



## *Break Free NLP and Yoga*

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### **Information Sheet on Self-Esteem Workshop**

Find it hard to say 'no' to others? Feel worthless at times? Lack confidence? Wish you could stand up for yourself more often? Always feeling guilty? Long-standing patterns such as these can be difficult to change despite years of trying. However, once you know how, it becomes easy to make the changes you desire.

This workshop uses highly effective neuro-linguistic programming techniques to increase your confidence and feelings of self-worth. Be confident in standing up for yourself and appreciate your own value!

The Break Free NLP and Yoga *Self-Esteem Workshop* is three and a half hours in length. It is designed to change those old self-sabotaging patterns which can stop you from speaking up or getting what you want.

Some of the specific topics that are dealt with include:

- the basis of good self-esteem
- modelling a person with good self-esteem
- effective use of affirmations
- assertive communication
- negative self-talk
- feeling confident when you need to
- boundaries between yourself and others
- internal conflicts
- limiting decisions about yourself
- negative emotions that hold you back
- setting goals for the future.

This workshop will increase your ability to be kind to yourself, accept yourself where you are and to feel OK about saying what you feel and speaking up for yourself. You will also learn some 'take home' techniques for use on an ongoing basis.

Break Free NLP and Yoga *Self-Esteem Workshops* are held regularly in various locations around Sydney. Please call Toni Payne on 0407 495 206 for further details.