



## Single-Minded

# Enjoying every single moment

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Whatever your reasons you have the right to get the best from every 'single' moment. You may have been focusing on other areas of your life, in a long term relationship or had series of unsuccessful relationships. As you have developed as a person you will find your expectations of what you want from a relationship has changed. This includes how you choose a partner, your outlook, or whether you actually want a relationship at all. Not only have you changed but so have the rules for dating. Many people are uncomfortable about being single and stumble around in the dark, not sure of the rules and expectations of others. The Single Minded course has been designed to specifically deal with these issues.

At Single-Minded we believe that being single is an excellent opportunity to ensure you live life to the full; to work through any challenges that have held you back in the past; to be free and independent, all before you embark on the journey of finding the new love of your life. In the single environment you learn a lot about yourself and how you communicate.

This weekend workshop is highly practical and full of methods and solutions to enjoy every 'single' moment. Single-Minded is about rediscovering the best new you, providing you all the tools to enjoy life to the full and get the results you deserve.

The two main development areas within the workshop are 'Developing Your Self' and learning Strategies for 'Communication and Attraction'.

### DEVELOPING YOUR SELF

To move on and get the best from life you need to look within, work out the patterns of behaviour that have previously held you back or stop you from getting everything you want out of life.

#### In this section you will learn .....

- How to discover the natural you
- How to build authentic self esteem
- How to overcome procrastination
- How to increase your personal power and magnetism
- How to attract the right people into your life
- How to discover what you really want out of life
- How to move on from past feelings of negativity

### STRATEGIES FOR COMMUNICATION AND ATTRACTION

When you feel genuinely confident, balanced and together you find yourself sending out the right signals and naturally attracting others to you. With clear communication the signals are amplified and you are comfortable about letting others know in a clear concise way what you are looking for in life.

#### In this section you will learn .....

- How to become supersensitive to other people's signals
- How to change unwanted habits and emotions
- How to unleash your personal charisma and create the best relationships ever.
- How to fully engage people's attention, make people close to you closer and people who did not like you before change their minds.
- The art of attraction, flirting and feeling good.
- How to be confident in all areas of life and ask for a date
- How other people see you
- Attract only the 'right' people for you
- The 10 things that totally attract and put off people
- To overcome fear of rejection

### AFTER THE COURSE

This course will give you strategies and strength to enjoy a full exciting and confident life and choose if and when you enter relationship. At the course you will connect back with what you really want, recognise that the true you is OK, and make improvements to your self image to further enhance single life. You will identify whether in fact you want a relationship, and if you do, what precisely you are looking for in a partner and how to recognise all the signals if a person is right for you.

### Your Trainers

#### Michael Carroll

Michael is the Founder and Course Director of The NLP Academy. Michael is an international coach and trainer who helps people really understand who they are and what they want in life. One part of success in any walk in life is how to become natural in all forms of communication. This means speaking clearly, and paying attention to non verbal behaviour. Michael lectures locally and globally on communication skills to business people, politicians, and everyday people all seeking to convey a message worthy of listening to. Michael is Master Trainer of NLP (Neuro Linguistic Programming) as well as a Master Trainer of Hypnotherapy. His work in the field of NLP is highly recognised for its quality and innovation

#### Gill Coleby

Gill Coleby is successful entrepreneur and psychotherapist and is owner and director of The Coleby Centre in Sidcup. The Coleby Centre specialises in offering psychotherapy, hypnotherapy, Neuro Linguistic Programming as well as alternative therapies to help people work through their issues and get the best from their lives. Gill's work is in demand; she has several appearances on national television, is a regular broadcaster on BBC Radio Scotland current affairs programme, and has had regular articles in the national and local press. Her style is down to earth and she takes a humorous approach to changing the serious issues of life. Gill set up 'Single - Minded' in 2004 originally as an organisation promoting 'quality single events- for a quality single life'

**Date:** 3rd September 2005

**Time:** 10am-6pm

**Venue:** NLP Academy Training Suite, The Pavilions, 35 Brighton Road, South Croydon, Surrey CR2 6EB

**Investment:** £99.00 (+VAT)

**To Book call**  
**020 8686 9952**

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