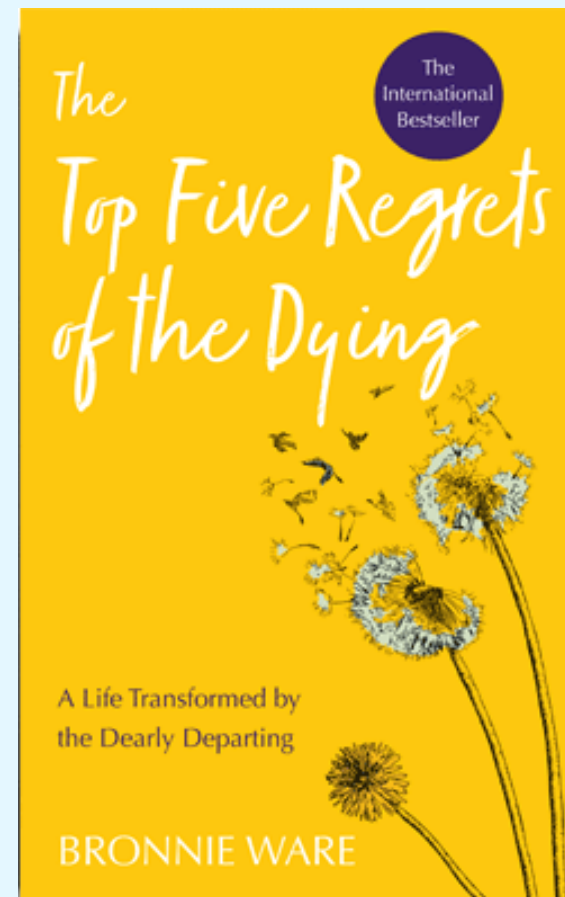
Can't

CHOICE

*”Failure is life
moving us in the
right direction”*
Oprah Winfrey



”Wish I had the courage to live a life where I was truer to myself and did not worry about others.” Bonnie Ware



INTUITIVE VOICE

VS CRITICAL VOICE

BIOLOGY OF BELIEF



BRUCE LIPTON

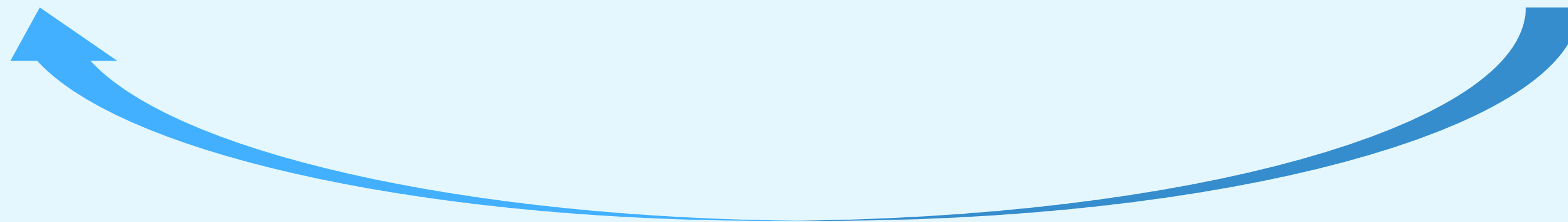


Different Types Belief Change

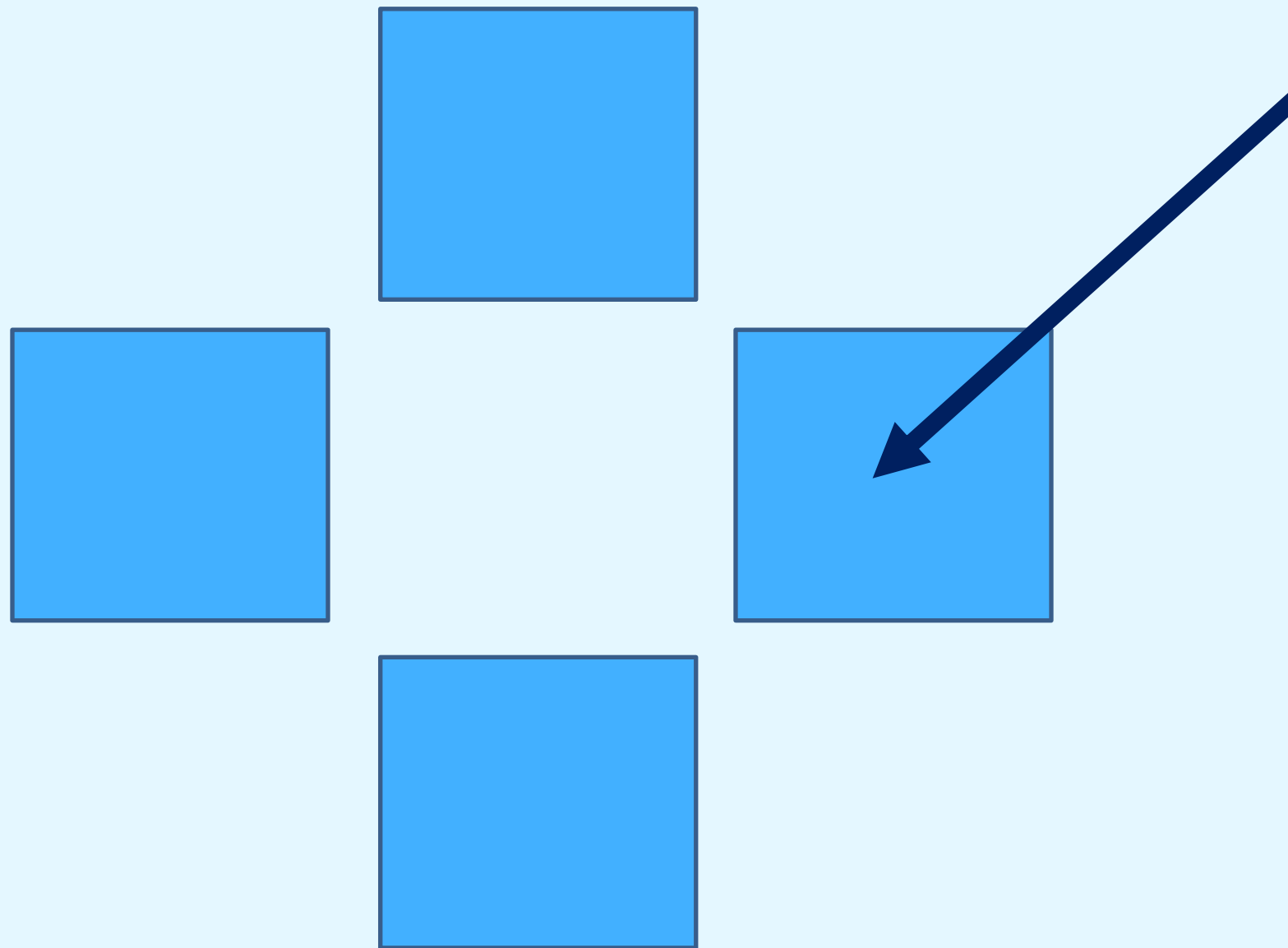
1. Negative Event Belief to Positive Belief
2. Presuppositions
3. Belief Change
4. Sub-Modality Belief Change
5. Parts Integration
6. Timeline Belief Change

Negative Event Belief to Positive Belief

Negative Event	Negative Belief	Positive Event	Positive Belief
Punished by teacher	I am stupid	PhD in 3 Years	I can do it (I am smart)

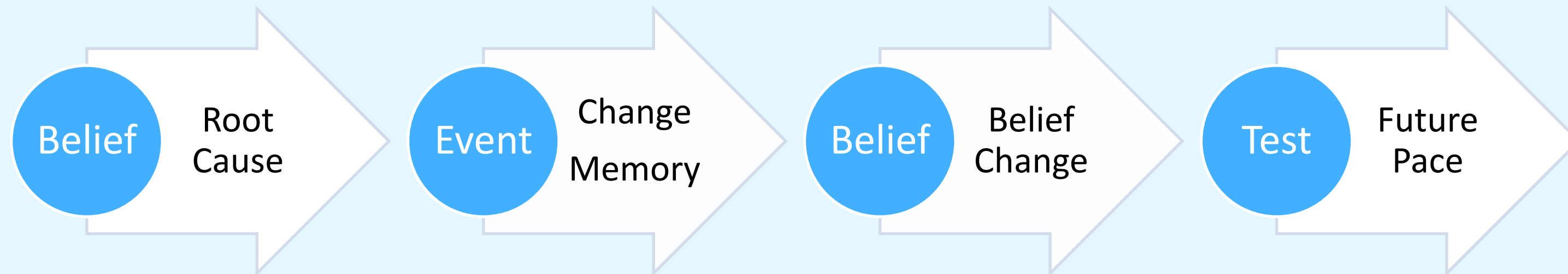


Presuppositions



1. Step on
2. Breathe as if true
3. Now how do you feel about it?
4. Break State
5. Next Belief
6. Remain silent or share

Belief Change



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Sub-modality belief change

I am 10 years old

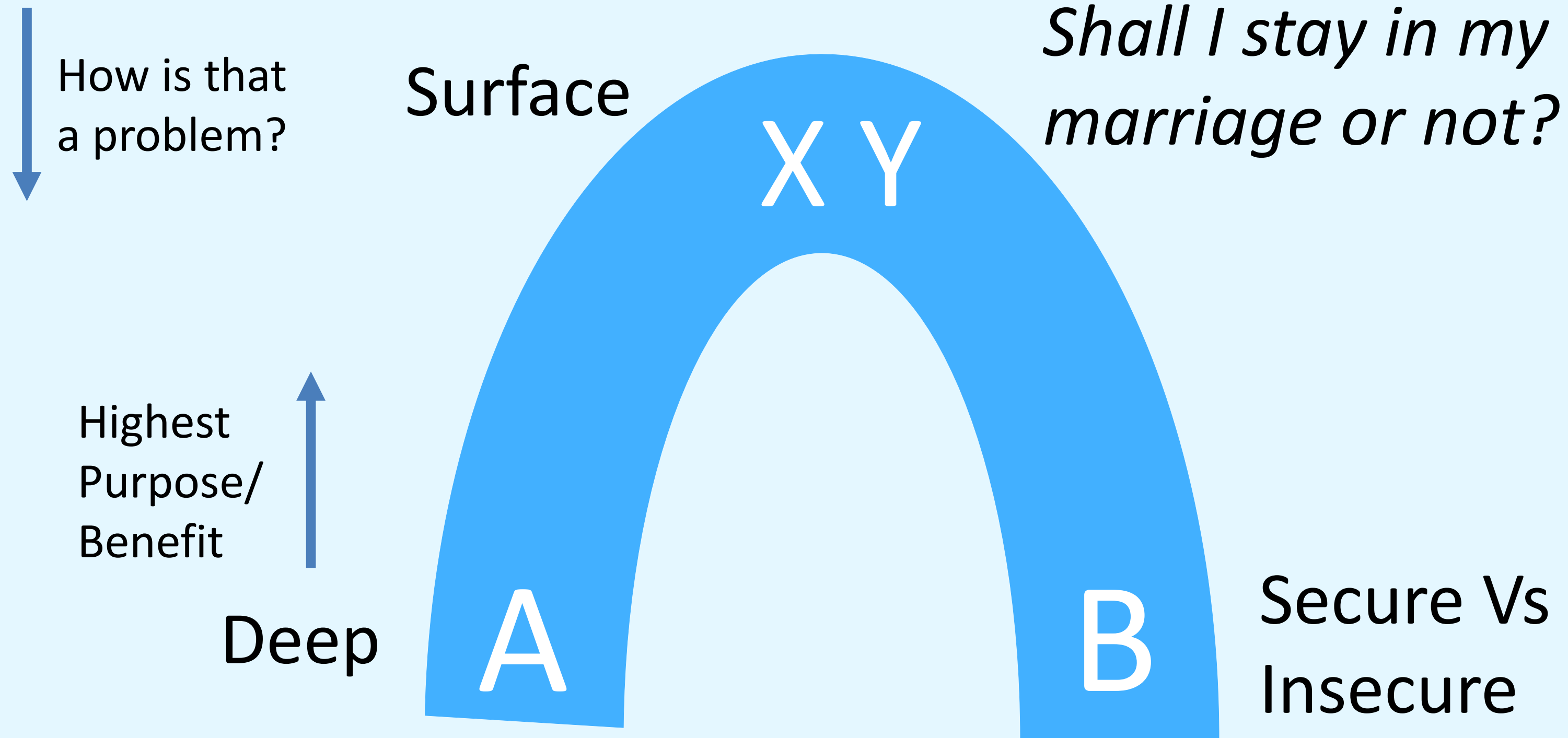
I am 47 years old



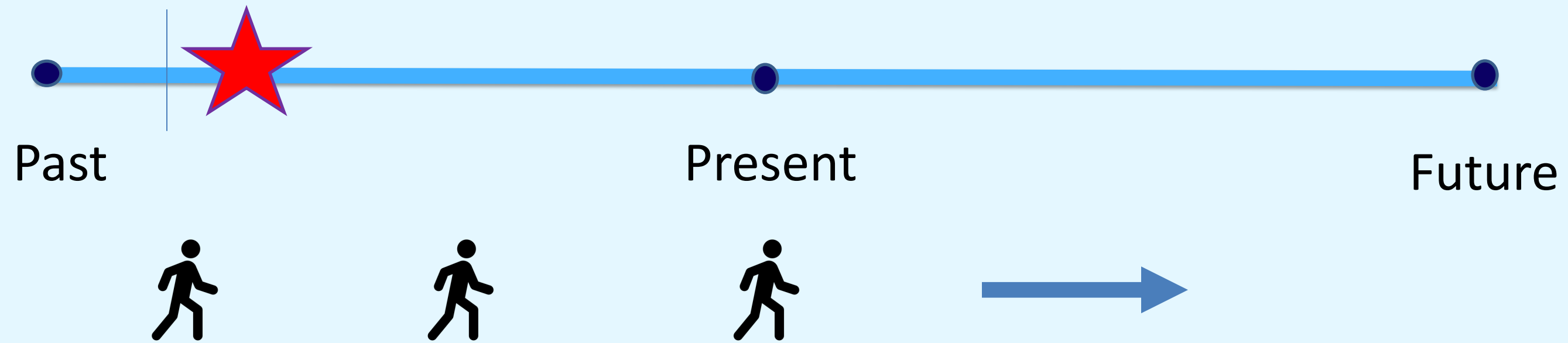
I CAN'T DO IT

I CAN DO IT

Parts Integration



The Timeline



Timeline Belief Change

1. Uncover a limiting belief, elicit your timeline and step on the now and associate with the feeling of the belief
2. Walk on your timeline to the sense of the event associated with the belief and then just before the belief and test that the belief feels more distant. Keep walking away into the past and notice the belief fades away and come back to the moment just before the event associated with the belief.
3. Float above your timeline to the present and turn around and face the past
4. Ask what was the highest purpose or benefit of the belief back then? What is the opposite of the belief? What do you want to do with the belief now?
5. Ask them what resources they needed at the time and change memory is needed
6. Test the old belief and then float back to the past when the belief was created and press delete and then install the desired belief and face the future
7. Breathe in the new belief and install it in the body mind and walk to the now
8. Future pace and congratulate

Summary On Beliefs

1. 70,000 thoughts per day, many are limiting
2. Take choice away and feel like being in a cage
3. May be failure has a role to get us on track
4. Living a life where I played full out
5. Intuitive voice versus critical
6. The science of beliefs
7. Change your beliefs to change your world