



Workshop Leader Certification Training in Switzerland

Based on the work of Louise Hay

23-30 April 2010 or 26 Nov.-3 Dec. 2010

Learn How to Assist Others in Their Growth...
While Enhancing Your Own Personal Growth
and Adding More Light and Love to Our Planet!

Spend the most incredible week of your life with an amazing group of people all committed to bringing positive changes to the world!



This fantastic in-depth and full participation training in the methods of Louise Hay and others gives you all the materials and skills you'll need for leading workshops:

Affirmations ~ Visualizations Inner Child Work ~ Meditation

You get an intensive experience for personal growth – plus the following:

- Full materials for leading your own 10 week "Love Yourself, Achieve Your Dreams" course
- Full materials for leading your own "Heal Your Life" workshop
- Marketing guides and information for your courses
- Training for short workshops: inner child, affirmations, meditation, visualization, etc.
- Personal coaching guidelines
- Handouts and CDs for the workshops
- In-depth Personal Development Work and Workshop Leader Training

- Listing on www.isabelcontreras.com website as a certified workshop leader and soon in www.hayhouse.com "Heal Your Life teachers around the world".
- Telephone and email follow-up after the course
- Certificate of Training as a Heal Your Life Workshop Leader
- All hotel accommodation (double occupancy), including all breakfasts, lunches and dinners

Requirements for Participation:

Background in psychotherapy, psychiatry, counselling, coaching, training, leading groups or related areas and familiarity with the ideas in the books of Louise Hay, Shakti Gawain (Creative visualization), Vera Peiffer (Author of the best-selling Positive Thinking) and Jerry Jampolsky (Love is letting go of fear). You are expected to use them in your own life with positive results and have a strong desire to share these ideas with others.

Or, you are not a practitioner in any of these areas but would like to participate in this course for your personal development.

We will equip you with everything else you need to successfully lead your own workshops.

Required Reading Prior to Training:

- Creative Visualization by Shakti Gawain
- You Can Heal Your Life by Louise Hay
- Love Yourself, Heal Your Life workbook by Louise Hay
- The Power is within you by Louise Hay
- I can do it by Louise Hay
- Love is letting go of fear by Jerry Jampolsky
- Positive Thinking by Vera Peiffer

To transform your life and learn how to help others transform theirs, you must attend this course!



Join us where you will become as one with others dedicated to healing the Earth and her family of peoples.

About the Course Leader:

Isabel Contreras is the founder and Director of Life Motivations, a Centre for Life Management Skills and Wellbeing. She holds a diploma in Positive Thinking Counselling from the Peiffer Foundation (accredited by the National Council of Psychotherapists, United Kingdom). She is a certified self-development teacher and coach, trained in the Louise Hay method in the USA, and is qualified to Train the Trainers for the Heal Your Life Leader Certification; Transformational Breathing facilitator; NLP practitioner, Reiki practitioner, Aromatherapist, Energy balancing body work therapist and has Trainers Training certification for top performance, (Italy).

Isabel has also trained with top teachers in the field of self-development such as Anthony Robbins, Dr. Deepak Chopra, Patricia Crane for the Louise Hay train the trainers, Brandon Bays, Louise Mita (Integrative quantum medicine), Vera Peiffer among others. Isabel has extensive experience conducting seminars and workshops in Geneva, Lausanne, Zurich, Bordeaux, Toulouse, Amsterdam, Reykjavik and Latin America in English, French and Spanish, as well as leading regular meditation groups. *Isabel inspires you in your search for authenticity.*

Place: Switzerland, Bogis Bossey near Geneva

This course will be held at the Ecumenical Institute at the Chateau de Bossey in Switzerland near Geneva. For directions on how to reach the Institute by car or train from central Geneva, from the central train station, from Geneva international airport or from other parts of Europe go to the website www.bossey.ch (click on « about Bossey » and scroll down to « visit Bossey »)

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Price: 2,500.- CHF Course fees
1,020.- CHF Accommodation and full board.

Deposit upon registration: 500.- CHF (non reimbursable)

1,000.- 2 months before the course (reimbursable only in case of exceptional circumstances or with medical certificate)

Balance payable on the first day of the course: 1,000 CHF

Registrations with full payment may be taken after this date, subject to availability.

A registration form is necessary. You may download it from the website or request it by e-mail.

Payment may be made at www.isabelcontreras.com under "register" or telephone Life Motivations on +41 22 774 33 48 with credit card details.

Be prepared for transformation !

What Teachers are saying after the training

Leading the workshops is an incredible joy. I feel I was meant to do this. Debi Magnes, Kentucky

I DID IT. I gave my first two-day workshop. It was incredible! I am in such awe at the miracles and healing that took place. It was more than I ever dreamed it would be. Janice Nitti-Howell, NJ

It is nearly one year since our training and I thought you might care about what is going on in my life. My private practice increases, my Louise Hay workshops are successful. In January I had to turn away 15 people. Leading my fourth weekend workshop in March. - Judith Martinson-Savage, Florida

Your thoughts can change your life, and that's exactly what this workshop does. Through the warm and inspiring guidance of both Rick and Patricia, you are taken on a transformational journey that is both healing and confirming. No other workshop has given me the tools and knowledge I've needed to share this incredibly important and beautiful message. Bless you both. -Diane Moen, Eugene, Oregon

I am offering another Loving Yourself course soon and a Prosperity course. The work of spirit- very little effort on my part, just continue spiritual preparation, show up and do the workshops. I LOVE IT! - Joyce Doucette, Canada

Wow- I've been to many seminars and workshops in a number of different arenas. This workshop, Heal Your Life, blew me away. It was like getting the workshop I paid for plus a few more! Well, well worth the money. Powerful. -Dawn De Stefano, Orange County, Calif.

It's hard to believe it's been 9 years since I took the training. I have five workshops that I lead on a periodic basis while continuing my teaching in the elementary school system. I use Louise Hay techniques with the children and get incredible results. - Phyllis Miller, New York

I was on your Birmingham course Summer 2002. I must say IT DID CHANGE MY LIFE! I've used Louise's books and ideas for years but the week I spent with you as my teacher, and our group, made such a difference. I have to say that week in Birmingham was one of the best weeks of my life!! -Shona Partridge, England

I have delivered 12 workshops during the year, including Loving Yourself- Even More! It's such a joy to see people change in front of your eyes! - Judith Loder, N. Ireland

The Heal Your Life workshop has really opened my mind, spirit, and heart. My life has been touched by such beautiful and caring people. Patricia and Rick make you feel so safe and loved. This course has far exceeded my expectations and I would highly recommend it to everyone.
- Debbie Rubinstein, Newbury Park, CA

I would like to express my gratitude for the wonderful changes in my own life and the wonder and joy I feel as I watch people "grow" and find joy in their life through the work we teach. For several years I took the Love Yourself, Heal Your Life workshop to many parts of Australia. I touched the lives of more than 1,000 Australians. Thanks you to you and Louise! - Mary Heath, Perth, Australia

We thought we would like to let you know just how much we appreciate your teaching. We have now completed several weekend workshops and they just get better and better! The last one was pure magic! - Ros Horswell and Phyl Edney, Hampshire, England

Our first workshop was incredible! We had 16 people, which kept us busy. We're already planning our next one. - Michele Macleod and Tina Newberry, Australia

Phenomenal! This workshop exceeded my expectations. I wish everyone could have this experience. If you're stuck somewhere in your life and you don't know how you got there, but you're willing to find out and move on, this is the workshop for you. - Sandra Frick, Hilton Head Island, SC

What participants are saying at the end of the 2 day workshop

It significantly exceeded my expectations. I thoroughly enjoyed the warm atmosphere.
A workshop of awareness, solutions, directions to go in. As most of the time we do not give thought to these things.
DW, England

It was an intimate setting with enough time to absorb and explore issues, how to put more positive thoughts into my life in a systematic way. PR, Geneva

Even if you think you know the theory you need to hear this kind of teaching over and over again.
OB, Geneva

The music, the way that each exercise was thoughtfully finished and wrapped up, how each day was "closed" quietly. The safe environment that was created and the care that was taken in creating a special space were most enjoyable. A feeling of liberty and release. RG

I learned a lot on how to express myself in a different way; it was the first time that I really took time out to work with my feelings. On how to derive what I really want in life, how to locate where my pain really is, how to go beyond the obvious to reach a deeper spot in my emotions and how to relax. JM, USA

I enjoyed so many exercises on all the points I need to work on and a deeper understanding of myself, freedom and positive thinking. JG

Great workshop to bring people back to their "centre" and to relearn again that we have a lot of potential to make this place a better world. PB

An enlightening experience and a chance to change my life. DK, Vaud

A new perspective of life and people. Wisdom, warm, inspirational and potentially life changing.
SB

23-30 April ENGLISH

28 mai-4 juin FRENCH

15-22 octobre FRENCH

26 Nov.-3 Dec. ENGLISH