CENTRE FOR LIFE THERAPIES



THE NEURO LINGUISTIC PROGRAMMING ASSOCIATION OF ASIA PACIFIC INC
NLPAA

ICF International Coaching Federation

Become Certified in NLP, Matrix Therapies® & 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."

CENTRE FOR LIFE THERAPIES



NLP, Matrix Therapies® & Hypnotherapy 2026-2027 Course Offerings



ONLINE: Practitioner of NLP & Matrix Therapies®
SYDNEY TIME: Sundays, 10 January – 6 June 2027
10am-12:30pm AEDT
US PACIFIC TIME: Saturdays, 9 January – 5 June 2027
3pm – 5:30pm PST

IN PERSON: Practitioner of NLP & Matrix Therapies®
Friday – Thursday, December 11th – 17th (in person)
Or
Saturday – Friday, April 3rd – 9th 2027
9:30am-6pm AEDT

Practitioner of Hypnotherapy
5-8 May 2027

Master Practitioner of NLP & Matrix Therapies®
18-26 June 2027



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.

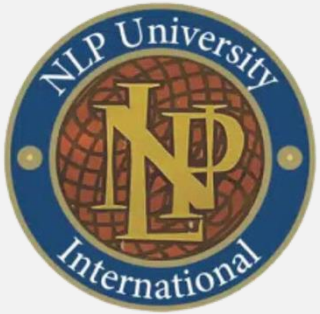
These modalities increase your leadership skills, communication skills and emotional intelligence, giving you profound and lasting change and allowing you to fulfill your true potential and to help others.

Accredited with these organisations

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

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These are essential skills for

- Leaders of any kind
- Entrepreneurs
- Sales Professionals
- Human beings!
- Trainers & Coaches in any industry

How Does NLP & Matrix Therapies® Accelerate Change?

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Rid yourself of bad habits, and help others

Use the power of the unconscious mind to create and achieve goals and purpose

Heal past trauma and limiting beliefs



Learn strategies to communicate and negotiate easily

Increase emotional intelligence

Learn effective leadership

Effective and rapid Learning strategies



CENTRE FOR LIFE THERAPIES

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.

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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.

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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®

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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

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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

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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

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 Furlong

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.

Your Trainers



Lauren Jobson

Lauren is an award-winning NLP and Matrix Therapies Master Trainer, Hypnotherapist and Archetypal Coach. With more than 15 years' experience training coaches and practitioners across Australia, she blends NLP, subconscious change and ancient wisdom to help people reclaim clarity, purpose and personal power, creating transformation that is both practical and deeply embodied. Lauren is the author of "Your Happily Ever After."



Sheri Cutter

Sheri is an NLP Master Trainer, NLP Master Practitioner, Hypnotherapist and physical therapist with decades of experience helping people create meaningful change. Certified as a Master Trainer by both Michael Stevenson and Robert Dilts, she integrates NLP, hypnosis and hands-on therapy to create transformation across the mind, body and subconscious.

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"

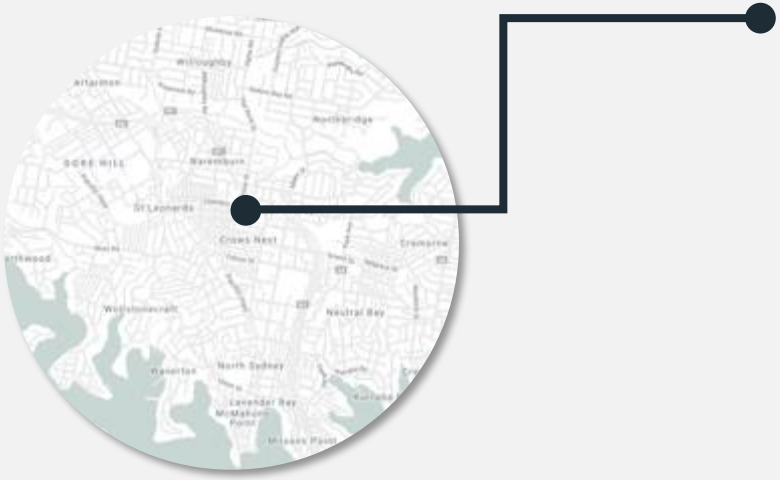


"This NLP & Matrix course delivered on the promise of practicing until it's really understood, as well as healing so many areas of my life. 10/10"



"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)

SYDNEY TIME: Sundays, 10 January – 6 June 2027
10am-12:30pm AEDT

US PACIFIC TIME: Saturdays, 9 January – 5 June 2027
3pm – 5:30pm PST

2026-27: In Person in Sydney (7 days)

Friday-Thursday, December 11th – 17th
Or
Saturday – Friday, April 3rd – 9th 2027

9:30am - 6pm each day

Venue: Sydney CBD

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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. I wish I had learnt these skills 40 years ago..



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.

CENTRE FOR LIFE THERAPIES

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

BUSINESS DOCUMENT Thi

CENTRE FOR LIFE THERAPIES



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.

CENTRE FOR LIFE THERAPIES

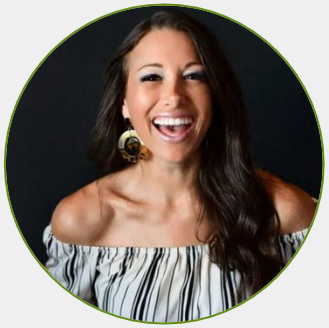


Wendy Lloyd Curley
Director, BNI Sydney Nth East

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.

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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

CENTRE FOR LIFE THERAPIES

7 Days NLP Training (including Matrix Therapies®) $ 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® Certification



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

In-Person (incl Online) $4,400
Online only $3,300

(includes gst)
Pay upfront to receive 10% off
Payment plans available

2.

Certified Practitioner in Hypnotherapy



Certified Practitioner in Hypnotherapy

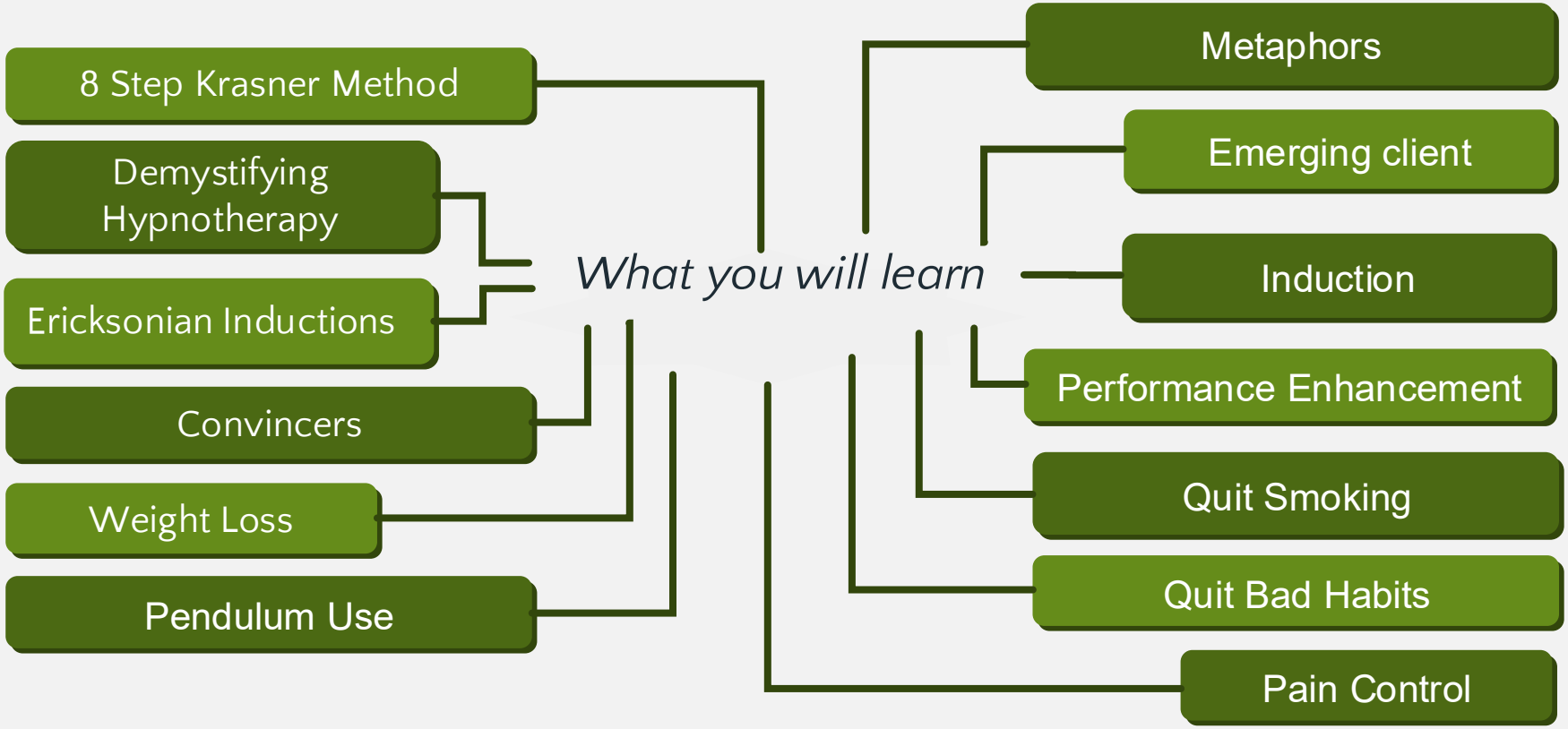


Immerse yourself in the magical ocean of the

Unconscious Mind

where true healing takes place.

4 days of Hypnotherapy Certification



Become a Certified Hypnotherapist



In Sydney

Wednesday 5th May – Saturday 8th May, 2027

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

CENTRE FOR LIFE THERAPIES



4 Days Hypnotherapy Training	$ 3,995

Manuals, including practitioner scripts	$ 200
Hypnotherapy Book	$ 70

Total Value $4,255

Hypnotherapy Practitioner Certification



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

$2,200

(includes gst)
Pay upfront to receive 10% off
Payment plans available



Certified Master Practitioner of NLP & Matrix Therapies®

Certified Master Practitioner in NLP & Matrix Therapies®

CENTRE FOR LIFE THERAPIES



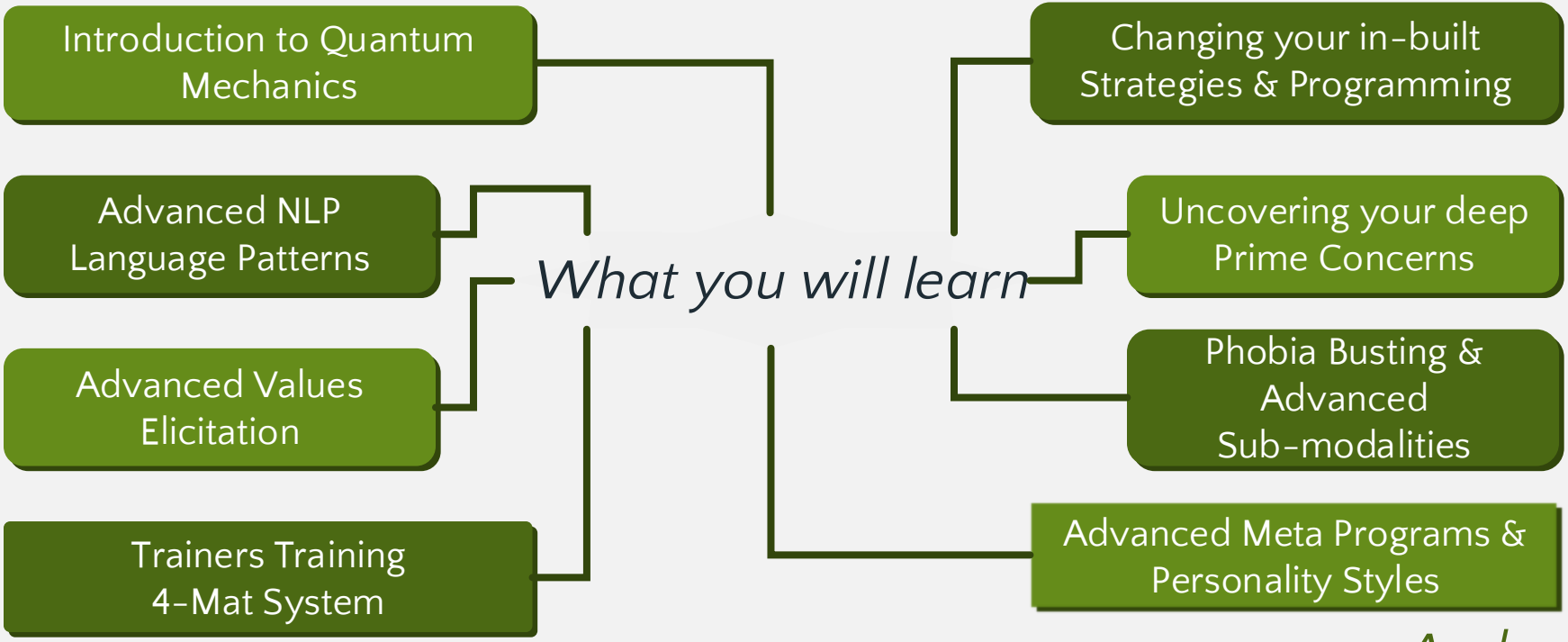
Practitioner training is a quarter of the body of work of NLP...

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*

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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

CENTRE FOR LIFE THERAPIES

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...
YEEEEEHHHHHHHAAAAAAA!
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

CENTRE FOR LIFE THERAPIES

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®

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9 days in Sydney

Friday 18th –Saturday 26th June, 2027

9.30am to 6pm, Sydney time

Venue: Sydney CBD

NLP & Matrix Therapies®
Master Practitioner Certification
Full Value

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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

Including GST
Pay upfront for 10% off
Payment Plans Available



CENTRE FOR LIFE THERAPIES

The ultimate course of study:

THE COMPLETE TRAINING PACKAGE

Become a master of yourself and others

NLP, Matrix Therapies® & Hypnotherapy 2026-2027 Course Offerings



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Practitioner of Hypnotherapy
5-8 May 2027

Master Practitioner of NLP & Matrix Therapies®
18-26 June 2027

NLP, Matrix Therapies® & Hypnotherapy The Full Training

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NLP & Matrix 7 days:	$4,400
Hypnotherapy 4 days:	$2,200
Master Prac 9 days:	$6,600
Total 20 days:	**$13,200**

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

$11,000

Save $2,200. Inc GST.
Pay in Full Upfront to save a further 10%
Payment Plans Welcome

CENTRE FOR LIFE THERAPIES

Speaker Training

(NLP Trainers Training)

with

LAUREN JOBSON



DO YOU...

- Want to feel calm and confident in front of any audience?
- Want your words to genuinely move people to take action, never pushy but from the heart?
- Want to take a quantum leap in your understanding of NLP?
- Want to step up to the next level of your mastery and wisdom?
- Do you want to feel empowered & grounded in your body?
- Want to finally live and embody everything you've learnt in NLP?

Then Speakers Training is for you!

This is where you become the speaker, leader and person of influence you know you're meant to be.

This training gives you the **presence**, the **language** and the **embodiment** of NLP Principles and Techniques to speak and be followed by true fans of your work.

And yes, you'll walk away a Certified NLP Trainer. But that's the bonus. The real gift is **who you become.**

Most people study NLP and only ever use a fraction of it. This training is where it all comes alive. Here you don't just know NLP…you live it! Every pattern, every process, every principle becomes part of how you speak, lead and show up.

This is what makes all of your NLP study truly worthwhile: you finally implement it, embody it, and become a person of alignment to the highest potential of who you can be.

1 SPEAK WITH INTENTION

Language is your instrument: learn to play it consciously. You'll use the Milton Model and artfully permissive language to guide, inspire and open minds.

Knowing when we speak, we create and change people's Internal Representations, using NLP in our language automatically.

2 CREATE CHANGE AS YOU SPEAK

You'll learn to use NLP processes live, with conscious anchoring, and state change that moves your audience from where they are to where they need to be to say yes to themselves and what you have to offer.

3 MOVE PEOPLE WITH STORY

Facts inform. Stories transform. You'll learn to weave metaphor and your own personal stories into conversations, talks and speeches that inspire and motivate so people don't just nod along, they take action with you.

4 BECOME A PERSON OF ALIGNMENT

The Principles of NLP aren't just theory, they're a way of living. As you learn to embody them, you become the best version of yourself: someone who takes responsibility, stays resourceful, honours others' models of the world, and leads with flexibility and heart.

5 YOUR VOICE IS YOUR POWER

Even if you already have projection and resonance, you'll learn to vary pace, rhythm, tone, tempo and volume so your message lands in the best possible way.

A monotone voice is forgettable. A trained voice holds a room in the palm of its hand and knows how to protect itself across full days of speaking.


Audience Sees Hears and Feels




LAUREN JOBSON
Intuitive Heart

What You Receive at Speaker Training

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- 14 live training days with Master Trainer Lauren Jobson
- Internationally recognised Certified NLP Trainer certification
- New NLP techniques, teaching tools and voice, energy and body language secrets for speakers
- Voice, presence and stagecraft training
- The business and marketing of trainings and talks
- Live feedback throughout entire training: so you know exactly what to refine and improve
- Online pre-training support and pre-training material to make the most of the training
- Lifetime NLP community membership: recordings of NLP Prac & Master Prac, ongoing learning, online revision and logistic sessions
- Personal support in a small-group setting

Recognised with these organisations:

CENTRE FOR LIFE THERAPIES

INTERNATIONAL INSTITUTE FOR COMPLEMENTARY THERAPISTS
RECOGNISED
TRAINING PROVIDER
SEAL of EXCELLENCE

THE NEURO LINGUISTIC PROGRAMMING
NLPAA
ASSOCIATION OF ASIA PACIFIC INC

Speaker Training

CENTRE FOR LIFE THERAPIES

(NLP Trainers Training)

4th to 10th September plus
9th to 15th October
2027 in Crows Nest, Sydney

Normally $7,995. AUD

(includes gst)

Pay in full $6,995 Save $1,000 being a

treasured student of Centre for Life Therapies

Finance and payment plans available.

NLP, Matrix Therapies® & Hypnotherapy
The Full Training incl Speaker Training

CENTRE FOR LIFE THERAPIES

NLP & Matrix 7 days:	$4,400
Hypnotherapy 4 days:	$2,200
Master Prac 9 days:	$6,600
Speaker Training 14 days:	$6,995
Total 34 days:	**$20,195**

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

$17,195

Save $3,000. Inc GST.
Pay in Full Upfront and Save an Extra 10%
Payment Plans Welcome

Please Note

In order **to be able to teach Matrix Therapies** and to be certified as a Certified Matrix Therapies™ Trainer after the completion of Speaker Training.
you will need to purchase the NLP & Matrix Therapies Licensing Rights

This is a separate enrolment form with terms and conditions
through Pip McKay. These licensing rights will allow you to teach Matrix Therapies™ only as part of an NLP Practitioner or Master Practitioner Training.

This includes such things as rights to reproduce manuals, slides, audios and has all you need to teach NLP & Matrix Therapies™ Training. It is an additional investment to this enrolment form of $6,995, possibly less with payment plans available.

Any questions? Want to chat?

Sonya Furlong
Centre for Life Therapies

Human Behaviour Specialist
Certified Master Trainer of NLP,
Certified Trainer of Matrix Therapies® &
Hypnotherapy

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sonya@sonyafurlong.com
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CENTRE FOR LIFE THERAPIES

