

Cindy Tonkin's

Changing Self

Setting up useful habits and beating the bad ones

If you have habits that don't support where you want to go (procrastination, over-working, snappish behaviour, lack of tact), now you can change them using NLP's cognitive-behavioural tools.

This 2 day program uses a variety of change techniques to help you:

- ❑ get over compulsions ("I must check my email before I relax")
- ❑ make annoyances into motivational tools ("the more my boss sniffs the clearer I think", rather than "the more she sniffs, the harder it is to concentrate")
- ❑ switch into a high performance state at any time
- ❑ start doing things you always meant to
- ❑ get over bad experiences ("ever since I got retrenched I'm not comfortable at work")

This program delivers a number of tools to work with a range of personal styles - and teaches you how to do them with others. This means you can reshape your habits whenever you need to!

Learning from an expert



Cindy Tonkin knows what she's talking about when it comes to changing habits in a corporate environment.

As a leading change and productivity consultant, and with a Masters degree in Linguistics from the University of Paris VIII, studying patterns of influence and change is her passion.

She is also an INLPTA and NLP Global Alliance accredited trainer in NLP and has trained NLP practitioners across Australia.

In her business as the Consultants' Consultant she has helped hundreds of professionals develop superior influence and consulting skills, and has written *The Australian Consultant's Guide* and *Consulting Mastery*.

This NLP-based program combines insights developed over nearly 30 years in fields as varied as cognitive psychology, linguistics, cybernetics, learning theory and neurophysiology.

Practical and engaging

"informative and delightful... shared her insights, passions, dedication and knowledge." Anna Field, National Training and Promotions Manager, Juvena

"focus on practical application makes the program instantly relevant and applicable in a business context." Jackie Rado, Senior Consultant Galileo Brand Development Co.

"warmth, enthusiasm and dedication to creating a dynamic learning environment". Ian Stephens Consultant, Author, Facilitator

"great stories, real life happenings... She didn't lecture us, she involved us".



Cindy Tonkin:
Internationally accredited NLP Trainer and bestselling author

Key Points

Suits anyone with habits to change or acquire: managers, consultants, salespeople and trainers

Course runs over 2 days

Can build to an NLP Practitioner Certification.

Full price \$770:
Discounts for 2 or more enrolments

Includes morning and afternoon teas

Run in Sydney's Inner West

Changing Self Enrolment Form

Course fee \$770

Name

Address

Phone

Mobile

Email

Pay by credit card

Amex Visa M/card Diners

Card No. Exp.

Amount \$ Sig.

Name on card

Special Offers

10% off for both of you if you and a colleague enrol at the same time and pay in full. Alternatively, 10% off if you enrol in 2 modules and pay at the same time. Save 15% if you pay up front for all 5 modules.

Enrol any way you like

Post this form to Aragon Gray Pty Ltd, 45/353 King St, Newtown 2042

Fax this form with credit card details to (02) 9565 2777

Online www.consultantsconsultant.com.au. Follow the link to "enrol in a course"

Email the details - except credit card information to cindy@cindytonkin.com

Pay any way you like

Credit card online, by fax or post. Statements will show Aragon Gray Pty Ltd.

Cheques made out to Aragon Gray Pty Ltd

Direct deposit to Aragon Gray Pty Ltd BSB 112 879 Acct 065 400 081

Use your surname as reference, to connect your enrolment and your payment.

Substituting and Cancelling

Once enrolled you may substitute enrolled people at any time before the course starts. If you cancel within 7 working days of a course, we will refund 50% of your course fee.

Extend your learning

This module is part of a series which builds to an NLP Practitioner Certification. Please check out www.consultantsconsultant.com.au and follow the link to NLP courses Sydney for more information. The four other content modules are:

- Excellent Questioning** Listen insightfully and get to what people really mean
- Discovering Excellence** Tools to find out how people think, update your mental software
- Elegant Language** Influence, Suggest, motivate, persuade, manage more consultatively
- Changing Work Habits** Be more decisive, keep calm, overcome conflict.

