

**Become Certified in NLP, Matrix Therapies®
& Hypnotherapy**

At the Centre for Life Therapies

Sonya Furlong is one of Australia's finest NLP Trainers and Coaches.

In a recent survey of 100 students of Sonya's trainings:

100% rated the training from Very Good to Excellent.

100% said they felt confident to use NLP in their life.

96% said they personally had breakthroughs during the training that changed their life!

Testimonials:

"I now have a deep understanding of NLP. Sonya is amazing and a really great teacher, the best teacher by far."

"Sonya is one of the most amazing trainers I have experienced. So engaging, authentic and knowledgeable. She provided the most safe, optimal learning space."





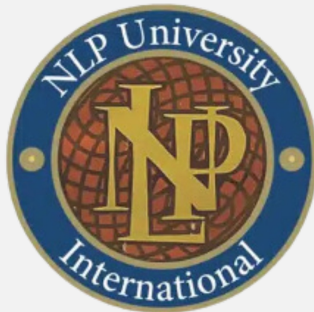
Become a Certified Practitioner of NLP and Matrix
Therapies®.

Neuro-Linguistic Programming (NLP) is the study of excellence and successful behaviour. It teaches certain processes to replicate that behaviour in your own life.

Matrix Therapies® & Hypnotherapy work on a deep unconscious level to clear negative emotions and limiting beliefs to give you more freedom and choice.

These modalities increase your leadership skills, communication skills and emotional intelligence, giving you profound and lasting change and allowing you to fulfill your true potential and to help others.

*Accredited with
these organisations*



Why would you want to learn NLP & Matrix Therapies®?

These are essential skills for

Leaders
of any kind

Sales
Professionals

Trainers &
Coaches
in any industry

Entrepreneurs

Human beings!

How Does NLP & Matrix Therapies® Accelerate Change?





At the **Centre for Life Therapies** we use NLP, Matrix Therapies® and Hypnosis with our clients in our private sessions.

These are the same techniques we teach you in our certified trainings so you can use them in your personal and professional lives.

This increases your emotional intelligence, leadership and communication skills, so you can embody the habits of success. You will then find it much easier to help others grow as well, resulting in a smoother, more productive life and business.

Why Now?



In 2020 and 2021, many people were stuck at home with lots of spare time. Some just watched Netflix, while others dreamed big, and worked on getting the skills they needed to fulfil those dreams. We know first-hand that top achievers studied NLP, Matrix Therapies® and Hypnosis, and are now achieving more than they ever dreamed possible!

That's why now you see developments in your own industries that you never expected.

PEOPLE ARE CREATING NEW WAYS OF WINNING!

Do you want to win as well?

Now is the **TIME** to start.

Our trainings are the **PLACE** to start.

That's how you will get what you deserve. **You deserve freedom, choices, love, connection, money and fulfillment.** A better life. Flexibility to work where you want, when you want. To get promoted or start a business. To have more quality time with your loved ones and better health.

That's right, we will help you get there, and we have results to prove it.



“

Sonya is such an enthusiastic and clear communicator; you can't help but be swept along with her energy. She is incredibly knowledgeable about the topics taught and uses wonderful examples to illustrate them. I now have much more awareness of why in the past I've had conflict with others, and now have many new skills to use to help improve my relationships. I feel like I am seeing the world through an entirely new set of eyes compared with before the course and am excited to take these new skills into the world to improve my life and all who interact with me.

”



Judith Cox
Principal Consultant
Air Quality



Adam Barlow
Industrial Designer

“

Sonya is a master of her craft making the workshop fun, energetic and valuable. I have learned so many things about NLP, Matrix Therapies and myself over the 7 days, and I will be using these tools in my personal and professional life from now on.

”



NLP 4 LEADERSHIP

The perfect introduction to NLP

What You Will Learn

Would you like to develop your leadership skills?

We'll look no further! We have a special training to take your leadership in 2024 to the next level.

- Imagine building powerful connections with everyone you meet.
- Imagine using language persuasively to help others.
- Imagine reading people without them saying a word (or saying one thing when they mean another!).
- Learn to present engaging trainings that connect with the audience, no matter what their learning style.



What You Will Learn

Week 1 - Online 2 hours

Foundations of Leadership



- *How we Communicate*
- *How we Process Reality*
- *Values and Goals*

Week 2-Online 2 hours

Communicating with Different Personality Styles



- *Understanding Modalities*
- *Coaching Conversations*

Week 3 -Online 2 hours

The Language of Persuasion



- *Marketing language*
- *Persuasive emails*

Week 4 - Face to Face 4 hours

Trainers Training



- *Sensory Acuity*
- *Building Rapport*
- *Creating Powerful Presentations*

“

I have gained an appreciation for how everyone sees things differently, and the impact of poor rapport on our relationships.

Sonya was amazing; her energy and passion just shines through in the material of the course and is easy to consume the concepts. Would recommend people to attend.

”



Dylan Salotti
Managing Director, Divitis Finance

“

I was very fortunate to be part of the NLP 4 leadership training. The format and frequency was really good and easy to fit in even in a busy work schedule.

I feel I have increased my awareness around communication, rapport and influence. Sonya is an awesome trainer and I can see now how she is applying these techniques.

Super interesting training, would highly recommend and I am keen to learn more on the topic in the future!

”



Sophie Lorre
Marketing Director

“

I have gained a fresh perspective on my presentations and the importance to write my values up and put them where I can see them.

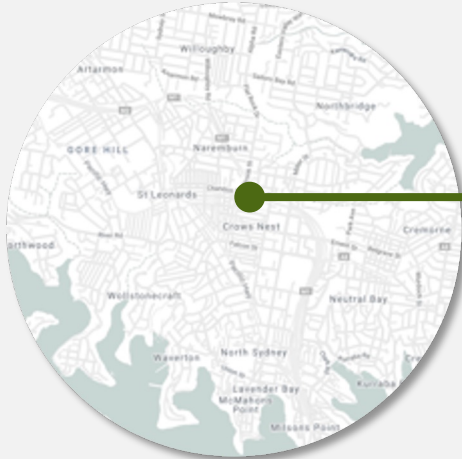
Sonya is incredibly passionate about NLP and its benefits on a personal level and also for those who we interact with on a daily basis. She has provided enormous value in this short course and I know this is just the beginning!

”



Rebecca Raad
***Executive Director | #1 BNI Franchise in
Australia***

This is ideal for Yourself and your Teams



2024: July 1, 8, 15, 22 & 29

Online Only: 6am-8am

2024: November 18 & 25/December 2, 9 & 16

Online Only: 6am-8am

\$595

**All times are Sydney Times*

*Now choose one or all three of these LIFE-CHANGING COURSES**

**96% of graduates say these courses gave them a personal breakthrough that changed their lives.*

- ❖ Certified Practitioner of
Neuro-Linguistic Programming and Matrix
Therapies®
- ❖ Certified Practitioner of Hypnotherapy
- ❖ Certified Master Practitioner of
Neuro-Linguistic Programming and Matrix
Therapies®



1. Dive in:

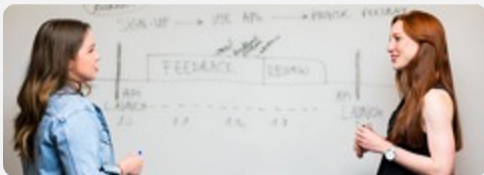
Certified Practitioner of Neuro-Linguistic Programming and Matrix Therapies®



What You Will Learn

Day 1

Introduction to NLP Concepts



- *History*
- *Communication Model*
- *Presuppositions*
- *Sensory Acuity*

Day 2

Change Habits Quickly



- *Rapport*
- *Likes to Dislikes*
- *Swish Pattern*

Day 3

Anchoring – Be in Control of your State



- *Resource*
- *Chaining*
- *Collapsing Unwanted Anchors*

What You Will Learn

Day 4

Understand the Art of Language



- *Milton Model*
- *Meta Model*
- *Metaphors*
- *Reframing*

Day 5

Understand how we learn Strategies



- *Eye Patterns*
- *Decision & Sales Strategies*
- *Overcome Self-Sabotage with Parts Integration*

What You Will Learn

Day 6

Matrix Therapies for Deep Emotional Healing



- *Clearing Negative Emotions*
- *Clearing Limiting Beliefs*
- *Clearing Anxiety*

Day 7

Matrix Therapies for Powerful Change



- *Wisdom Triangle*
- *Resolving Physical Pain*
- *Goal Setting*

Testimonials



Become a Certified Practitioner of NLP & Matrix Therapies®



2024:

Sydney: April 4-7, 11-13 (7 days)

Sydney: August 22-25, 29-31 (7 days)

“

Understanding how we communicate is critical to building connections, influencing others and avoiding conflict. NLP and Matrix Therapies reveals patterns of behaviour and communication that can enable successful outcomes in all areas of life – business, personal, spiritual and health. An essential “pro” tool to complement learning how to speak.

”



Bob Greenup

*Executive Director
BNI Sydney Central*



Sunelle Richey

Owner Avo Virtual Services

“

I started this course to enable me as a business owner – to understand, work and communicate better with my team and clients. It was so much more! I am walking away from this course a better more beautiful human – which will make me a better business owner – to my clients and to my team.

”

“

I've been wanting to understand NLP for a long time and now I can see how it can benefit me and how people use it to communicate with me. I have learnt so much from Sonya's training. NLP is a way of life that touches all parts of our world and to learn about it and practice it has enhanced my business and personal life on every level.

”



**Joanne
Baldwin**

**Lawyer KU Legal Immigration
specialist**



Di O'Connell
Journalist

“

The NLP course was a game changer, and the opportunity to become an NLP coach was a great achievement.

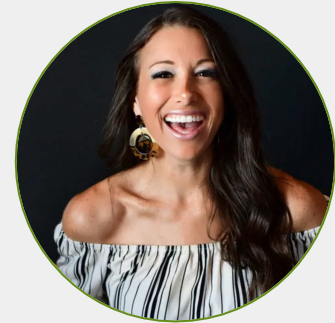
Sonya has taught me the tools to live the life I want, to be curious about myself and the world, challenged me about what's possible, helped me put the past in perspective and choose a future created by me. As well, she's shown me how to help others achieve those lofty goals. Every day I now walk around having lightbulb moments and referring to the techniques I have learned from Sonya. Change starts with you.

”

“

Sonya's course was one of the most thorough, well-taught, and highly engaging courses I've ever taken. It was genuinely FUN, which is not something I can say for most workshops! I enjoyed the energy she brings to the class – it's a magic alchemy of seriousness & levity that just works. I really liked how interactive the class was – I think that's what kept it so engaging throughout each moment of the 7 days. You never got bored, and you never wanted to look away because you didn't want to miss a thing! The subject matter was truly fascinating and so powerful – I got more than I expected out of this training. Not only did I gain an incredible toolbox of new tools and resources to help my coaching clients + improve my business dealings, I did deep emotional work to uncover many of my own blocks to personal, professional, & spiritual development. I am so glad I took this course and hope to study with Sonya again more in the future.

”



Jamie Hess (USA)

*Influencer
(Studied Course Online)*

Full Value



7 Days NLP Training (including Matrix Therapies®) \$ 6,995

Including

2 Manuals, including practitioner scripts	\$ 200
24 hours of NLP Practitioner audio lessons	\$ 1,195

Total Value	\$ 8,385
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NLP & Matrix Therapies® Certification

*Get 7 days training, plus
resources, and 2 qualifications,
valued at \$8385, for only:*

\$ 4,400

(includes gst)



Payment Plan



Get Started today with:

\$ 440 Deposit

*On 12-month payment plan
(shorter plans also available)*



2.

Certified Practitioner in Hypnotherapy

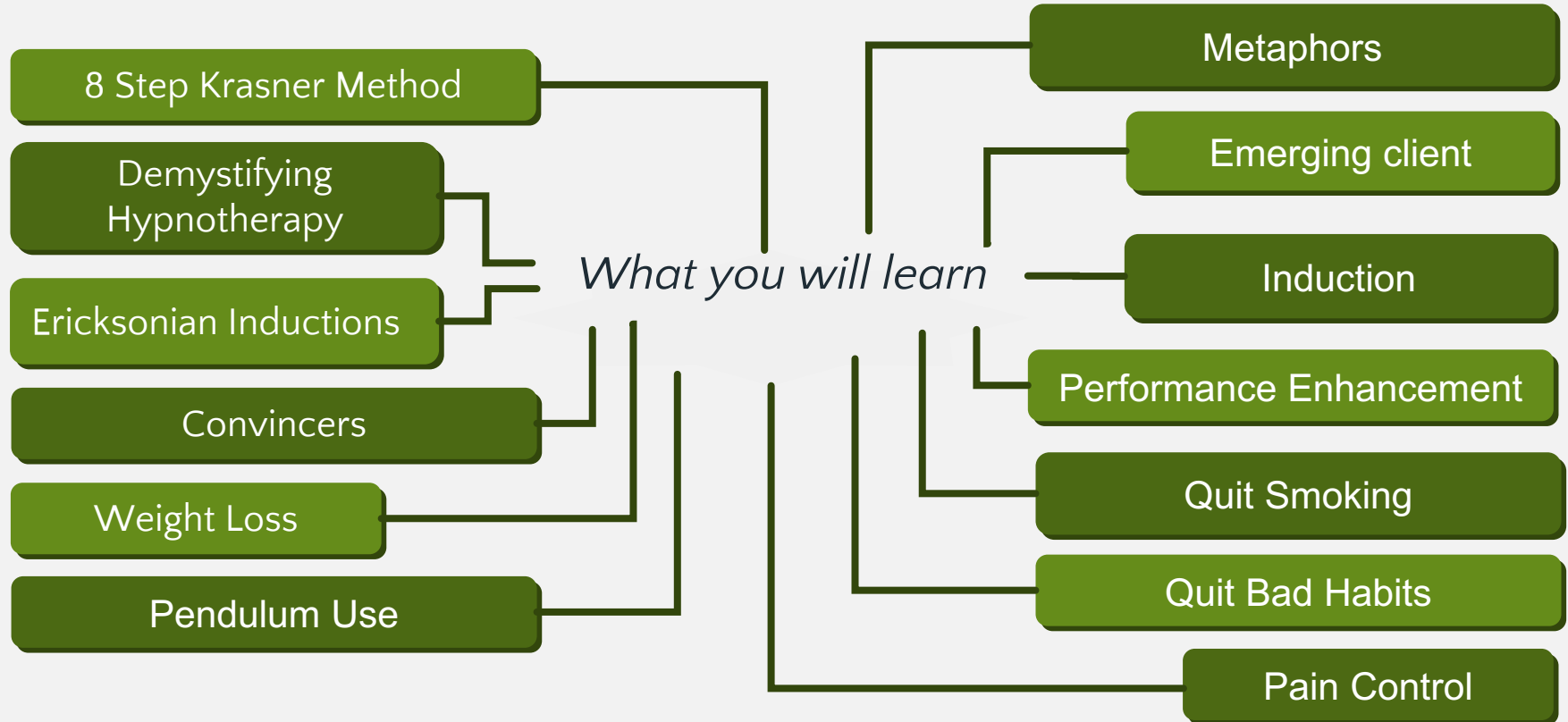


Certified Practitioner in Hypnotherapy



*Immerse yourself in the magical
ocean of the
Unconscious Mind
where true healing
takes place.*

4 days of Hypnotherapy Certification



Become a Certified Hypnotherapist



● *4 days in Sydney*

2024: September 21-24

9.30am to 5.30pm, Sydney time

Testimonials



"This hypnosis training was everything I expected and more. I learnt what hypnosis is (and isn't). I learnt how to use metaphors in a hypnosis script. Sonya's training is always fun and informative, and I would highly recommend her for any coaching or training as I have had many positive experiences over the many years I have been working with her as a client and student."

- Leanne Xerri

"Hypnosis is such a beautiful process that can help build trust easily and quickly in a very unhurried way. It's been a wonderful opportunity being able to learn this technique with Sonya and being able to integrate NLP practices seamlessly with hypnosis."

- Wenni Wong



"What a great introduction to hypnosis which tied in beautifully to the NLP course. I now know how to deliver hypnosis successfully and I have a great foundation to work with. It's also uplifting to be working with like-minded people."

- Tracey Wyber

"Sonya is a wonderfully patient, inspiring, knowledgeable and engaging presenter. I have gained new insights into what hypnosis is and isn't, and how to apply newly learnt skills. I highly recommend Sonya to facilitate this interesting course."

- Lynn Langman



Hypnotherapy Practitioner Certification

Full Value



4 Days Hypnotherapy Training

\$ 3,995

Manuals, including practitioner scripts

\$ 200

Pendulum

\$ 60

Total Value \$4,255

Hypnotherapy Practitioner Certification



*Get 4 days training, plus resources,
valued at \$4,255, for only:*

\$ 2,600

*(includes gst)
Pay upfront to save a further 10%*

Payment Plan



Get Started today with:

\$ 260 Deposit*

*On 12-month payment plan
(shorter plans also available)*

**conditions apply*





Certified Master Practitioner of NLP & Matrix Therapies®

Certified Master Practitioner in NLP & Matrix Therapies®



*Practitioner training is a quarter of
the body of work of NLP...*

*Now you're ready to become a
Master Practitioner*

“

NLP has given me a new lease on life! I feel so excited and hopeful about the future, and all it has in store for me. NLP has made me realise I am more whole than I thought I was, it's helped me heal a lot, it's given me a sense of calm and I feel more centred, and a sense of renewed purpose. If you are thinking about the course but feeling unsure, just go for it, you are going to get so much out of it, and be so glad and relieved that you did it.

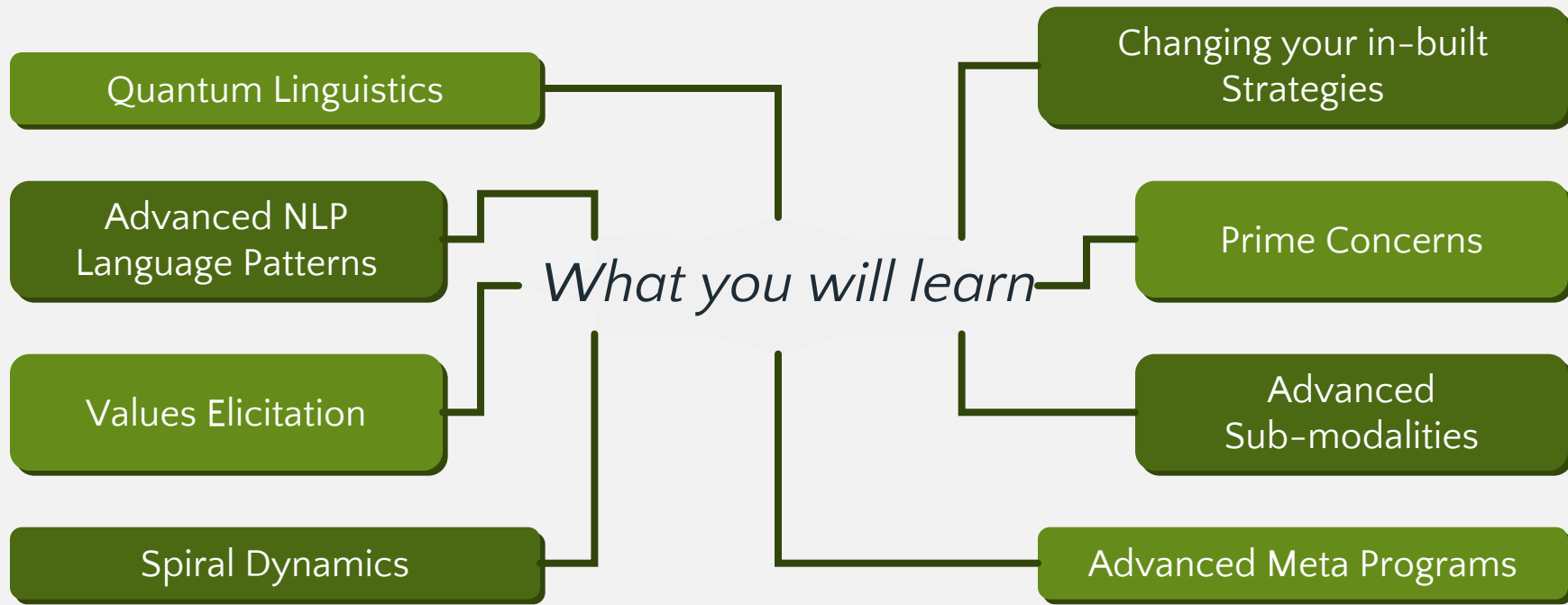
”



Shanley King
Founder, StyleWorthy

9 days of NLP Master Prac Certification

The first 6 days...



And...

Then 3 Glorious Days of Advanced Matrix Therapies®



- *Detailed personal history*
- *Negative influence clearing*
- *Grief script*
- *Dream analysis*
- *Power & shyness scripts*
- *Goal evolution*



Wendy Lloyd Curley
Director, BNI Sydney Nth East

“

As a business owner who works closely with hundreds of people, I was looking for a way to more quickly get the results I needed to succeed. Sonya is very knowledgeable and clear. I have already used many of the techniques and scripts to help me and they have resulted in great successes. I intend to practice these more and continue to incorporate them into my business coaching and networking environments.

”

“

NLP has really opened my eyes and expanded what I thought was my view of the world. I feel like I know a lot more about myself and I feel lighter knowing I've cleared a lot of negative emotions. Sonya was fabulous and the training was provided in a really safe space and it really allowed me to open up and be vulnerable. I've gained so many techniques I'll carry with me into the future and know I've made lifelong friends and we'll always have this special connection. Thanks to this study I am a completely different person than I was 8 months ago - and everyone can see that.

”



Fatima Small
Director of Pharmacy

Become a Certified Master Practitioner of NLP & Matrix Therapies®



● *9 days in Sydney*

2024: October 1-6, 10-12

9.30am to 5.30pm, Sydney time

NLP & Matrix Therapies®

Master Practitioner Certification

Full Value



6 Days NLP Master Prac Training

\$ 5,995

3 Days Advanced Matrix Therapy Training

\$ 2,995

Manuals, including practitioner scripts

\$ 200

36 hours of Master Practitioner audio lessons

\$ 2,195

Total Value:

\$ 11,385

NLP & Matrix Therapies® Master Practitioner Certification



*Get 9 days training, plus resources,
and 2 qualifications,
valued at \$11,385, for only:*

\$ 6,600

*(includes gst)
Pay upfront to save a further 10%*

Payment Plan



Get Started today with:

\$ 605 Deposit

*On 12-month payment plan
(shorter plans also available)*



The ultimate course of study:

THE COMPLETE TRAINING PACKAGE

*Become a master of
Yourself and others*



NLP, Matrix Therapies® & Hypnotherapy The Full Training



*Practitioner of NLP & Matrix Therapies® dates:
2024: April 4-7, 11-13 or August 22-25, 29-31*

*Practitioner of Hypnotherapy
2024: September 19-22*

*Master Practitioner of NLP & Matrix Therapies®
2024: October 1-6, 10-12*

*All trainings are currently taking place in
Sydney.
Times are 9.30am to 5.30pm, Sydney time.*

NLP, Matrix Therapies® & Hypnotherapy The Full Training



NLP & Matrix 7 days:	\$4,400
Hypnotherapy 4 days:	\$2,600
Master Prac 9 days:	\$6,600
Total 20 days:	\$13,600

If you sign up for the full training upfront, it's only:

\$11,990

Inc GST. Paid in Full Upfront,

Payment Plan



Get Started today with:

\$1,199 Deposit

*On a 12-month payment plan
(conditions apply)*



*Any questions?
Want to chat?*

Sonya Furlong
Centre for Life Therapies
Life Coach & Therapist
Certified Trainer of NLP,
Matrix Therapies® & Hypnotherapy

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