



Dear Participant,

Thank you for enquiring about the London PSYCH-K® Pro workshop. I'm sure you will find the workshop material fascinating and extremely useful.

I have included information about the workshop below.

**Venue: Holiday Inn Express. 124 King Street. Hammersmith. London. W6 0QJ.
Tel: 0871 902 1621**

Start time: 9.30am each day.

Finish time: 6pm each day.

Cost: There may be a price increase for the May and September workshops.

[£450 if paid up to one month prior to the workshop:](#)

By February 22nd for the March workshop.

By May 28th for the June workshop

By September 1st for the October workshop

[£525 if paid within the last month of the workshop](#)

From February 23rd for the March workshop

From May 29th for the June workshop

From September 2nd for the October workshop

Please note, the early bird price is not available for bookings made within the month prior to the workshop.

In the Pro workshop, you will receive some new Balances that utilise the New Direction and Resolution Balance protocols and also information about how to successfully market yourself as a PSYCH-K Facilitator, plus much more.

Water and refreshments will be provided during breaks. Dress is casual and comfortable. Please bring a sweater if you have a tendency to get cold, and dress in layers to adjust to changing room temperatures. While you will receive a packet of information to take home, most people find it valuable to bring a pen and some paper to take a few notes.

If you have questions about anything I haven't covered here, please do feel free to contact me at cazzie.y4l@gmail.com

Very best wishes Cazzie

What is covered at the workshop?

Day 1

- Introductions

- I v We language

We look at the impact language can have when facilitating a PSYCH-K® session.

- Balance to Transform the perception of a Stressful Situation.

In this Balance, we transform limiting life experiences, past, present or future, that are triggering a stress response in your system. It could be a phobia, traumatic event from your past, nerves about an upcoming presentation or procrastination around doing your taxes or doing the dishes - anything that creates stress in your life.

- Balance to find a Message from a Condition or Situation

Do you find yourself repeating the same patterns over and over again or do you have a condition that you just can't resolve? In this Balance, we find out if the condition/situation/experience etc has a message for us.. If the superconscious mind agrees that

the condition/situation/experience has a message for us, we then find the message and, once the message has been Balanced and integrated, the potential for change can be absolutely amazing.

- Balance to Transform Reactive Responses

When we have a reactive response to a food, or animal etc, did you know that it's often a reactive response to a person, rather than the substance itself. This Balance offers the opportunity to discover what is behind a reactive response and if it is a person, situation or event. Once this has been discovered, you will be able to Balance to transform the reactive response.

DAY 2

- 10 Creative Ways to Find a Belief

Here, we will look at some fun ways to create change, such as body scanning, looking at an object, eye movement and much more.

- How to conduct a PSYCH-K session from beginning to end.

We will discuss, in detail, all of the elements needed to conduct a successful private session, from pre session communication to saying goodbye at the end of the session and everything in between.

DAY 3

- Market PSYCH-K and increase referrals into your practice.

- Integrate PSYCH-K with other modalities that you use.

- Piggybacking on a Balance: the partner does the Balance and you get the results (if what your partner is Balancing for is meaningful for you).

- Working wth children

- Working over the phone and on Skype

- **Core Conversation.** How to tell people what you do and get their attention without even mentioning PSYCH-K.
- **Practice session**

Accommodation

Unfortunately, the Holiday Inn doesn't offer a discount b&b rate for delegates. You can sign up as an IHG member and receive a discount that way.

The Premier Inn is also on King Street and rooms can often be booked at a cheaper rate than the Holiday Inn.

A lot of previous participants have stayed in air bnb accommodation in the Hammersmith area and have also found accommodation in Chiswick. Hammersmith and Ravenscourt tube stations are both near to the Holiday Inn Express. Hammersmith tube is a 7 minute walk and the most easily accessible from all parts of London. Ravenscourt Park is a 3 minute walk.

LOCATION

The Holiday Inn Express hotel in London Hammersmith is centrally located in London.

With close proximity to both Hammersmith tube station and Hammersmith Broadway, both of which make it easy to both reach the rest of London and Heathrow Airport.

The Hammersmith hotel is also within 30 minutes of the exhibition venues - Earls Court and London Olympia.

Arriving in London by Air

London Heathrow Airport (LHR)

Approx Taxi fare: £20.00 (GBP)

Time by taxi: 40 minutes

On the Tube

Take the Piccadilly underground line from Heathrow Terminal towards Hammersmith.

Approx. Fee: £5.00 (GBP) Time by tube: 45 minutes

London Gatwick Airport (LGW)

Approx Taxi fare: £40.00 (GBP)

Time by taxi: 50 minutes

On the Train

Take the train to London Victoria. Transfer onto the underground District Line towards Hammersmith.

Approx. Fee: £15.00 (GBP) Time by train: 1 Hour

London City Airport (LCY)

Approx Taxi fare: £30.00 (GBP)

Time by taxi: 50 minutes

On the Tube

Take the DLR towards Bank. Transfer to the Central Line heading towards Holborn. Transferring at Holborn onto the Piccadilly Line towards Hammersmith

Approx. Fee: £5.00 (GBP) Time by tube: 1 Hour 10mins

Walking Directions from Hammersmith Underground

Station

- . 1 Take the Broadway exit of the Underground Station
- . 2 Cross the Hammersmith Broadway pedestrian crossing
- . 3 Bearing left onto King Street
- . 4 Continue ahead passing Barclays Bank, the Lyric theatre and the Kings Mall shopping centre
- . 5 Continue until you see the 'Plough and Harrow' Wetherspoons pub on your right
- . 6 Take the immediate right and walk approximately 20 metres to the hotel entrance

Basic Driving Directions

- . 1 On M4/A4 follow signs for city centre
- . 2 Take exit at Jct.1

- . 3 Continue to Hammersmith Broadway
- . 4 Take left road (signed Hammersmith, prior to the Hammersmith flyover)
- . 5 This takes you onto Hammersmith bridge road
- . 6 Turn left then 2nd left onto King Street
- . 7 Our Hammersmith hotel will be on your right

For Sat Nav systems our postcode is **W6 0PZ**.