

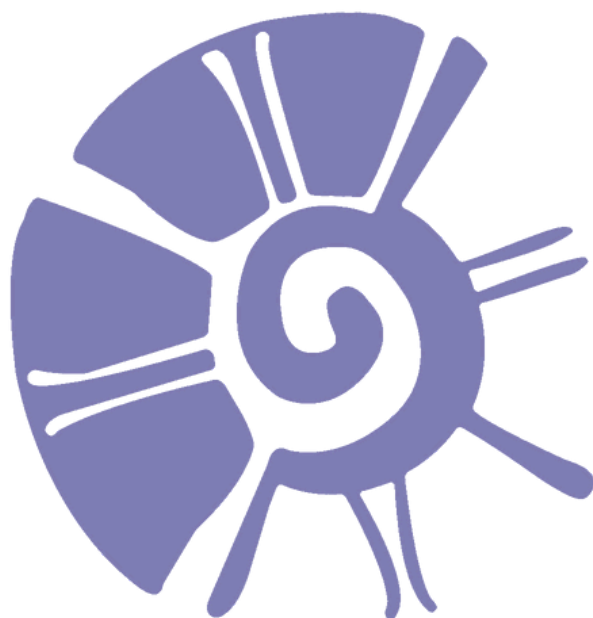
CHANGE YOUR MIND... CREATE NEW RESULTS WORKSHOP

Receive the latest neuroscience of behaviour, habits and learning for lasting change from Dr. Joe Dispenza through his "Change Your Mind - Create New Results" Programme. The programme is led by Nick Andrews, personally trained and certified by Dr Joe Dispenza in January 2020. Since then Nick has delivered this work in different parts of the world to hundreds of participants.

This is a unique workshop led in partnership with The Ixchel System® – Within the 3 days – we will integrate mind with body as Victoria Salomon delivers sections of her Level 1 "Get into your Body" award winning postural alignment work.

During the programme you will:

- Identify changes you want to make in your life
- Learn new models for change based on neuroscience
- Transform areas of life where you are in survival, reduce stress and live in creation
- Understand your "three brains" and their role in your change process
- Activate the neurological and biological process for change by accessing your sub-conscious mind
- Apply each of these principles to effect personal change
- Practice 4 tools for change
- Enjoy 5 hours of Level 1 "Get into your Body"



Support:

In addition to the workshop, a 30-day challenge is proposed with a WhatsApp Group is made available to support your new practices, answer questions, and learn from each other's success stories. Participants also receive audio files of course videos and the guided mindfulness practices, to support daily implementation and habit building. Plus free follow up opportunities from Ixchel.

Fees: £395 per person (includes teas, coffees, booklet and post course audios)

When: November 8,9,10 2-7pm Friday, 9-5 Saturday, Sunday

Where: Leonardo Hotel, 101 Stroudley Road, Brighton, BN1 4DJ

Event organised by: The Art of Undoing and Ixchel

Registration details to follow

For more information about Nick Andrews, you can find him at www.nickandrews.net



About Nick Andrews

Born in West London, Nick now lives in Brighton, England; Married to Teresa with 2 daughters. His hobbies include walking, cycling, travelling, meditating, time with his family and learning anything new about anything.



Nick has dedicated most of his working life to discovering what enables people to live happy, successful and fulfilled lives. While running a public education organisation Nick developed himself to become a trainer and teacher and has now led programmes to tens of thousands of individuals and business groups in 20 countries around the world.

2020 - Present day

In 2020, Nick was trained along with 40 others to become a certified NeuroChangeSolutions (NCS) Consultant, representing the work of Dr Joe Dispenza for companies and public groups. The workshops he now delivers are on-line or face to face and present new models for change based on Neuroscience and neurochemistry.

2010 - Present day - Great Performance Group

Over the 13 years of launching and building Great Performance Group with Morgan Thomas, Nick has received a BSc in Psychology from the Open University, become an accredited C-me profile coach, a Licensed Emotional Intelligence coach, a certified NCS consultant and a certified HeartMath consultant. This time period included work with thousands of senior leaders in major construction companies, retail giants and multinational insurance companies across the UK, Holland and Canada.

2005 - 2010 - JMW - Corporate Training and Coaching

1990 - 2005 Landmark Education

After starting work as a trainer in the airline industry, Nick became fascinated by what makes people tick and began an exploration into personal development and transformation. Soon after participating in the Landmark Forum in 1987, Nick became a founder member and Country Manager of Landmark Education in 1990. Over the next 10 years Nick both ran and expanded the UK operation while also being trained to lead three of Landmark public programmes and delivering transformational tools to thousands of Landmark graduates. In the following 5 years Nick was the European Director, becoming accountable for operations in the UK, Germany, Switzerland, The Netherlands, France, Denmark, and Sweden.

About Dr. Joe Dispenza

Dr. Joe Dispenza is a Doctor of Chiropractic, an international speaker in over 33 countries and the author of 4 bestselling books. He has spent more than 25 years researching the brain and has developed transformative models based on neuroscience, biology and epigenetics to create conscious, desirable and sustainable changes.

Dr. Joe has given numerous on-site workshops to companies and leaders interested in neuroscience to improve collaboration, engagement, creativity and innovation among others. This interest encouraged him to create the “change your mind...create new results” program.

Through a rigorous application, selection, and certification process, Dr. Joe Dispenza has personally certified consultants to deliver this work

