



Core Transformation – Information Leaflet



Why Core Transformation?

A one of a kind seminar that will make lasting change in your life

Do you get stuck in unpleasant emotions such as sadness, anger or jealousy?

Are you overly critical of yourself?

Do you experience a lot of inner conflict?

Do you have unhelpful habits such as comfort eating or smoking?

Core Transformation is not about willpower, discipline, or positive thinking. It's a natural, easy process that connects us with our core self for long-lasting change.

You will learn how to:

- **Move beyond inner conflict**
- **Melt away, dissolve and unravel limitations**
- **Experience alignment with your deepest self for long-lasting change**

It's a long overdue kindness to yourself!

What you will learn:

Core Transformation is a breakthrough personal change process in the field of Neuro-Linguistic Programming (NLP), psychology, and spirituality. It was created in the 80's by Connirae Andreas. Core Transformation leads people to experience states like "Being," "Inner Peace," "Love," or "Oneness."

In the 3-day training, you'll learn the steps to melt away, dissolve and unravel limitations, and even deeply-entrenched problems. These states become your new foundation for living.

Surprisingly simple, experiencing this process feels like a long overdue kindness to yourself.

You will also learn Aligning Perceptual Positions – a powerful process to help with relationships and Parental Timeline Re-imprinting, to really enhance the changes that you've experienced with Core Transformation.

Course Dates and Your Investment:

Your investment is £495, an all-in price that includes:

- Your Core Transformation course
- Your course manual
- You choose whether to study in person in Essex or via Zoom

You are responsible for getting to and from the course plus any accommodation, refreshments etc. that you may need during the course. Tea and coffee will however be provided when training face to face.

Payment plans are available upon request – please contact me to find out more.

Please see website for the next course dates and times:

<https://www.achieveyourgreatness.co.uk/core-transformation>

How to book:

Booking is easy, I need a £250 deposit to secure your place and a completed booking form.

Please email me and I will send you the booking form;

emma.mcnally@achieveyourgreatness.co.uk

Upon receipt and acceptance of your booking form, I will send you your invoice so you can pay your deposit.

Size of group and trainer information:

The trainee to trainer ratio is 12 to 1 i.e. 12 participants for one trainer however, there will be assistants present if required throughout the course and the trainer will be available if additional support is needed. The maximum class size will be 16.

About me... your Core Transformation Licenced Trainer

A long time ago now, I was let into a secret – a secret that literally changed my life. That secret was NLP and Core Transformation.

It is now my mission in life to spread this secret far and wide – to help you to live a happier and more fulfilled life. Whether you are an entrepreneur, a business owner, a manager, a parent, an educator, a health worker, a coach, somebody who wants to help others...or indeed just committed to getting back in the driving seat of your own life, I can help.

The way I run my business is like a family – once you have trained with us, you are one of us (if you choose to be!). You become part of a close-knit, supportive community who will become your cheerleaders!



I create a safe, supportive and fun space for you to discover who you REALLY are once all the “shoulds” and “musts” and “have tos” have been removed. I will support you to look deep inside yourself and ask yourself THAT question: what do I really want? And I will teach you the tools and techniques to get there.

Alongside my NLP training qualifications, I have over 30 years’ business experience in the public and private sector, an MBA (Masters Degree in Business Administration) and an ILM Level 7 Certificate in Executive Coaching

and Mentoring. That means that I approach my training with insight and strategy gleaned from multiple industries and disciplines. And that means that YOU can be sure that you are receiving professional training at the highest level.

What if I can't attend the whole course?

Wherever possible, I would encourage you to attend the sessions, as this is where you can really gain the insights to fully understand and be able to successfully apply your learning.

If you cannot attend 1 or more course days, you can attend each of the missed days on the next available course.

Please contact me to discuss your specific situation, as I will be as flexible as possible to accommodate, whilst ensuring that you have the right level of understanding necessary for you to benefit from the course.

Will I need to study in my own time?

One of the evenings you will have a couple of pages reading to do. Otherwise all the learning will take place during the course days.

Will I be assessed?

No, this is not an assessed programme – you will however be guided to ensure that you get the most from the course content.

What happens after the course?

You are welcome to join our Facebook group where you can share your Core Transformation experience or ask any follow up questions you may have. In addition, on the third Wednesday evening of the month I run NLP Practice workshops, which you would be more than welcome to attend.

What previous attendees think?

I are thrilled every time I receive feedback, as I know that NLP is helping so many people to achieve greatness in their lives. If you would like to discover what other participants think, then you can read their reviews via [Google My Business](#).

"I highly recommend attending this course both for gaining skills as a practitioner but also to experience some beautiful deep changes for yourself. I feel as though I've returned from a retreat, rather than a course. Thank you, Emma."

"Emma is a fantastic course leader – warm, approachable and very knowledgeable. I instantly felt at ease in the safe space that she created. In fact, I felt so supported during the weekend that I chose to use the process on a trauma which I had been carrying for a number of years. The transformation was fantastic! I feel that I have finally been able to let go of the negative feelings associated with that time and I feel so much lighter as a result."

Cancellation Policy

If you need to cancel a course within 14 calendar days of booking, without giving any reason, you are entitled to a full refund of any money paid to date.

If you decide to cancel after this 14 day period, then you will be issued a refund (excluding your £250 deposit) or you can transfer to another course for free.

If Achieve Your Greatness cancels or postpones the course, then you will be entitled to a full refund and I will give you as much notice as possible.

Achieve Your Greatness is not liable for any additional costs such as accommodation, travel etc. as a result of cancellation.

If Achieve Your Greatness requests that you leave the course for any reason, then a pro-rata refund will be provided once all learning materials have been returned.

What further support is there?

If you need further support, please contact me, Emma McNally in the first instance as to your needs and requirements.

It is best to speak to me or one of my assistants as soon as possible, so a good solution can be found for you.

If you have any questions or special requirements, please do contact me either by email (emma.mcnally@achieveyourgreatness.co.uk) or via the phone 01245 658322.

I look forward to sharing Core Transformation with you very soon.

Emma x