



**Become Certified in NLP, Matrix Therapies<sup>®</sup>  
& Hypnotherapy**

**At the Centre for Life Therapies**

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

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

**100% rated the training from Very Good to Excellent (92% 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."**



# NLP, Matrix Therapies® & Hypnotherapy 2026 Course Offerings



*Practitioner of NLP & Matrix Therapies®:  
July 20<sup>th</sup> – December 7<sup>th</sup> (Online, weekly 2.5 hrs)  
Mondays, 6am–8:30am AEST*

*December 5<sup>th</sup>–11<sup>th</sup> (in person)  
Saturday – Friday, 9:30am–6pm AEST*

*Practitioner of Hypnotherapy  
June 3–6 (In person)*

*Master Practitioner of NLP & Matrix Therapies®  
July 23–31 (In person)*



**Gain the freedom to make choices that empower you and others.**

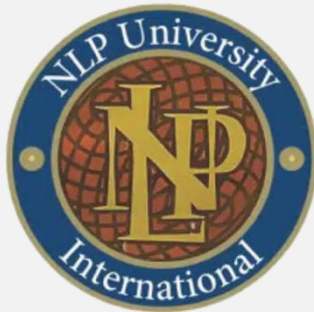
Become a Certified Practitioner of NLP and Matrix Therapies®.

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<sup>®</sup> 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?



On any given day we all have a choice with how we spend our spare time. Some people watch Netflix, while others dream big, and work on getting the skills they need to fulfil their goals and dreams. We know first-hand that top achievers study NLP, Matrix Therapies® and Hypnosis, and are now achieving more than they ever dreamed possible!

That's why you see developments in your own industry 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.





***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.*

”

“

*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

# 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 to the 7-Day Immersion!

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*
- *Communication Styles*
- *Likes to Dislikes & Swish Pattern*

## Day 3

## Anchoring – Be in Control of your State



- *Setting a Confidence Anchor*
- *Chaining anchors from Procrastination to Motivation*
- *Collapsing Unwanted Anchors*

# What You Will Learn

## Day 4

## Understand the Art of Language



- *Milton Model – the language of persuasion*
- *Meta Model – powerful questions*
- *Metaphors – displace resistance*
- *Reframing – make conversational change*

## 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: Resolve Conflict*
- *Goal Setting*
- *Graduation*

# Your Trainers



**Gina Mitchell**

**Sonya Furlong**

*Gina is a certified NLP trainer, Life Coach, NLP Master practitioner and accredited Hypnotherapist. She has been supporting her clients to reach their goals since 2011. She wrote a #1 best-selling book about female midlife relationships called 'Ignite the Spark'. Gina has a background as a scientist and teacher. Her passions include, her family, pet cats, travel, advocating for animal rights and the environment.*

*Sonya is an internationally recognised NLP Master Trainer, Breathwork Facilitator, NLP Master Practitioner, Hypnotherapist and leadership facilitator with a decade of experience training leaders, coaches, and professionals to communicate with clarity, confidence, and emotional intelligence. Her work blends precision, presence, and deep embodiment — creating lasting change, not just insight.*

# Testimonials



*"Amazing training as it has helped me grow and break through self limiting beliefs with a tangible and practical action plan that I can achieve. Sonya and Gina are amazing as the knowledge and experience has been lived first. Great style and incredible communication. 10/10"*



*"This NLP & Matrix course delivered on the promise of practicing until it's really understood, as well as healing so many areas of my life. 10/10"*



*"Sonya Furlong is a genuine, amazing teacher and I would highly recommend her course over those of competitors. 10/10"*

# Become a Certified Practitioner of NLP & Matrix Therapies®



*2026: Online (2.5 Hrs Weekly)*

*July 20<sup>th</sup> – December 7<sup>th</sup>*

*6.00am – 8.30am every Monday AEST*

*2026: In Person in Sydney (7 days)*

*December 5<sup>th</sup> – 11<sup>th</sup>*

*9:30am – 6pm each day.*

*Venue: Sydney CBD*



“

*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 Avos 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.*

”



**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.*

”

“

*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<sup>®</sup>) \$ 6,995

## *Including*

2 Manuals, including practitioner scripts	\$ 200
24 hours of NLP Practitioner audio lessons (yours to listen to over and over)	\$ 1,195

Total Value \$ 8,385

# *NLP & Matrix Therapies<sup>®</sup> Certification*

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

**F2F incl Online \$ 3990**  
**Online only \$2990**

*(includes gst)*

*Payment plans available, add 10%*



2.

# Certified Practitioner in Hypnotherapy



# *Certified Practitioner in Hypnotherapy*



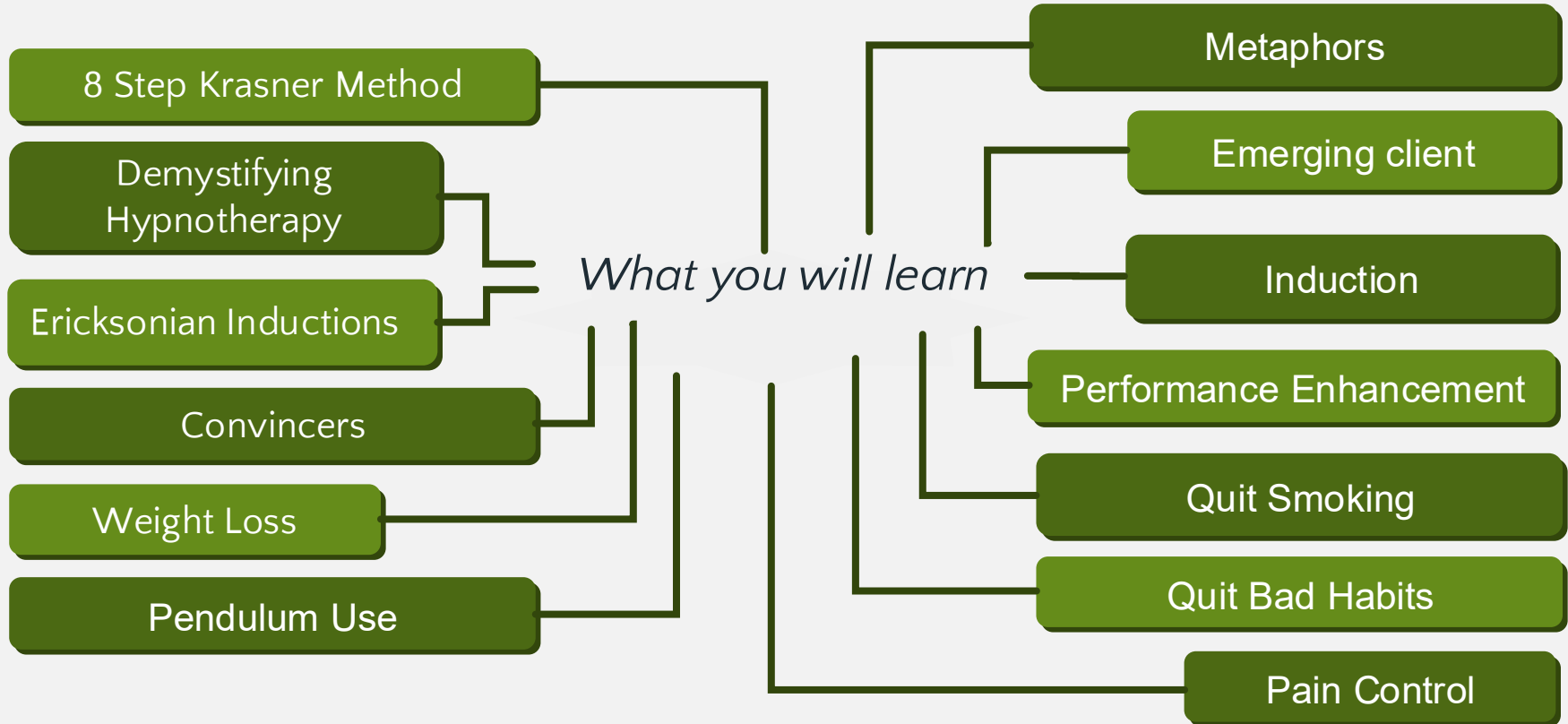
*Immerse yourself in the magical  
ocean of the*

***Unconscious Mind***

*where true healing  
takes place.*



# 4 days of Hypnotherapy Certification



# *Become a Certified Hypnotherapist*



● *In Sydney*

*2026: June 3-6 (in person)*

*9.30am to 6pm, Sydney time*

*Venue: Sydney CBD*

# 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  
Hypnotherapy Book

\$ 200  
\$ 70

**Total Value \$4,255**

# Hypnotherapy Practitioner Certification



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

**\$ 1,990**

*(includes gst)*

*Payment plans available, add 10%*



# Certified Master Practitioner of NLP & Matrix Therapies®

# *Certified Master Practitioner in NLP & Matrix Therapies®*

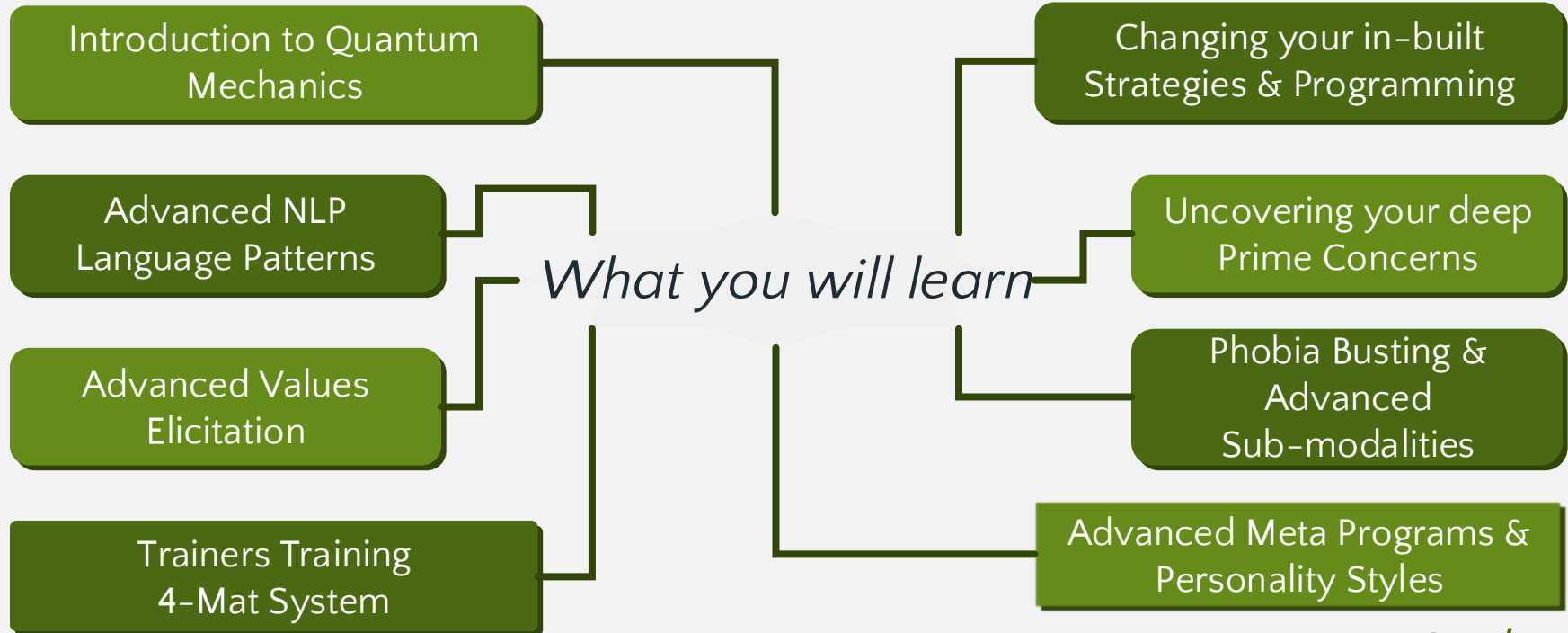


*Practitioner training is a quarter of  
the body of work of NLP...*

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

# 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*

“

*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*

“

*Wow...what an amazing and transformational 9 days. Thank you so much Sonya for your time, your knowledge, your experience and the love that you shared to each and everyone of us.*

*And to all of us enlightened 'Master' lunatics...  
YEEEEHHHHHHHAAAAAAA!*

*What a week+. I thought Prac changed me. It had nothing on this. I will cherish all of your love, support and space for the rest of my life and happily take my messages and symbols in my heart through the success of my life...forever.*

”



***Stuart Ferguson***  
*Policeman*

“

*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*

*2026: July 23-31 (in person)*

*9.30am to 6pm, Sydney time*

*Venue: Sydney CBD*

# *NLP & Matrix Therapies<sup>®</sup>*

## *Master Practitioner Certification*

### *Full Value*



6 Days NLP Master Prac Training	\$ 5,995
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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
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# *NLP & Matrix Therapies® Master Practitioner Certification*



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

**\$ 5,990**

*Including GST  
Payment Plans Available, Add 10%*



The ultimate course of study:

# THE COMPLETE TRAINING PACKAGE

*Become a master of  
yourself and others*



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*Master Practitioner of NLP & Matrix Therapies®  
July 23-31 (In person)*

# *NLP, Matrix Therapies<sup>®</sup> & Hypnotherapy*

## *The Full Training*



NLP & Matrix 7 days:	\$3,990
Hypnotherapy 4 days:	\$1,990
Master Prac 9 days:	\$5,990
<b>Total 20 days:</b>	<b>\$11,970</b>

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

**\$9,980**

*Save \$1990. Inc GST. Paid in Full Upfront.  
Payment Plans Welcome, add 10%*

*Any questions?  
Want to chat?*

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

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