



M I N D S E T
M A S T E R Y
C U R R I C U L U M



PART 1 - ESSENTIAL SKILLS

- + **Deontology:** Step into your role as a practitioner, understand the responsibilities and fundamental concepts such as Transference, Projection & Projective Identification
- + **Rapport:** Integrate concepts & tools such as Mirroring, Pacing & Leading, Clean Language, Active Listening, Micro-expressions & Body Language
- + **Root Cause Analysis:** Find the source of what's holding your clients back, so that they can actually change
- + **Get Them Unstuck:** Deal effectively with resistances, fears, abreactions, and blockages
- + **Journaling:** Deepen your practice with writing prompts that draw answers and inspiration from your clients
- + **Cultivating Compassion:** Learn how to harness compassion as a superpower that you can train to understand your client's perspective and get out of your own way
- + **Taking Your Own Medicine:** Find where patterns live within you and benefit from the work yourself

The above points are the foundational requirements of being an effective practitioner. They will ensure your enjoyment and longevity in your practice, preventing exhaustion or burnout, and preventing conflicts. You'll use them to get even better at holding space, connecting, and creating rapport so that you can go more in-depth with clients than you could otherwise. These tools and frameworks will bolster your resilience, resourcefulness, and self-assurance so that you're a more confident, effective practitioner.

PART 2 - HYPNOTHERAPY

- + **Hypnosis:** How it really works under the hood, what goes on in the client when we do hypnosis, and confidently get behind the wheel of this super powerful modality
- + **Pre-Talks:** What to say to make hypnosis actually work for your clients
- + **Hypnotic Inductions:** Practice bringing clients into hypnotic trances where they have access to much more growth & healing than normally
- + **Transformative Wordplay:** Use embedded commands, post-hypnotic suggestions, metaphors & symbolism, the power of stories, and use your voice powerfully
- + **Pattern interrupts & Reframes:** Flip outdated scripts into new healthier narratives so that your clients can upgrade their lives

- + Scripting:** Learn how to craft effective hypnosis sessions from start to finish, and receive numerous templates to make your session a sure-fire success
- + Regression Therapy:** Help your clients deeply revisit and revise life-defining events and totally change their perception of them so they can move on
- + Inner Child Work:** Help your clients re-parent and build a better relationship with their inner child, to bring healing and peace to their past and present
- + NLP techniques:** Use techniques such as anchoring, timelines, submodalities, and more, to create deep change from the bottom up
- + Creating Audios:** How to record your own self-hypnosis audios and meditations for client distribution, and/or how to get audios produced for you professionally
- + Self-Hypnosis:** Teach your clients to use self-hypnosis (the kind without audios) themselves and become masters of their own mind
- + Trancework:** Deepen your knowledge of other types of trancework and learn how to integrate them into your practice

Hypnotherapy is a master key to helping your clients get life-changing results from your sessions, and will set you apart from most practitioners.

But without a good pre-talk, good results are very limited. And reliable inductions are the deciding factor in whether the hypnosis you are facilitating applies on a very deep level.

Knowing and integrating these methods ensures that every process you use with your client lands effectively and leads them to real relief and great results. And with the provided scripts, it becomes easy to guide people through deep transformation and liberation.

This type of work has the best results for rapid lasting improvements. Plus, by showing them how to use self-hypnosis and offering them your own audios that they can use forever, your clients become equipped with life-long resources that will benefit them forever. This way they'll feel more accompanied, aided, and encouraged for the long term.

PART 3 - EMOTIONAL HEALING

- + EMDR:** Help client resolve past conflicts and current problems on a somatic physiological level so that they can really move forward
- + EFT:** The Tapping technique lets them bring awareness, relief, and peace to their problem, while setting up new ways of thinking and feeling
- + Focusing:** Get clients directly in touch with what's there for them underneath it all, and address it in new ways

- + **Emotional Integration:** Resolve difficult emotions for good and make it much easier to work through them in the future
- + **Mindfulness & Meditation:** With the proper mental dynamics, heavy emotions become lighter and everything becomes more easily manageable
- + **Releasing:** The practice of Letting Go is a quick form of relief that makes the rest of the work easier
- + **Journaling:** Prompts that you and your clients can use to help make all of the work more effective, long-lasting, and clearer
- + **Parts Work:** Prevent self-sabotage and upper-limits by getting your clients' different parts to work in harmony instead of in a tug-of-war
- + **Metaphor Manipulation:** Using Cords & other imagery to allow clients to shift their relationships and their history

Without addressing these emotional components, any changework is relatively superficial and temporary. But by creating a real emotional release, you can use the other modalities to resolve their blockages or inner-conflicts and create new patterns and virtuous cycles that will better serve them and let them reach their goals.

These techniques are some of the most effective and powerful at facilitating deep emotional healing and garnering huge positive shifts.

Rid yourself of the anxiety and “what-ifs” when working with clients by learning to face and handle the difficult emotions that come up. Learning these techniques helps you turn the hard times into golden opportunities and roll with the punches in your client sessions so it becomes even more effortless to guide them to success.

PART 4 - SELF-IMAGE IMPROVEMENT

- + **Alter Ego Process:** Have clients forge a new identity so that they can tap into the resources they need to get where they want to be
- + **Silva Method:** By accessing trance states and using the mind-body connection to program oneself, it becomes easier to bring about improvements
- + **Creative Visualization:** Help them change how they see themselves and set the stage to create what they want in their lives
- + **State Control:** How to regulate the nervous system and navigate through various state of being
- + **Money Mindset:** A variety of techniques to help them feel better about money and believe in their ability to generate lots of it

These methods empower you to put the power back into your clients' hands so they feel more capable of creating the life they want for themselves.

And rather than using generic visualization techniques, doing these specific scripts with the client in a hypnotic altered state will make the process much more thorough and impactful.

Plus, you'll deeply understand how to use these tools and modalities for yourself. So you'll be able to lead by example in greater and greater ways.

PART 5 - ENERGY MANAGEMENT

+ Breathwork: Use conscious breathing to process things, to build up energy, or to access certain states

+ Time-Bending: Have clients manage their perception of time more intentionally so that they feel less pressed and more in control

+ Energization: How to build up energy in the body while simultaneously releasing unhelpful tensions

+ Upkeep: Cleansing, alignment, boundaries, energy work, and how they apply to your practice

+ Motivation: Maintaining habits, drives, and upkeep so that you can thrive, and help your clients do the same

+ Free Flow: Identify and help your clients handle procrastination, overwhelm, and imposter syndrome

These techniques ensure that you'll always be able to draw from a deeper well and feel more resourceful overall. Feel like a powerhouse of energy, and become a very well-rounded, grounded, exemplary practitioner.

When your energy is on point, you'll feel more inspired to find your prospects, enroll them with conviction, powerfully serve them, and manage your stamina without taking on your clients' energies or dramas. These tools will help you stand firm and feel more grounded in your own peace as well as teach your clients to do the same.

PART 6 - SYNTHESIS

+ Case Studies: Deep exploration of interactive case studies to help you learn, practice and develop what you'll do in countless scenarios

+ Niching: Integrating this work with your specific niche, and how to translate this work to the outcomes you deliver

+ Side Quests: Techniques and tips that are not core to this work, but are beneficial to both your development and integration, and to your clients: memory improvement, supplementation, dreamwork, and more

+ Practicum: Get super familiar with all the techniques that you practiced and weave them together

Confident. Clear. Ready.

You'll be well-equipped with the know-how and repertoire of tools to deliver effective sessions and make your clients feel great.

Feel amazing about what you offer your clients, with the techniques that change lives. Feel more capable and prepared to deal with client resistances, abreactions, and adverse situations with the case studies, processes, exercises, and resources in this module.

Your clients want your help to solve their problems, and they expect results. But if it were simple, everyone would achieve what they want by following a prescribed formula. Clients aren't stuck because they don't know what actions to take, but because they don't feel free to take them. Their limiting beliefs and feelings hold them back. With these tools, you will help them solve their problems and finally get the results they want through a precise, powerful, streamlined approach.

And the priceless value of this work isn't just for your clients... it's for you, too. In this program, you'll be applying all these tools to yourself, so that you're in the best state possible when you help your clients.

After this training, you and your clients will:

- > Boost your confidence, results, and income
- > Prove that inner-critic wrong, for good
- > Stop self-sabotaging & remove upper limits
- > Have expertise with the right tools & knowledge for transformation
- > Feel really ready to create change
- > Be aligned and authentic in your role