



Helping People to Succeed... Since 1980



Joane Goulding

*Take advantage of this **Introductory Offer**
and you can become an Accredited...*

SleepTalk™ for Children Consultant

The Goulding SleepTalk™ process is a Self-Esteem Program for Children

Learned helplessness occurs with children in almost any family, and suggestions accepted as truth become part of the belief system of their subconscious minds. Younger children are especially vulnerable, accepting negative suggestions with the same energy as positive ones. If a child's belief structure is one based largely on fear or lack of confidence and a feeling of rejection or inadequacy, the ensuing decisions made by their conscious mind will of course reflect those beliefs.

The Goulding SleepTalk™ process is the best five minute gift parents / caregivers can give their children, and it will last a lifetime. The process is easy to learn, takes only a few minutes daily just after bedtime, and it can't be "done wrong".

It's absolutely safe, ethical and positive. SleepTalk™ is for you, if you are looking for a simple, non-intrusive self-esteem and behaviour change process which you can teach to parents or caregivers. The programme can help them achieve what they want most - happy children and happy families.

It is a **practical, stress free way of assisting parents to help their child** while they sleep, enabling them to maximize individual potential. Although it takes only a few minutes a day to present, the results last a lifetime. The process enhances a child's ability to take control of their decision making, develops attitudes of self-esteem and a confident self-image, and fosters positive behaviours.

Some of the many issues that parents can work with, helping create an environment in which their child's self-esteem and confidence flourish, are as follows...

- education issues
- bed wetting

- weight management
- self confidence and self esteem
- aggression and bullying issues
- sibling rivalry and much more

In today's challenging times, the Goulding SleepTalk™ process also instils resilience, giving children the confidence to say "no" when that is appropriate. It helps to develop the positive relationships that parents want with their children – relationships that can permeate through the entire family.

As a Consultant you will train parents / caregivers to assist children to develop emotional resilience, the mind's "firewall", which protects against negative suggestions. This is like a firewall on a computer which protects it from outside interferences and damage. You will be inspired by this training, and will experience the appreciation and concepts of this unique and dynamic technique.

You will build your skills at each level over the three sessions, held over four months (approximately). Between the session some written project based case histories are required. This together with the training you receive will ensure you are fully competent and comfortable with the process.

This unique process works in conjunction with any therapy.

As a Certified SleepTalk™ Consultant you will empower parents and caregivers...

- to help their children to achieve self-confidence and inner strength.
- to give their children positive suggestions to help with general and specific issues in their lives.
- And give them a second chance to undo the possible harms caused by unkind words they may have said to their children during a busy day.

This process is a safe, ethical and non-intrusive process, very simple and easy to use, and is suitable for any family and lasts a lifetime. Many child healthcare professionals have been using the Goulding SleepTalk™ process for over 30 years.

ABOUT SLEEPTALK™ FOR CHILDREN

The Goulding SleepTalk™ for Children process, created and taught by Joane Goulding for over 35 years, has been described as a 'powerful process of positive parenting'. Parents can assist their child to develop or retain a positive and confident, happy self image. Taking only 3-4 minutes each evening while the child is asleep, the Goulding SleepTalk™ process helps all children to be happy and deal with their world and assists parents with behaviour management. It suits children of all ages from the gifted to the

talented as well as the challenged. Because it is non-intrusive, ethical and safe, with the benefits lasting forever, the Goulding SleepTalk™ process is **endorsed by the Australian Medical and Psychological Professions.**

JOANE'S PHILOSOPHY: *'If we are to take care of our children's future, we need to take care of the 'now'. It's not what we leave to our children that matters, it's what we leave within their minds.'*

During this inspiring training, you'll discover the concepts and benefits of this dynamic technique. It has been described as a "Powerful Process of Positive Parenting". It is about you working with parents to assist them to develop their child's emotional resilience. All children, whether they are 'normal', gifted or in need of extra assistance can benefit from this special gift.

As a Goulding SleepTalk™ Consultant, **you only work with the parents** - not the child.

Introductory New Zealand training starts - Saturday 25th July

This **Introductory course intake** is scheduled to start on **Saturday 25th July 2009** in Auckland. **Numbers are limited** to ensure training quality and required outcomes.

You could become an accredited SleepTalk™ for Children Coach by October 09...

Joane Goulding, one of the original creators of the programme, will be coming to Auckland as a guest of Alpha Hypnosis Training to teach first and second sessions to therapists who wish to become Accredited SleepTalk™ for Children Consultants.

Venue: - To be advised

Timetable:

Session 1 – 9am – 5pm, Saturday, 25th July

Session 2 – 9am – 6pm, Saturday, 29th August (Fast Track)

Session 3 – to be advised.

Tuition Fee: This certification training programme usually costs AUD\$1,150. Alpha Hypnosis Training has been able to arrange a... **Special Introductory Offer –**

Save yourself over \$400. Pay just NZ\$750!

Easy Payments: Register and pay a \$250 deposit ASAP and pay the balance by either regular monthly or weekly payments. All fees must be paid in full by 25th July.

ENROL NOW... Seating is limited – no door sales.

Check out the testimonials on the next page....

Testimonials

I must extend my sincere thanks to you for the gift of Sleep Talk™. The wonder of your simple program has permeated our whole family. I am so grateful that with the aid of Sleep Talk™ my children will develop beliefs about themselves, and their place in the world, that will bring all that is positive to their life experiences. Again, thank you Joane.

J. T. Jan 2009

The Goulding SleepTalk™ for Children process is a sensible, practical and easy to follow method of communicating important messages to a subconscious mind. It is especially useful for effecting changes to Children's behavior. This book should be read by all parents, educators and health professional and the practice needs to be adopted in the management of all disorders in which the mind plays a significant role:

Professor Ian E Brighthope *MBBS, Dip Ag Sci, FACNEM, FASE, MAIAST*

I am a qualified medical practitioner and psychiatrist. I have used the techniques of SleepTalk™ therapy over the last 14 years. I have found it to be very safe and effective. It has many applications including enhancing the self esteem of the child, building confidence to go swimming ,or reading aloud in class, or bed wetting etc.

I have received very positive feedback from parents of the children who were treated. This is a very useful therapy. It will be a major step forward to have further information about it published.

Dr. Eileen Feeney *MB, BCh, BAO, BA, DCH, FRENZCP*

The time to get into any new area of 'business' is right at the start. This gives you the best opportunity for improving your business and increasing in your income.

The SleepTalk™ programme can form part of your existing business, or become a whole new business opportunity for you.

Take advantage of this Special Introductory Offer and Enrol NOW! See next page...



**Registration Form
Accredited SleepTalk™ for Children
Consultant Training Program**

Name: _____ Title: _____

Address: _____

Suburb: _____

City: _____ Post Code: _____

Ph: (Bus) _____ (AH) _____

Mobile: _____ Email: _____

How did you hear about this course? _____

My occupation is: _____

Professional memberships: _____

Training & qualifications: _____

Special Introductory Offer: NZ \$750 - Deposit \$250 - see page 3 for details.

PAYMENT DETAILS:

I am paying \$ _____ .00 Full Fee / Deposit (cross out one)

Cheque: (payable to **Alpha Trust**) _____ **Credit Card:** (Visa or Master Card) _____

Internet Banking: _____ (Account Name: Alpha Trust. Bank Account: 010194 – 0070700-00)

Credit Card Number: _____

Name on Card: _____ Expiry Date: _____ / _____

Return form with full payment / deposit to:

Alpha Hypnosis Training, PO Box 90-902, Victoria Street West, Auckland 1142.

Email: info@alphahypnosis.co.nz Tel: 0800 2 SUCCEED (0800 278 2233)