

# " BEYOND YOUR EXPECTATIONS: DISCOVER THAT ALL IS INSIDE YOU"

"If you identify and overcome thoughts which generate insecurity and fear what will you be capable of achieving?"

**An exceptional seminar to overcome your fears and limiting beliefs and make you aware that all you need is inside you**



If you are asking yourself some of these questions, this seminar is for you:

- What prevents me from changing what I want and using my whole potential?
- How can I overcome once and for all my fears and limiting beliefs?
- What are the resources and qualities that I have that can help me to obtain what I want?

Based on the principles of Tolly Burkan, founder of the Firewalking Research and Education Institute, this seminar teaches high impact techniques which make participants feel that they can reach any goal, overcome fears and transform limiting beliefs into positive ones.

Why these techniques? When you discover the secret of walking on fire without burning, breaking a plank without harm and so on, you understand the secret that 'All we need is inside us' and convince yourself you have the inner power necessary to confront any change in the personal and professional fields.

The key is in thoughts and how they condition behaviour. A change in thoughts generates a change in the chemistry of the brain and from that so many new cerebral circuits which make the individual act differently. People who achieve this do not have higher than average skills, they simply know how to work adequately on their mental attitude and manage their fears.

"ALL IS INSIDE YOU"

25/03/2017

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## WHAT ARE YOU GOING TO LEARN?

The seminar will be a voyage in 5 different phases and using 4 *High Impact techniques* which will put you into situations you have never known and thanks to which you learn to:

1. Identify the areas of your life (time, work, self-knowledge, friendships, health, leisure time, etc) which you would like to improve being aware that self-confidence is essential to obtain what you want to establish a motivating objective.
2. Recognize the thoughts which are impeding you from advancing, reject them and create a new way of thinking which opens up new possibilities.
3. Discover your true force, recognizing all your resources and qualities to install new thoughts which will inspire you now.
4. Learn how to remain focussed on your objective.
5. Finally, design a motivating plan that makes you take advantage of the voyage to attaining the objective.

You will pass from doubt to certainty that "All is inside you" and that it only depends on you to use this huge talent and direct it towards where you want to be. The seminar is conceived in such a way that the person decide to share or not his/her experiences with the other participants.



## HOW ARE THE FACILITATORS?

A team full of energy and motivation so the participants achieve their predetermined objectives. As a trainer, Macarena Ybarra Coello de Portugal, is a person absolutely convinced that "All we need is inside us" and makes her profession a personal mission to transit this belief. Her enthusiasm, energy, joy and availability make each participant feel unique at the same time as the group achieves its global objectives. Macarena is a Coach accredited by the European Institutions, certified as a Coach by the International Coach Federation (ICF), a certified coach in Social and Emotional Intelligence, a Master in Neuro-Linguistic programming (NLP); a graduate in the Silva Method, Neuropositivism accredited and an Instructor in Firewalking. As collaborators there are: Nela Diz Pino (Logistics Assistant), Humberto Ybarra Coello de Portugal (Firewalking Instructor and photographer) and Angel Vallina Griega (Firemaker).



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## HOW TO TAKE PART IN THIS EXPERIENCE?

This big learning process is undertaken in an exceptional context situated only 25 minutes from Brussels outside our normal milieu with other participants who have the same aspirations and worries and with a team whose objective is to make each person feel absolutely unique throughout the process.

The Price is 295 euros VAT (21%) and comprises: a) 11/12 hours of intensive seminar; b) One hour of Individual coaching with Macarena several weeks later so that each person can maintain the energy acquired during the day; c) All the materials necessary for the course; d) A hot lunch and regular coffee breaks; e) Finally the VAT (43,39 euros).

Concerning payment, you have 3 options:

1. Pay the full Price from the 6th March 2017.
2. Obtain a reduction of 45 euros and pay 206,61 euros plus the VAT (21% 43,39 euros), that is 250 euros by inscribing before the 6th March 2017.
3. Enrol in one of the two options above and if you are not satisfied, 100% of your inscription will be reimbursed.



## WHEN ?

**25 March 2017** from 9h30 to 22h00 at 'LA FORESTA', [www.laforesta.be](http://www.laforesta.be), 38, Prosperdreef, 3054 Vaalbeek. To enrol, please send a e-mail to [macarenaybarra@edpcoaching.com](mailto:macarenaybarra@edpcoaching.com) or phone 0477.36.41.22 and we will tell you how to proceed with payment. The seminar will be in English; anyway, participants may express themselves in French and groups may be organized depending on the preferred language.

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## TESTIMONIALS



«I have undergone one of the most enriching experiences of my life. I have learnt how to manage the fears which until today blocked me and prevented me from bringing the best in me to the light. The training has given me the tools to manage my emotions better and, above all, an absolute security that I can achieve everything proposed to me. Goodbye to my self-limitations and fears. A thousand thanks Macarena! »



«The high impact techniques helped me to cross the space that exists between thinking about things that I can do and really doing them. Trying to do things that at first sight seem impossible or achievable with difficulty. To think often, "This I cannot do", and to be aware that suddenly it is a question of trying and especially of believing in it. It is like touching a thought. I always think of my limitations and especially the emotional ones, 'I will not be able to do it', I do not know if I would be able to...'and you have a physical challenge that provokes in you the same reactions and as the environment is in your favour, you try and you do it. Suddenly, you have crossed the empty space between thinking about doing and doing. As easy as this»



«Above all, the seminar was something positive for me. The workshop 'Beyond your expectations' is exactly that, go in search of answer and find the way of opening doors, windows and in some case 'the safe'. How? With little theory, with internal strength which you do not know that you have got but that the result will be there, to use it to go forward and leave aside fears, prejudices and doubts»