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**SANDRA VESTERSTEIN – FOUNDER | LEAD INSTRUCTOR  
B.A.S. COMMUNITY HEALTH EDUCATION  
CERTIFIED LICENSED TRAINER  
NLP PRACTITIONER | MASTER PRACTITIONER - SOCIETY  
OF NLP  
CLINICAL HYPNOTHERAPIST  
DREAMSCULPTING MASTER  
REIKI MASTER**

Hi, I'm Sandra Vesterstein. Thrive Learning Collective is the manifestation of a lifelong dream. I have created a unique platform for a collective of healers and practitioners that supports everyone's success.

*"Sandra will surprise and amaze you. If you're looking for a coach or seek NLP training, your search is over. Sandra will deliver much more than just guidance and training – you're likely to experience a wonderful personal transformation you couldn't even begin to imagine. Her heart-centered approach and mastery of the content make her an outstanding coach and trainer. She was, by far, the best NLP professional I've met and learned from. I wholeheartedly recommend Sandra to anyone seeking real transformation and knowledge."*

**Brad Guerreiro**  
CEO,  
Pinnacle Performance Institute

I began coaching when I owned a retail business in Minnesota. Employees were my first clients. With my guidance, they drove my company to new heights of success while I discovered that I naturally would guide people into becoming their best self. While I applied my business and entrepreneurial skills in the wholesale and telecommunications industries, I found my true passion was "Coaching."

I took my first Life Coaching Course 20 years ago and received guidance to continue my training. This is when I pursued my Master NLP Certification. At the time, I wasn't sure exactly why I was being guided down that path, but something inside of me said, "Trust Me."

That trust led me to Bennett I Stellar University.

After I received my Certification as a Trainer of NLP & Hypnotherapy, Michael Bennett, the late founder of Bennett Stellar University, agreed to mentor me throughout those early years as a Trainer & Practitioner.

From 2009 until Michael Bennett's passing in 2018, I worked as an independent trainer and as a co-trainer with Michael for Bennett Stellar University. It was an honor to work side by side with such a gifted trainer and practitioner of NLP, Hypnotherapy, and Reiki.

Since Michael's passing, I have continued the process of growing, evolving and healing. In doing so, I created a collective of healers and practitioners that supports everyone's success called "Thrive Learning Collective."

## MISSION STATEMENT

Thrive Learning Collective is a platform that unites Leaders, Instructors, and Practitioners with Students interested in professional and personal development programs. The focus of these programs is to transform individuals, businesses, and groups to evolve spiritually, personally, and professionally through Unity Consciousness.

## ABOUT THE THRIVE LEARNING COLLECTIVE AND THE HUMMINGBIRD

While developing a logo for Thrive Learning Collective, I was becoming frustrated with each new rendition. Finally, in speaking with my son, he suggested that I incorporate an animal into the logo, which caught me by surprise because I was thinking that same thing. So, I asked myself what animal could represent Thrive, and immediately the Hummingbird came to mind, and here's why.

When I was a young girl, my Dad would refer to me as his little Hummingbird. We shared many interests, and we both had a thirst for learning. He was a forward-thinking man that valued education and approached life with curiosity. Rather than thinking something was impossible, he would approach a challenge as an opportunity to think outside the box and would ask himself, "How *can* I do this?" He taught me the meaning of resiliency.

I decided the best symbol that expresses the message of Thrive Learning Collective would be the Hummingbird.

## THE GIFTS OF HUMMINGBIRD

The sweetest nectar lies within. Hummingbirds are known to symbolize love, good luck, the enjoyment in life and the lightness of being. In Native American cultures, hummingbirds are seen as healers. Their message for us is to develop our adaptability and resilience, all while keeping an optimistic outlook on life.

## THE HUMMINGBIRD REPRESENTS:

1. Grace
2. Resiliency
3. Connection
4. Being Present
5. Adaptability
6. Lightness and Joy
7. Responsiveness
8. Playfulness
9. And to remember the sweetest nectar does come from within!

## “THE STORY OF HUMMINGBIRD”

In a vast forest that was being consumed by fire, all the animals became overwhelmed and frozen in fear as they watched the forest burn. They felt powerless against the raging fire . . . all but the hummingbird. The hummingbird saw this problem from a different perspective. Instead of seeing all of the impossibilities, it wondered what it could do to make a difference.

The small little hummingbird decided to take action, and it flew back and forth to the river filling its beak up with water and sprinkling the droplets over the fire. The other animals laughed at hummingbird as if shaming him for wanting to make a difference. Even the larger animals such as the elephants questioned hummingbird's effort, after all, they were more capable of delivering water that could save the forest, and yet, they stood by, watched, and did nothing but ridicule hummingbird's efforts. Their judgment didn't matter to hummingbird because he told them he was doing the best that he could.

Without missing a beat, the hummingbird continued to take action. Even though the hummingbird felt somewhat insignificant, he knew he had to take action, no matter how small, then to passively watch the forest be destroyed. For the hummingbird, doing something was better than doing nothing.

Are you doing your best? Remember, small actions lead to big change.

***Be the change you want to see in the world.***

*“One small step for man, one giant leap for mankind.”*



## Who Benefits From TLC's Training?



**Mental Health Professionals** learn new skills and applications that supplement their own techniques and gain additional insights into helping clients make changes that support their own healing process.

**Spiritual Healers** incorporate NLP communication skills and therapeutic interventions of NLP, Hypnosis, TimeLine Coaching® and Reiki into their practice to enhance their effectiveness.

**Medical Professionals** learn complementary healing techniques that improve their patient's recovery rates. They also learn how to elicit quality information from their patients to help them become more comfortable and receptive.

**Body Workers** such as Massage Therapists, Chiropractors, Reflexologists, and Physiotherapists learn effective communication skills that will promote and reinforce healing and relaxation. They communicate with confidence and begin to facilitate powerful healing by understanding the psychosomatic relationship between their client's state of mental well-being and physical health.

**Teachers and Parents** gain new insights into the learning process and learn effective teaching strategies plus powerful motivational tools that consistently lead to success.

## Who Benefits From TLC's Training?

**Artists, including Singers, Musicians, Writers, and Actors**, overcome inner blocks and enhance creativity. Learn specific skills that will help you promote yourself and your work as a professional. They will learn how to connect to their unlimited inner resources and accelerate their abilities to express, create, and perform.

**Athletes** who want to achieve high-performance goals will gain insights and techniques to increase their ability to connect & influence with their peak performance state.

**Individuals Seeking Personal Growth and Self-Healing** can find answers and receive strength through understanding the mind/body connection and learning techniques that help transform the root cause of the problem. Through this learning, they can bring conscious awareness and healing to what is holding them back in their unconscious programs.

Study With One of the World's Best Trainers Founder and Lead Instructor, Sandra Vesterstein, has taught and practiced NLP, Life Coaching and Hypnotherapy for over 20 years, and is truly one of the best. When the sponsors of the NLP MindFest researched to find the world's best trainers to speak at their highly attended event, one of those chosen few was *Sandra Vesterstein*.

*Sandra is AWESOME! She will assist you in becoming the best version of yourself!*

*Sandra will make it easy for you to step into your power and not let past circumstances, beliefs or other people's bad decisions keep hold of you.*

*She is by far one of the best coaches I've ever worked with! She will raise your limits beyond what you think is possible!*

*Thank you, Sandra, you are a gift to every woman that encounters your greatness.*

*"You Rock!"*

*~TB*

## Are You Ready to Take Your Practice to the Next Level?

***Are you ready to take your Life Coaching Business and Hypnotherapy practice to the next level? And are you ready to differentiate yourself from others through a heart-centered approach to life and business coaching?***

Top coaches are continuously looking for ways to distinguish themselves in a changing industry. Through Thrive Learning Collective's professional development programs, they are finding ways to use the speed of change to their advantage and offer more value to their clients.

Thrive Learning Collective certification programs are designed to produce the most knowledgeable, skilled and competent coaches and hypnotherapists. When you learn the language of the mind (words) and language of the body (feelings/emotions), you can quickly and easily guide your clients to levels of change beyond their own expectations.

There is a universal call for those in the healing arts to commit to finding more effective ways to guide their clients to success. Due to the unique design of our courses, the side effect or bonus, your experience will be massive amounts of personal transformation throughout the process.

Thrive Learning Collective Programs include Neuro-Linguistic Programming as the foundation for long-term change in our Life Coaching and Hypnosis Training.

Our Coaching and Hypnosis programs provide a heartfelt, supportive, and fun learning environment. Courses are structured in a way to provide you with practical tools in an interactive, hands-on, entertaining format using accelerated learning techniques.

Are you ready to differentiate yourself from others through a heart-centered approach to life and business coaching & hypnotherapy? Then visit our website at [www.thrivelearningcollective.com](http://www.thrivelearningcollective.com) to register for an upcoming training.

Keep reading for more information about our course offerings.

Need a little guidance to decide on the best programs to support your dreams? Contact us at 802-598-6078 or by email at [Sandra@thrivelearningcollective.com](mailto:Sandra@thrivelearningcollective.com)





**Professional Development Training**  
*Aligning Your Goals with Your Values*

**Component Courses Included In**  
**Licensed NLP Practitioner | Neuro-Linguistic Life Coach**  
**Master NLP Practitioner | Life Transformation Coach | Clinical Hypnotherapist**

COMPONENT COURSES	ESSENTIALS #2000	PROFESSIONAL #3000	EXPERT 3001 (1) Year Intensive
NLP Model of Communication	✓	✓	✓
Verbal and Non-Verbal Communication	✓	✓	✓
Building Connection Through Rapport	✓	✓	✓
Emotional States and Behavioral Management	✓	✓	✓
Information Gathering & Value Elicitation	✓	✓	✓
Meta Programs	✓	✓	✓
Meta Model & Modeling Success Strategies	✓	✓	✓
Integrative Health & Healing	✓	✓	✓
DreamSculpting®	✓	✓	✓
Ericksonian Hypnotic Language Patterns		✓	✓
Success Strategies & Installing & Nesting		✓	✓
Storytelling and Metaphors		✓	✓
Emotional States & Belief Change Processes		✓	✓
Health and Healing Processes		✓	✓
Online Reiki I & II		✓	✓
Online Master of Reiki		✓	✓
Assigned Accountability Partner			✓
Energy Psychology Techniques			✓
Business & Marketing Support			✓
Charisma Training			✓
Presentation Development			✓

**PROGRAM #2000**

NLP PRACTITIONER | NEURO-LINGUISTIC LIFE COACH

**PROGRAM #3000**

MASTER NLP PRACTITIONER | NEURO-LINGUISTIC LIFE COACH | CLINICAL HYPNOTHERAPY

**PROGRAM #3001 YEAR LONG INTENSIVE**

MASTER NLP PRACTITIONER | NEURO-LINGUISTIC LIFE COACH | CLINICAL HYPNOTHERAPY |  
ENERGY PSYCHOLOGY | BUSINESS DEVELOPMENT



Essentials Program  
Licensed NLP Practitioner  
Neuro-Linguistic Life Coach Program  
#2000

# Essentials Program Licensed NLP Practitioner Neuro-Linguistic Life Coach

## Essentials Program #2000 Component Courses

Day	Course	Course Name
	200	NLP Life and Communication Specialist
1	200 A	NLP Model of Communication
2	200 B	Verbal and Non-Verbal Communication
3	200 C	Building Connection Through Rapport
4	200 D	Emotional States and Behavioral Management
	201	Goal Setting and Internal Conflict Resolution
5	201 A	Information Gathering and Values Elicitation
6	201 B	Meta Model & Modeling Success Strategies
7	201 C	Integrative Health and Healing
8	201 D	Meta Programs
Online	1204	DreamSculpting
See Individual Course Breakdown on Pages 33-38		

## Certificates Awarded

Certificates Awarded	PROGRAM #2000	PROGRAM #3000	PROGRAM 3001 (1) Year Intensive
Neuro-Linguistic Life Coach	✓	✓	✓
Communication Specialist	✓	✓	✓
Timeline Regression Specialist	✓	✓	✓
NLP Practitioner	✓	✓	✓
DreamSculpting	✓	✓	✓

### PROGRAM #2000

NLP PRACTITIONER

NEURO-LINGUISTIC LIFE COACH

# Essentials Program Licensed NLP Practitioner Neuro-Linguistic Life Coach The Operating Manual For The Mind

Program #2000

**8 Day On-site Program - 80 Class Hours**  
**This Program is Pre-requisite to Program #3000 & 3001**

What is the secret behind super coaches like Anthony Robbins and the others?

The answer is they are all practitioners of NLP.

Due to its simplicity and effectiveness, NLP has been used effectively by Fortune 100 companies, therapists, consultants, teachers, and health professionals. NLP has helped millions of individuals all over the world overcome fears, increase confidence, enrich relationships, improve learning, and achieve greater success.

*"In short, NLP is about how to run our brain in a productive way to consistently achieve the results we want."*

In our *NLP Practitioner | Neuro-Linguistic Life Coach* program, you learn the operating manual of the human mind – an extremely effective and indispensable ability for anyone in healthcare, coaching or business.

An NLP Practitioner is the most effective coach for life or business, AND the most effective life coaches are NLP Practitioners.

## What is Neuro-Linguistic Programming?

Neuro-Linguistic Programming (NLP) is an approach to communication created by Dr Richard Bandler and John Grinder in the 1970s.

Bandler and Grinder discovered that there is a connection between neurological processes (neuro), language (linguistic) and behavioral patterns learned through experience (programming) and that these can be changed to achieve specific goals in life.

Bandler and Grinder also found that NLP methodology can "model" the skills of exceptional people, allowing anyone to acquire those skills.

# Essentials Program Licensed NLP Practitioner Neuro-Linguistic Life Coach The Operating Manual For The Mind

Often in a single session, NLP can treat symptoms of such issues as phobias, depression, tic disorders, psychosomatic illnesses, near-sightedness, allergy, and learning disorders.

Once a person's neurological patterns or strategies are identified, they can be easily and successfully adjusted to produce amazing results. What a person was formerly mediocre or awful at performing, can now be performed excellently – and the gifted and talented can be modeled and replicated.

This is why Neuro-Linguistic Programming or NLP has become so popular among those who desire to achieve their life aspirations. It also explains why NLP is the foundation of today's most effective and prominent self-help authors, motivational speakers, and coaches of human potential.

Discover how you can significantly increase your client base, be more successful, and a substantially more effective and heart-centered professional through your understanding of the human equation.

## Life Coaching Is a Rewarding Career and Unlike the Average Life Coach, You Will...

- Learn the skillsets of today's most prominent authors, speakers and successful coaches — the ones that made life coaching the lucrative field it is today.
- Learn, and be professionally certified as a Life Coach and an NLP Practitioner — expanding your marketability, scope of practice and client base.
- Graduate with a step-by-step plan to ensure your success through our proprietary coaching platform — DreamSculpting®.
- Experience practical exercises and demonstrations that will build your confidence and remove any personal fears and limitations to your success.



# Essentials Program Licensed NLP Practitioner Neuro-Linguistic Life Coach® The Operating Manual For The Mind

**With This Course, You'll Come Away With. . .**

**Better Communication and Understanding** – Learn how to establish deep trust and rapport with anyone – and enrich every significant relationship. The magical communication tools of “NLP” will bring to your conscious awareness of what is currently unconscious, giving you the resource of choice when entering any interaction.

Discover how to understand another person's thought processes and learn how to use them to enhance your ability to communicate more effectively.

**Success Assurance Strategies** – Discover how you do what you do. Gather the information of the unconscious neurological structure that sets your limits, and the structure that will allow you to accomplish your goals or desired states. Learn mental strategies of excellence and how you can install them in yourself and others.

**Personal Achievement Skills** – Reconcile the past and create a compelling future. Releasing limiting patterns that can hold you back from your where you want to go. Discover how the mind maintains the concept of time, and how by using your timeline, you can comfortably return to your past, clear up undesired present circumstances, and design your future.

## PROGRAM COMPLETION REQUIREMENTS

To successfully complete this program the student must complete eight (8) courses.

## SOCIETY OF NLP APPROVED

The program qualifies for submission to the Society of NLP Licensure. Society of NLP is a world-wide organization set up for the purpose of exerting quality control over those training programs, services and materials claiming to represent the model of Neuro-Linguistic Programming™ (NLP). Having this seal indicates Society Certification and is usually advertised by Society approved centers. When you purchase NLP products and seminars, ask to see this seal. This is your guarantee of quality.



*Learn What the master's Learned — “Masters of human experience” like Peter Lowe, Zig Ziglar, Les Brown, Brian Tracy, Jimmy “Z”, and Tony Robbins offer us some clues on how to really achieve extraordinary lives. The clue was that they all seemed to be living exceptionally. So, who trained them? They didn't get to be so successful by attending their own seminars. Right? The answer is Neuro-Linguistic Programming (NLP). Many of the “gurus” in human development are trained in the techniques of NLP. Top 100 Adventures recognized NLP as the real personal development tool. Most motivators use NLP, but they don't teach NLP.*

# DreamSculpting® For Professional Certification

## The Art of Making Your Dreams Come True

### DreamSculpting®

#### Learn the Art of Making Dreams Come True

**Dream:** An aspiration; goal; a term used about things that are the best you can imagine.

**Sculpting:** Fine Arts; to carve, model, or shape into a solid artistic structure.

**DreamSculpting®** is an essential step-by-step platform for the life/ business coach. Is having a loving relationship just an elusive dream? Is it too much to ask for an occupation that satisfies your soul, or a body free of complaints? For many people, these aspirations have seemed out of reach.

#### Wouldn't You Like to Join Them?

**DreamSculpting®** is a process with which participants achieve their goals and dreams through aligning their Subconscious, Conscious, and Higher Conscious minds to achieve amazing results. The process involves setting goals and developing a plan to make those goals happen in a way that creates harmony and balance.

This state-of-the-art coaching workshop to achieve your goals and dreams is offered Online.





# DreamSculpting® For Professional Certification

## The Art of Making Your Dreams Come True

### When you attend this program, you will master...

- Achieving your aspirations, dreams, and goals.
- Removing self-sabotage.
- Turning fear into motivation.
- Modeling the creative talent of Walt Disney.
- Removing self-limiting negative emotions.
- Developing action plans – your roadmaps to success.
- Healing the past to live a better NOW and even better future.

**DreamSculpting®** is the ultimate process for integrating and aligning yourself to achieve your goals and dreams. It is said that when your conscious will is in conflict with your unconscious imagination, your imagination will always win.

Isn't it exciting to know you can use the same creative techniques employed by The Disney® Corporation to design and architect your desires in each important area of your life? Then install those goals deep within your subconscious mind.

With your goals planted deep “in the back of your mind,” where all dreams and goals become manifested and having written out a step-by-step roadmap to achieve them, you can take control and action to achieve the dreams you once thought were out of reach.

By showing you how to align your conscious will, unconscious mind, soul, and environment with your goals and dreams – you will experience a truly holistic and *soulistic* approach to the achievement of all your life goals.



Professional Program  
Licensed Master NLP Practitioner  
Life Transformation Coach  
Clinical Hypnotherapist  
Program #3000

## Professional Program #3000 - Days 1 - 8 Component Courses Program #2000 Component Courses

Day	Course	Course Name
	200	NLP Life and Communication Specialist
1	200 A	NLP Model of Communication
2	200 B	Verbal and Non-Verbal Communication
3	200 C	Building Connection Through Rapport
4	200 D	Emotional States and Behavioral Management
	201	Goal Setting & Internal Conflict Resolution
5	201 A	Information Gathering and Values Elicitation
6	201 B	Meta Model & Modeling Success Strategies
7	201 C	Integrative Health and Healing
8	201 D	Meta Programs
9		Day Off – Reflect / Evaluate Personal Growth
See Individual Course Breakdown on Pages 33-38		

## PROGRAM #3000 - Days 9 - 16 Component Courses

Day	Course	Course Name
	300	Milton Hypnosis
10	300 A	Ericksonian Hypnotic Language Patterns
11	300 B	Success Strategies & Installing & Nesting
12	301 A	Storytelling and Metaphors
13	301 B	Languaging Patterns
	302	Clinical Hypnotherapy
14	302 A	Emotional States & Belief Change Process
15	302 B	Health and Healing Processes
	303	Reiki
Online	303 A	Reiki I and II
Online	303 B	Reiki Master
Online	1204	DreamSculpting
See Individual Course Breakdown on Pages 33-38		

## Certificates Awarded

Certificates Awarded	PROGRAM #2000	PROGRAM #3000	PROGRAM 3001 (1) Year Intensive
Neuro-Linguistic Life Coach	✓	✓	✓
Communication Specialist	✓	✓	✓
Timeline Regression Specialist	✓	✓	✓
NLP Practitioner	✓	✓	✓
DreamSculpting	✓	✓	✓
Hypnosis Essentials		✓	✓
Neuro-Linguistic Hypnotherapist		✓	✓
Clinical Hypnotherapist		✓	✓
NLP Master Practitioner		✓ re-attendance	✓
Ericksonian Hypnotic Language Patterns		✓	✓

### PROGRAM #2000

NLP PRACTITIONER | NEURO-LINGUISTIC LIFE COACH

### PROGRAM #3000

MASTER NLP PRACTITIONER | NEURO-LINGUISTIC LIFE COACH | CLINICAL HYPNOTHERAPY

### PROGRAM #3001 YEAR LONG INTENSIVE

MASTER NLP PRACTITIONER | NEURO-LINGUISTIC LIFE COACH | CLINICAL HYPNOTHERAPY | ENERGY PSYCHOLOGY | BUSINESS DEVELOPMENT

*Sandra is an extraordinary person whose strengths and personality shine through her ability as a coach and trainer. As a practitioner, she is able to reach through the layers and allows me to shift from the core. She enlightens me with her knowledge of how our mind, body and spirit are connected and how we can grow through the powerful work of NLP and more. I would not be where I am today if it weren't for Sandra and Bennett Stellar. She has touched my life in so many ways!*  
~Roxanne

Professional Program  
Licensed Master NLP Practitioner  
Life Transformation Coach  
Clinical Hypnotherapist

Connecting the Conscious, Subconscious  
and Higher Conscious Minds

Program #3000

15 Day On-site Course - 185 Class Hours

Learn To Trance-Form Your Life And The Lives Of Others.

Component Courses Included In

Licensed NLP Practitioner | Neuro-Linguistic Life Coach

Master NLP Practitioner | Life Transformation Coach | Clinical Hypnotherapist

We call this set of courses our **Master NLP Practitioner | Life Transformation Coach | Clinical Hypnotherapist Program** because when you successfully complete this multi-faceted and skill-enriched professional certification training, regardless of previous education or experience, you'll be a professional who can truly transform your life and the lives of many others.

**Get It All Together and Be the Best**

Thrive Learning Collective's **Master NLP Practitioner | Life Transformation Coach | Clinical Hypnotherapist** program is designed to provide you with the knowledge to learn the skill sets of Virginia Satir, Fritz Pearls, Elman, Bandler and the world's best and foremost hypnotherapists Milton Erickson, - including the rarest, Franz Anton Mesmer – and more.

This is a complete and thorough training in the master level of Neuro-Linguistic Programming (NLP). NLP is referred to as the operating manual of the human mind. This level of NLP primarily is made up of the work of NLP developers modeling the skills of Hypnotherapy legend, Dr. Milton Erickson.

Ericksonian Hypnosis is the distilled work of this highly effective practitioner of hypnosis.

In addition, our **Master NLP Practitioner | Life Transformation Coach | Clinical Hypnotherapist Program** infuses you with over 50 skillsets to become a professionally credentialed:

- Certified Neuro-Linguistic Life Coach
- Certified Master Practitioner of NLP
- Certified Clinical Hypnotherapist
- Certified Master of Reiki

# Professional Program Licensed Master NLP Practitioner Life Transformation Coach Clinical Hypnotherapist

Connecting the Conscious, Subconscious  
and Higher Conscious Minds

The first 8 days of this program are an intensive practice in learning the operating manual of the human mind . . . Neuro-Linguistic Programming or NLP.

This is one of the most effective and indispensable tools for anyone in healthcare, coaching or business to have in their toolbox

## Why NLP and Hypnotherapy Integration?

*The Best Hypnotherapists are NLP Practitioners & The Best NLP Practitioners are Hypnotherapists*

First, let's briefly look at how NLP can change any behavior or belief that you or your client may want to change. The basic purpose of NLP is to use neurological responses in a desired manner to program certain behaviors that help people in distinct situations.

From binge eating to anger issues, anxiety to stress, depression to procrastination and every other problem that may be holding your clients back from furthering their career or becoming a better individual, can be addressed with neuro-linguistic programming.



## How? I'm glad you asked!

Because when you learn NLP skills and combine them with your hypnotherapy training, you will quickly and easily discover the magic key that unlocks your clients' pathway success.

Neuro-Linguistic Programming allows us to understand the how and why of a client's undesired behavior. Once this is uncovered, we can use NLP and hypnosis to install, at the subconscious level, new, positive changes, thus creating success.

# Professional Program Licensed Master NLP Practitioner Life Transformation Coach Clinical Hypnotherapist

Connecting the Conscious, Subconscious  
and Higher Conscious Minds

Our **Clinical Hypnotherapy Training** is filled with practical exercises that are performed with and received from your fellow students. Our instructors effectively demonstrate all techniques taught – hypnotizing and healing student volunteers of real issues that had formerly limited their lives.

This thorough and complete hypnosis training teaches you to be confident and competent when inducing anyone into the state of hypnosis . . .

- Effectively
- Non-verbally
- Conversationally

## Be Artful, Versatile, and Masterful

By utilizing NLP and Hypnotherapy together, you significantly improve your client's success in achieving their goals.

NLP is ideal for identify the strategy of words to use, and Hypnotherapy puts the client in a trance-like state, which allows them to access solutions within themselves to create lasting change. In this relaxed state, we also have access to universal intelligence, which is available to us all. In other words, we are free to see the unlimited potential to change behaviors and conditions.

By learning Hypnosis with NLP, you will be able to get a client to a place where they can feel free to explore more options and better solutions and quicker, for their particular issue. For example, a client who has been very focused on seeing their problem in a particularly un-useful way, which has prevented them from changing, is now open to view their issue from different perspectives.

One of the powerful uses of hypnosis is that of indirect suggestion. These are suggestions embedded with the use of metaphors or storytelling, a style of hypnosis we teach at Thrive Learning Collective, which is largely based on the brilliant works of **Dr. Milton H. Erickson**.

Just imagine the level of satisfaction you'll feel as you see your clients realize their personal and professional goals quickly and easily with your guidance.

## Professional Program Licensed Master NLP Practitioner Life Transformation Coach Clinical Hypnotherapist

Connecting the Conscious, Subconscious  
and Higher Conscious Minds

With your due diligence, upon graduating from **Program #3000**, you will be and feel competent *and* confident – a highly skilled and qualified **Master NLP Practitioner | Life Trans-formation Coach | Clinical Hypnotherapist**.

Discover how you can significantly increase your client base, be more successful, and a substantially more effective and heart-centered professional through your understanding of the human equation.

**You have many options when it comes to NLP Certification and Hypnotherapy Training. The question to ask yourself is, “How effective do I want to be?”**

### Avoid Cookie-Cutter Courses

Almost all schools that provide hypnotherapy training, with the exception of Thrive Learning Collective, rely on pre-packaged programs and/or instruct their students to rely on reading and/or reciting pre-written hypnotic scripts. This is similar to a presenter reading from his or her notes rather than speaking spontaneously from their heart.

### Be a Hypnotist Without Limits

You might want to be a hypnotherapist without limits. You might want to be a professional that can tailor your communication to your client and their specific needs. In this way, you can hypnotize anyone, anywhere, and for almost anything – putting you in the class of the great and truly effective hypnotherapists you may have read or heard about.

### Graduate Competent and Confident

This thorough and complete Hypnotherapy Certification program teaches you to be confident and competent when inducing anyone into the state of hypnosis and can...

- Hypnotize Quickly
- Hypnotize Effectively
- Hypnotize Non-Verbally
- Hypnotize Conversationally
- Hypnotize Energetically



Professional Program  
Licensed Master NLP Practitioner  
Life Transformation Coach  
Clinical Hypnotherapist  
Connecting the Conscious, Subconscious  
and Higher Conscious Minds

**Attend a Training That Includes Mesmerism**

Mesmerism was the precursor to hypnosis and is named after its founder, Franz Anton Mesmer. When exposed to Mesmer's healing energy, his patients would relax and fall into a trance or a sleepwalking-type state. Thus, hypnosis was born.

While research studies at the time showed evidence that Mesmerists, given their energetic methods, enjoyed greater success than did the hypnotists by solely using a mental approach, scientists of the time, and later, psychologists, denied this energy's existence; this resulted in the terms Mesmerism and becoming synonymous. You will discover Reiki is an excellent means to revive the healing art of Mesmerism. In the words of the renown Jedi Masters and Knights: "May the force be with you."

**PROGRAM COMPLETION REQUIREMENTS**

To successfully complete this program the student must complete eight (17) courses.

In this **Master NLP Practitioner | Life Transformation Coach | Clinical Hypnotherapist Program**, you learn the operating manual of the human mind – an extremely effective and indispensable ability for anyone in healthcare, coaching or business. An NLP Practitioner is the most effective coach for life or business.

**And who you study with to learn these invaluable skills is just as important as the skills themselves you will develop. So . . . Study with One of the World's Best Trainers** Founder and Lead Instructor, Sandra Vesterstein, has taught and practiced NLP, life coaching and hypnotherapy for over 20 years, and is truly one best of the best. When the sponsors of the NLP MindFest researched to find the world's best trainers to speak at their highly attended event, one of those chosen few was Sandra Vesterstein.

## Professional Program Licensed Master NLP Practitioner Life Transformation Coach Clinical Hypnotherapist

Connecting the Conscious, Subconscious  
and Higher Conscious Minds

### Seriously Enriching Education Disguised as Fun!

Thrive Learning Collective offers an educational experience like no other. When we say like no other, we mean learning is more than lecturing and books. Learning is greatly enhanced when experienced, practiced, and entertained.

To add to this, our training programs are offered in a retreat format. This type of environment allows you to:

- Relax and invest time in yourself.
- Dedicate yourself to learning and personal development.
- Consolidate the subjects taught in an easily achievable amount of time.
- Learn now and profit from your learning sooner.



### PROGRAM COMPLETION REQUIREMENTS

To successfully complete Program #3000 certification, the student must successfully complete NLP Practitioner certification Program #2000.

Magazines and news journals such as **Business Week** and **The Wall Street Journal** are reporting the successful use of hypnosis in everything from treating chronic pain, helping cancer patients, eliminating skin conditions to removing phobias, bad habits, anxiety, and post-traumatic stress disorder. Good Housekeeping magazine highlights an article about the benefits of hypnosis and features this headline on the magazine's cover: "Hypnosis: The New Wonder Drug." If you delay, you may miss out on gaining a competitive and lucrative foothold on one of the fastest growing fields available today.

# Reiki I, II & Reiki Master Certification

Energetic Gifts For Love and Health  
Prerequisite Program 3000 or 3001

**Usui Reiki (RAY-Kee)** is a hands-on healing art. It is the transference of the universal life energy (Ki, or light energy) through an attuned Reiki practitioner to a person needing to regain health or well-being. Reiki brings balance to the human system, clears un-healthy emotions, and restores the natural flow of energy essential to health and healing.



A practitioner attuned to Reiki becomes a vessel through which this energy flows. The tradition of Reiki dates back to the mid-1800s, although its essence and use date much further back, most likely to the dawn of time. Reiki, as we know it today, found its start with Dr. Mikao Usui, a philosopher and businessman. He was fluent in many languages and was a religious instructor in Kyoto, Japan.

There are three levels of Reiki attunement: Reiki I, Reiki II, and Reiki Master. Reiki I and II are levels, and Reiki Master is an instructor level. The Reiki Master is entrusted with passing on and upholding the Reiki lineage.

Reiki is a simple, natural, and safe method of spiritual healing and self-improvement that everyone can use. It has been effective in helping virtually every known illness. It also works in conjunction with all other medical or therapeutic techniques to relieve side effects and promote recovery.

A Reiki session treats the whole person—body, mind, spirit, and emotions. Just some of the many beneficial effects include relaxation, peaceful feelings, security, and well-being. Many have reported miraculous results.

Reiki is not dependent on one's intellectual capacity or spiritual development. Reiki is an amazingly simple technique anyone can learn. In fact, it is not taught as much as it is transferred to the student during a Reiki class.

# Reiki I, II & Reiki Master Certification

Energetic Gifts For Love and Health  
Prerequisite Program 3000 or 3001

## What You Will Learn:

Learn regression and progression techniques to remove limiting fears, beliefs, and decisions formed earlier in life. Explore the effects that previous generations and possibly even past lives have on current circumstances. Knowing how to work effectively with our timelines allows us to clear up current perceived limitations that originated in our past, manifest our desired present, and literally create our futures.



## PROGRAM COMPLETION REQUIREMENTS

To successfully complete this program, the student must complete four (4) courses either on-site, online or a combination of both.



Expert Program  
MasterClass – Year Long Training  
Licensed Master NLP Practitioner  
Life Transformation Coach  
Clinical Hypnotherapist  
Program #3001

## Expert Program MasterClass–Year Long Training Licensed Master NLP Practitioner Life Transformation Coach Clinical Hypnotherapist

### Program #3001

Includes PROGRAM #2000 & #3000 Component Courses  
*Imagine Dedication One Year To Honing Your Skills As A  
Practitioner & Entrepreneur!*

### PROGRAM #3001 - Days 1 - 8 Component Courses

Day	Course	Course Name
	200	NLP Life and Communication Specialist
1	200 A	NLP Model of Communication
2	200 B	Verbal and Non-Verbal Communication
3	200 C	Building Connection Through Rapport
4	200 D	Emotional States and Behavioral Management
	201	Goal Setting & Internal Conflict Resolution
5	201 A	Information Gathering and Values Elicitation
6	201 B	Meta Model & Modeling Success Strategies
7	201 C	Integrative Health and Healing
8	201 D	Meta Programs
9		Day Off – Reflect / Evaluate Personal Growth
See Individual Course Breakdown on Pages 33-38		

### PROGRAM #3001 - Days 9 - 16 Component Courses

Day	Course	Course Name
	300	Milton Hypnosis
10	300 A	Ericksonian Hypnotic Language Patterns
11	300 B	Success Strategies & Installing & Nesting
12	301 A	Storytelling and Metaphors
13	301 B	Languaging Patterns
	302	Clinical Hypnotherapy
14	302 A	Emotional States & Belief Change Process
15	302 B	Health and Healing Processes
	303	Reiki
Online	303 A	Reiki I and II
Online	303 B	Reiki Master
Online	1204	DreamSculpting

## Expert Program MasterClass–Year Long Training Licensed Master NLP Practitioner Life Transformation Coach Clinical Hypnotherapist

### PROGRAM #3001 - Online Webinars Courses

Content Covered
Energy Psychology Tools and Techniques
Creating Rituals for Success
Sleight of Mouth Linguaging Patterns
Advanced Milton Model Linguaging Patterns
Advanced Meta Modeling
Advanced Meta Programs
Business Development
Marketing Development
Presentation Skills
Guest Speakers

*A huge thank you to my teacher/mentor Sandra Vesterstein. What a transformation I've made since the first time stepped in her classroom to become certified in NLP and Hypnotherapy.*

*Not only does Sandra have a unique gift to see the unseen, what has been holding you back from getting exactly what you want in this life, she has a Servant's heart. Always showing up, always doing her best in every moment.*

*I looked into many different NLP Trainings before taking hers and I am SO GRATEFUL to have attended her course. After graduating I was given the opportunity to mentor under her which has been one of the greatest gifts.*

*I have received so much from Sandra as well as the teachings of NLP & Hypnotherapy (Sandra Style).*

*Anna M*



## Expert Program MasterClass–Year Long Training Licensed Master NLP Practitioner Life Transformation Coach Clinical Hypnotherapist

*Imagine Dedication One Year To Honing Your Skills As A  
Practitioner & Entrepreneur!*

### **Master The Abilities of The Conscious, Subconscious and Super Conscious Mind**

This is a perfect opportunity to blend personal, professional development and say “Yes” to your purpose! The Masterclass begins with your personal development. Sandra Vesterstein, Lead Instructor and Master Practitioner I will first work with you to clear the slate and guide you to become aligned with what you want to achieve. Through this process, you will remove and eliminate barriers to your success while creating a solid foundation for you to THRIVE personally and professionally.

You will then learn the tools and techniques to use with your clients to guide them in their transformation. Sandra will closely guide you to hone your skills as a practitioner in the perfect combination of in-person and webinar training. As you develop and master your skills throughout the year, you will build confidence in your ability to guide your clients to achieve their goals.

Throughout the year, you will coach and be coached, and you will be assigned an accountability partner to ensure your success. As you gain clarity on the type of services you are going to provide, you will then be coached to create a plan of action through our DreamSculpting process and will have the opportunity to receive feedback from the group to clarify your message. Upon completion, you will have all you need to launch a Thriving Business.





## Individual Course Breakdown

# Individual Course Breakdown

## **COURSE #200A**

### **NLP Model of Communication**

In this course, you gain a thorough understanding of how the brain codes emotional states and replicates behavior.

You discover powerful techniques effective for eliminating fear and anxiety as well as successfully reprogramming or coding, the brain to heal our bodies to produce desired emotional and behavioral responses.

In addition, you learn specific questions to ask to elicit a client's subconscious programming.

## **COURSE #200B**

### **Verbal and Non-Verbal Communication**

In this course, you gain a thorough understanding of human thought processes, how each of us ticks and unconsciously represents our reality.

Through skills such as eye accessing & word representation predicates, you will discover precisely how our previous experiences determine our current behaviors, thus the resulting consequences.

You learn accelerated learning skills to enhance your experience in this program as well as all others in the future. You obtain knowledge on how to access and utilize key emotional states for effecting change in others and in your own reactions and behaviors.

# Individual Course Breakdown

## **COURSE #200C**

### **Building Connection Through Rapport**

In this course, you uncover the secrets of the most influential, and of our world leaders, for developing rapport and connection. You learn exquisite communication skills that will consistently elicit trust and connection with clients, associates, and loved ones.

You will also learn to manage and tailor your behavior to get the most out of any reaction or situation.

You should know that studies conclude that words are but 7% of communication. Most people are unaware they need to address – or how to address – the other 93%. Just consider for a moment what it would mean to you if you did.

## **COURSE #200D**

### **Success Strategies & Behavioral Change**

In this course, you discover highly effective ways of gathering the neurological structure of problems, or limits, and learn to determine and install the appropriate resources that will lead to desired outcomes.

You also learn and experience how to overcome guilt, enhance performance, increase motivation, and change any unwanted behavior into one of your choosing.

## **COURSE #201A**

### **Information Gathering & Values Elicitation**

In this course, you uncover the secrets of truly effective goal setting and achievement. You learn and understand the precise conditions that are necessary and critical to consider when determining any goal or aspiration you wish to achieve.

In addition, you learn the ultimate techniques in creativity modeled from the Master of Creativity, Walt Disney – techniques, tools, and mindsets that are still in use today by the Disney® Corporation's artists, staff, and management.

# Individual Course Breakdown

## **COURSE #201B**

### **Meta Models & Modeling Success Strategies**

In this course, you will learn and experience a state-of-the-art process to create a plan of action to achieve any goal or aspiration you might have for yourself. Then, take this proprietary process into your practice to guide your clients to live the life of their dreams, a method other life and/or business coaches can only dream about.

In addition, you will learn a process to tap into the universal collective consciousness for creative support and guidance, and how to use the future to solve current challenges.

## **COURSE #201C**

### **Integrative Health & Healing**

Learn how our minds maintain the concept of time, and how to use these unconscious time lines to safely and comfortably travel backward and/or forward in time to clear up undesired present circumstances and create any desired future.

Learn the ultimate techniques in creativity from the master of creativity - **Walt Disney**.

## **COURSE #201D**

### **Meta Programs**

In this course, you acquire highly effective negotiation techniques to resolve external and internal conflict. You discover how to permanently eliminate self-sabotage by integrating and directing the sub-personalities held deep within our minds.

The effect of being-at-one within ourselves, and in alignment with our aspirations, produces miraculous tangible results, enhances physical well-being, enlightens – and awakens – us to our true potential.

## Individual Course Breakdown

### **COURSE #302B**

#### **Health & Healing Process**

In this course, you discover emotional issues and how they affect our health.

You learn techniques that will relieve allergies as well as chronic and acute pain. Also learn Neuro- Natural™ remedies to use with catastrophic and chronic diseases such as Diabetes, Cancer, and permanent pain relief and physical limitations formed as a result of an accidental injury. In addition, you learn how to deal with the most painful of emotions – Grief. Learn how Grief can influence the lungs and be a cause of respiratory illnesses.

### **COURSE #302C**

#### **ADVANCED TIMELINE & MANIFESTATION**

In this course, you learn regression and progression techniques to remove limiting fears, beliefs, and decisions formed earlier in this life, handed down from a previous generation or even from a possible past life.

Knowing how to work effectively with our timeline allows us to clear up current perceived limitations that originated in our past, then manifest our desired present to literally create our futures. You will discover how you can use your timeline to implant goals and dreams into your future, so when you arrive at that time in your life, your achievements are there waiting for you.

# Individual Course Breakdown

## Online Courses

### **COURSE #303A**

#### **Reiki I & II**

In this course, you learn the gentle Asian hands-on spiritual and energetic healing technique called Reiki. You will discover the many personal and professional uses of the Universal Life Force energy. Given many names by different cultures and not directly associated with any religion, the Universal Life Force energy is the invisible building blocks of which all as been created. You will learn to wisely use this powerful healing source to benefit self and others. In addition, you learn the Higher-Self Integration process. Our Higher Consciousness will manifest anything we desire. It simply has to be asked. This process uses the secrets of the ancient masters and philosophies to communicate directly with the Higher-Self.

### **COURSE #303B**

#### **Master of Reiki - Online Course**

This course is for those whose path or life journey is leading them to be a teacher of the healing art of Reiki. The desiring Reiki Master feels the call and has the willingness to enter into this relationship of initiator, mentor, and teacher. The initiating Master and student must realize that this is a lifelong, committed relationship within the Usui System. Should you choose this path, you significantly open your energetic channels to the Ki Energy. Given many names by different cultures and not directly associated with any religion, the Universal Life Force energy is the invisible building blocks of which all as been created. Become a master/teacher of this loving healing source.

### **COURSE #1201**

#### **DreamSculpting® For Professional Certification**

In this course, you learn to model the creative talent of Walt Disney®.

You learn to align your Subconscious, Conscious, and Higher Conscious minds so they work together to achieve amazing results. You learn to put negative thinking and limiting beliefs to work FOR you, and how to remove internal saboteurs easily and effectively. In addition, you learn the process of setting goals and developing a step-by-step roadmap to make any dream come true in a fun program that aligns with your own goals and values. Take this program and learn how simple it is to heal the past so you can begin living a better NOW and even better future.



## Professional Development Training



## Aspire You Mentor Program Professional Development

Is your personal life getting in the way of your professional success, or is your professional success hindering your personal growth? Maybe it is a little of both? No worries, I will customize a program for you.

### What it Includes

- Personal Development
- Skill Development
- Business Development
- Accountability



Aspire You Mentor Program is an all-in-one personal and professional development program. Through the participation of the program, you will become aligned to success. Together we will leverage your passion as fuel, develop you personally and professionally, create a plan of action with accountability, which will turn your professional dreams into reality.





Here are some major reasons why you may be leaving your dream at the door:

- I can assure you that it probably isn't because you lack passion. Passion is awesome to have, but it isn't enough all to reach your dreams or potential. I have seen many people passionate about their dreams and never achieve them. The reality Passion isn't enough to make your dream come true. Passion doesn't provide you with the ability to override your saboteur or limiting patterns. In the Aspire you Mentor Program, you will heal the parts of you that may get in the way of achieving your dreams. Together we will retrain these parts of you so they can support you in achieving your true potential.
- You may not be clear on what you want. Having clarity for what you want is like having a superpower. Having the superpower of clarity combined with your passion, will significantly enhance your probability of achieving your potential.
- You might have the passion and the clarity, and now you lack the plan of action to get where you want to go. The "Aspire You Mentor" program will allow you to take your vision and build a plan of action to make it happen. You can leave a notion of being overwhelmed behind because you will have a step by step plan to achieve

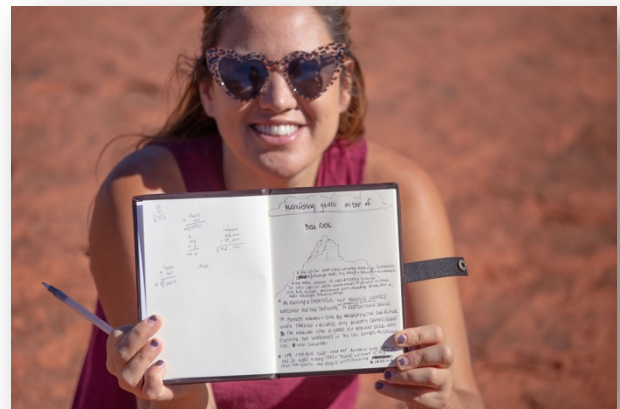
Imagine waking up in the morning with passion for what you do and how you are in life and then have the feeling of being on automatic pilot and being pulled towards your aspirations, dreams, and goals. Imagine experience synchronicity at a level that doors just magical open and leads you towards all people, places, and experiences that are aligned with your dream. Imagine you are living in the ultimate flow state. Yes, this can be your reality when you become aligned from the inside out to with your dreams and desires and your true potential. Believe it or not, it takes a lot of energy not to be you!



Honor the authentic you, say yes to your dreams, allow your passion to flourish and live your true potential and experience being in the flow today.

Often, we hear just get clear on the what and the 'how' will follow...Yes and no! I do believe it is important to get clear what you want on the how. To gain clarity, we need to remove roadblocks from our past. We need to align our unconscious with our passion and dreams.

Once we have cleared the slate, we can begin to dream of how to execute our passion in life, and this is where the fun begins. The ability to dream big!



While participating in the "Aspire U Mentoring Program," you will release limiting personal patterns that are holding you back from creating a thriving business. While you invest time in honing your skills as a practitioner through mentoring and skill development, you will set yourself up for success and experience a Thriving Life!



Gwen is a woman of the world. She was born in Italy, grew up in Tunisia, and attended boarding schools in Europe for high school. She then came to the United States to pursue her college education. Her diversity in cultural experiences, Gwen believes, was the most formative education of her life and gives her a breadth of vision and perspective that is unique.

It was through her lifelong loves of yoga and dance that Gwen made the powerful connection that breath is transformative, which inspired her to become a Breathworker and Hypnotherapist in 2000 at the BodyMind Academy in Bellevue, Washington. She is an avid learner and has continued to hone her skills over the years with master teachers in a variety of disciplines.

Gwen's passion is supporting people coming home to their true nature through breath, sound, movement, and coaching. She intuitively employs and weaves together these modalities to help clients embody and stay consciously connected to their essential truth in the day to day.

## Breath Is Prayer

### Practitioner Training Level I and II

Have you considered being a Breathwork facilitator, adding Breathwork as one of the tools you use with your existing clients, or are you simply interested in developing your own Breathwork practice? I have created deep-dive immersive trainings in the Breathwork modality “Breath is Prayer,” that I founded after 20 years of being a Breathwork facilitator.

These immersive trainings will provide you with:

- Personal development
- Facilitator skills development
- Communication skills
- Foundational approaches to conscious touch as it relates to Breathwork.

I will also offer mentoring if you choose the professional “Breath is Prayer” certification track. This is the kind of support I longed for, as I became a facilitator! I have shortened the learning curve for you, by including all of my experience as a Breathwork facilitator over the last 20 years.

“Breath is Prayer” immersive trainings are designed to give people an opportunity to learn the material presented experientially and to practice being in a state of deep presence, which is the most important practitioner skill you could ever learn.

Practitioner Training (Level 1) is a prerequisite to Facilitator Training (Level 2) and can also be taken on its own if you are simply interested in developing your own Breathwork practice. Level 1 focuses on taking a client through a 1:1 session and presents the basic philosophy behind “Breath is Prayer.” Level 2 focuses on a group session, incorporates touch, as well as emphasizes how to coach a client’s breathing.

Both levels 1 and 2 are required for professional certification. Each level is 21 hours. They are often scheduled back to back for people traveling from out of town, but they can also be taken separately over a period of time.

For those interested in becoming a certified “Breath is Prayer” Facilitator, following the immersions is a mentorship program of 10-hour long group calls over Zoom. This can also be done as an individual track, if you prefer. During these calls, we will be discussing the homework assignments given, such as practice 1:1 or group “Breath is Prayer” sessions, or Breathwork sessions received from other practitioners. These calls are an opportunity to receive feedback and to get questions answered, once you are practicing with others. The mentorship program is also a way to stay accountable and to keep moving forward towards becoming a Breath Is Prayer Facilitator.

Whether you go the professional or personal route with the “Breath is Prayer” immersive trainings, you will leave with:

- Feeling inspired and more confident within yourself.
- A breath practice of your own that is life changing.
- The ability to share this breathwork practice gift with, at the very least, family and friends.

*Testimonial:*

*“I am forever grateful to Gwen Payne for her “Breath is Prayer” Breathwork training. You are an incredible educator. The space you held for all of us created the perfect container for us to learn such a powerful yet gentle way. Breathwork to me is one of the most powerful modalities there is when you are seeking the truth of your inner self. Thank you for taking me there as a client and a student. I am forever grateful for you and the amazing work that you do!”*

*Tracy, AZ*



## Personal Development

# DreamSculpting® Personal Development

## The Art of Making Your Dreams Come True

Is having a loving relationship just an elusive dream? Is it too much to ask for an occupation that satisfies your soul, or a body free of complaints? For many people, these aspirations have seemed out of reach.

Why is it that so few individuals live up to their fullest potential? What is the secret of those envied few that embody their heart's desires?

**DreamSculpting®** is the essential step-by-step process to manifesting your dreams. Whether in life, love, work or finances, this practical program makes it simple to understand why other processes haven't lived up to your expectations.

If you consistently find internal saboteurs in your way, discover **why** it happens and then learn **how** to turn them into your best allies.

**DreamSculpting®** is fun, inspiring and is your most direct route to achieving your goals and dreams with amazing results through aligning with your Subconscious, Conscious, and Higher Conscious minds.

The process involves setting goals and developing a plan to make those goals happen in a way that creates harmony and balance in your mind and your life.

This state-of-the art coaching workshop to achieve your goals and dreams is being offered Online.

When you take this program, you will master...

- Achieving your aspirations, dreams, and goals.
- Setting clear and achievable goals.
- Changing negative thinking and limiting beliefs.
- Removing self-sabotage.
- Turning fear into motivation.
- Modeling the creative talent of Walt Disney.
- Removing self-limiting negative emotions.
- Developing action plans – a roadmap to success.
- Healing the past to live a better NOW and even better future.

# DreamSculpting® Personal Development

## The Art of Making Your Dreams Come True

Inspiration Behind DreamSculpting® *“Just before the 2008 Olympic games, I was performing a Neuro-Linguistic Life Coaching® session with a swimmer representing the country of Zimbabwe on her way to compete in the China games. Because of this, I had the opportunity to meet the USA Swim Team Coach. I had to ask him, “How did you become a USA Olympic Swim Team Coach?” He replied that he didn’t really know. He said that it seemed like everything just fell into place for him, and he just stumbled into it. He went on to explain, however, that it had always been in the “back of his mind” that he would become an Olympic Swim Coach. It then dawned on me that this is true for those people who succeed in life, and it is even true for those who don’t. What we accomplish in our lives are the things that are stored and believed in “the back of our minds.” At that moment, DreamSculpting® was born. When goals are installed in the deeper levels of our subconscious minds, planning becomes easy, motivation, and action become natural. Achievement is simply the result of an organic journey, rather than one of struggle.”*

– Michael A. Bennett, Founder of Bennett | Stellar University, Developer of DreamSculpting®

### Learn the Art of Making Dreams Come True

**Dream:** An aspiration; goal; a term used about things that are the best you can imagine.

**Sculpting:** Fine Arts; to carve, model, or shape into a solid artistic structure.

**DreamSculpting®** is the ultimate process for integrating and aligning yourself to achieve your goals



and dreams. It is said that when your conscious will is in conflict with your unconscious imagination, your imagination will always win.

Align your conscious will, unconscious mind, soul, and environment with your goals and dreams – a truly holistic and soulistic approach to the achievement of all your life goals.

Isn't it exciting to know you can use the same creative techniques employed by The Disney® Corporation to design and architect your desires in each important area of your own life. Then install those goals deep within your sub-conscious mind. With your goals planted deep “in the back of your mind,” where all dreams and goals become manifested, and having written out a step-by-step road-map to achieve them, you can take control and action to achieve the dreams you once thought were out of reach.

**Program: 12 Sessions (Combination of Individual and Couple sessions)**





## Spirited Women's Retreat

### HOW A SPIRITED WOMEN'S RETREAT CAN CHANGE YOUR LIFE *"The World Is Waiting For YOU"*

#### Are you questioning your life's story or even the chapter you are living?

Perhaps you're seeking support, understanding, and answers.

Are you facing life's challenges, changes or at a crossroads?

Then our Women-N-Spirit retreat was created just for you!

Treat yourself to a weekend away from your busy life to focus fully on YOUR future and what truly matters.

You'll experience three full days of interactive, educational and inspiring group empowerment activities designed to create lasting change in your life! Together we will peel back the layers to unveil your true self...THE self you were born to be.

#### During the retreat, you will:

- Experience techniques to release self-limiting beliefs, negativity and past pain in your life so you can experience positive, healthy well-being.
- Have the opportunity to create a shift in perspective and instill purpose back in your life.
- Discover your unique gifts and put your future into action.
- Enhance your ability to reconnect with your wisdom, purpose, and intuition.
- Tap into your emotional, intellectual and spiritual capabilities and learn skills to nurture healthier relationships and build your confidence like never before.

Experience the power of making small changes in your life that will create big results.





## Spirited Women's Retreat



### What will a Spirited Women's Retreat help you do?

- Feel more energized and inspired about your future
- Master the ability to choose your thoughts rather than excuse your behavior
- Become more effective in initiating and maintaining a connection to everyone in your life

- Increase your inner peace and contentment through healing past trauma
- Enhance your self-worth and self-esteem
- Grow and expand your capacity to love yourself and others

Our Spirited Women's Retreat gives us a place to get away – and connect! Come spend 3 days and gain connections and lifelong tips to calm the waters of change.

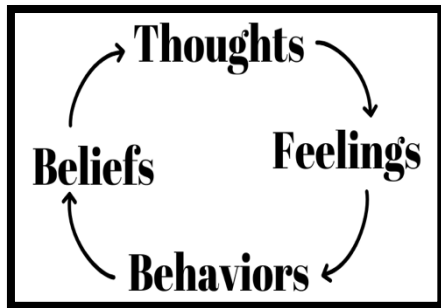
It is my belief that each of us was created to deliver unique gifts to the world. However, these gifts can be hidden because of challenges we experience. Menopause. Divorce. Job Loss. No matter what the issue, when we let the pain of the past run our life, the world cannot receive our gifts. Release pain and un-resourceful behavior patterns and get a clear vision of what you want in life. Learn how to manage your emotions so you can honor your gifts and share them with the world. Together we will break through the barriers of limiting patterns of beliefs, thoughts, feelings and behaviors that have kept you from being all that you were created to be.

Come create your patterns of success so you can achieve anything!

**Program: 3 Day Retreat**

# NLP Skills For Life

Learn to Choose Your Thoughts and Emotions  
Rather Than Excuse Your Behavior



Are you operating your life from an outdated program of the past? Most of us are, and we can't figure out why our life doesn't change or get better. We keep thinking, feeling, behaving, and believing the same way and somehow think we will experience something different. It is like following the same recipe for everything we make and expecting something different to come out.

The way we know how to respond to a situation is our mind searches for a similar situation, in our past, and then reacts accordingly. What happens if we don't have a similar situation, then what? Our mind is like a computer; it runs off of programs created from past experiences. If you are not responding differently or you are not experiencing what you want in life, you simply are not running the right program, or you may have to create it. The only way to create it is through a real or imagined experience.

**TAKE CHARGE OF YOUR LIFE!** Learn tools and proven strategies to experience more success in your life and get more of what you want! Learning how to focus on what you want versus what you don't will be a total game-changer for you.

If you are curious about NLP and want to take it for a test drive, then NLP Skills for Life is a perfect opportunity to experience the power of NLP. You will be expertly guided by Sandra to incorporate core principles of NLP along with learning proven techniques to bring you away from reliving a painful past and toward living into a compelling future. You will truly realize how small changes can make a huge difference in your life. All you need to do is invest in the class, along with four hours of your time.

**Program:** 4-hour webinar is guaranteed to be a game-changer for your life.

# Breaking The Spell of the Narcissist

Are you ready to “Break the Spell?”



Getting pulled into the world of a narcissist is intoxicating. It happens in the blink of an eye, and before you know it, you start to wonder what happened.

People who have experienced the dysfunctional relationship of narcissism and codependence all seem to have the same storyline. I don't know what happened. When I first met him/her it was incredible. I felt more alive than I ever before. They were so caring and generous with me. They paid attention to me. They made me feel valuable, Or sometimes the story goes like this. Oh my God they were terrible to me. I don't know what was wrong with me that I would be attracted to this behavior. Every time I attempted to walk away, they would turn on the charm and promise they would never treat me like that again, which would only last a short time until the cycle repeated itself.

Sound familiar? Whether the abuse started out overtly or covertly, gradually, self-doubt seeped into your life. The critical nature of the narcissist plants the seeds of self-doubt, and the cycle of being devalued begins. Feeling like you can't do anything right or you are just not good enough becomes the default program for living everyday life. Soon you begin to doubt yourself in all situation. You believe you are not enough. You eventually become exhausted and depleted in the relationship with the narcissist and have nothing left to give, and then they leave because you have changed, and they don't feel loved by you. And you are left asking yourself what did I do wrong?

Most narcissistic abuse recovery programs focus on the narcissist. Breaking the Spell of the Narcissist focuses on you, together we will uncover what got you into the situation in the first place. We will explore what you want in life and create a plan of how to get you there.

# Breaking The Spell of the Narcissist

Are you ready to “Break the Spell?”

Believe it or not, the Narcissist and You, the co-dependent, are reflecting the need to feel valued and important. Unfortunately, both are looking to the outside world for value and importance instead of feeling it on the inside. Sound familiar? Learning how you got there in the first place is pivotal in healing yourself.

Learning the lesson from Narcissistic abuse will help release this pattern so that you are no longer on the menu for the narcissist. Rather than continuing to focus on the narcissist, it's time to focus on you. It is time to rebuild your self-worth and value so that you will never be a match for a narcissist again.

This program isn't for everyone who has experienced this pattern of abuse. It is only for those of you who genuinely want to change and heal what created this experience in the first place. This program is not about blame. It is about becoming empowered and learning how to trust and honor yourself again. It is about reclaiming your value. If this sounds like you, then join me for a twelve-week program that will allow you to step into the empowered you!

**Program: 12 Sessions**

# 911 Relationship Rescue

Discover The Secret To "Staying In Love"



911 Relationship Rescue focuses on guiding couples to discover the secret to being and staying in love while building a bridge back to one another.

Couples who seek my assistance are those who are stuck in a troubled relationship because of unaddressed challenges in the past and want assistance in finding their way back to loving each other.

In relationships, when challenges are addressed early, they may require only a relationship, "Band-Aid."

However, if these minor issues are ignored, they can fester and become chronic, resulting in the possible death of the relationship. Before that happens, make the "911 call."

Often, what happens with couples is that they may make the "911 call" to a counselor or another professional to help heal their relationship. Unfortunately, instead of healing the relationship, it is put on life support. They spend time during their sessions rehashing the past and focusing on what they don't like about each other and their differences, which only creates more division.

All relationships experience ups and downs, and most relationships are not perfect. It is how we deal with the challenges and imperfections that will determine if our relationship will pass the test of time.

I do things differently with my clients who are interested in finding their way back to loving each other. I teach couples relationship strategies that foster fulfillment and success. We devote time crafting the relationship that they want to have and create a plan and strategy to get there.

I show my clients that we cannot live in the memories of past pain and expect to create a healthy future at the same time. Healing from the past and creating something new for the future is just one of the steps to bring a couple closer to love.

My Relationship Rescue Program requires couples to leave the past behind and discover new methods of communicating that allow them to become more effective communicators and experience a deeper connection to themselves and their partner.

Relationship Rescue is for couples that are ready to let go of being right and focus on being connected. It is for couples that are interested in restoring their relationship's health, rather than have it be put on life support.

# 911 Relationship Rescue

## Discover The Secret To "Staying In Love"

**Couples participating in the 911 Relationship Rescue can expect to:**



- Discover their unique secret to staying in love
- Ignite and restore passion
- Develop relationship resiliency
- Experience a safe space to explore what each truly wants
- Heal past trauma
- Learn to choose thoughts and emotions versus excuse behaviors

- Apply the principle of "it's better to be connected vs. being right"
- Become a heart-based listener and responsible communicator
- Learn to focus on what you want
- Gain clarity on how you and your partner give and receive love
- Understand what motivates each other
- Create a compelling vision for your relationship's future and a plan of action to grow and evolve together.

**Program: 12 Sessions (Combination of Individual and Couple sessions)**

# Essentials, Professional and Expert Program Overview Post Graduate Support

“THRIVE LEARNING COLLECTIVE IS A COMMUNITY FOR THE  
FREE-SPIRITED.”

Our graduates are more than students. They become a member of a network of friends and colleagues that share common dreams and goals. Education in a community environment such as ours provides you with heart-centered training, value and support.

The call for exceptional, uniquely qualified life coaches is increasing steadily, and we at Thrive Learning Collective are dedicated to responding to that call by exceeding the basic requirements for each field.

With Thrive Learning Collective's goal of preparing students to enter the fields of Neuro-Linguistics, Hypnotherapy, Reiki, and Life Coaching, we exceed training requirements and provide unprecedented student and alumni support, and by offering opportunities for ongoing learning.





## Neuro-Linguistic Life Coach NLP Practitioner

- ✓ In-Person & Webinar Attendance
- ✓ NLP Practitioner Certification
- ✓ DreamSculpting (Webinar)
- ✓ 50% Off Re-Attendance
- ✓ Practitioner Listing
- ✓ Book Club
- ✓ Newsletter



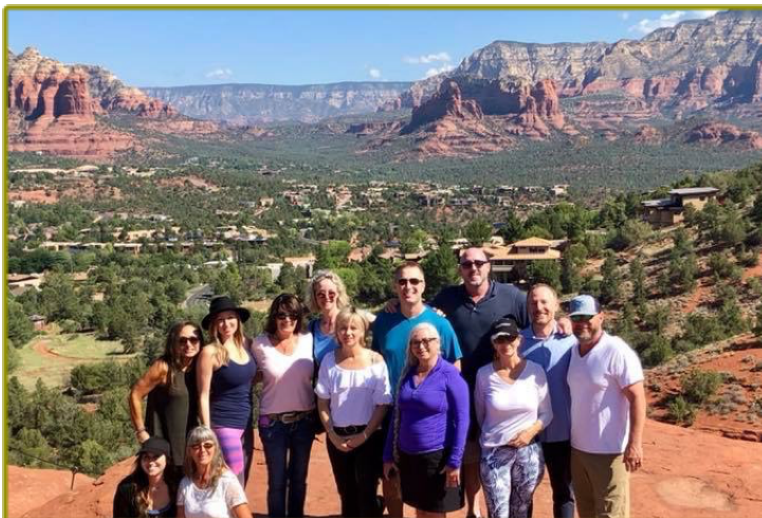
## Master-Neuro Linguistic Life Coach Master NLP Practitioner

- ✓ In-Person & Webinar Attendance
- ✓ NLP Practitioner Certification
- ✓ Master NLP Practitioner Certification
- ✓ DreamSculpting (Webinar)
- ✓ Reiki I & II Online
- ✓ 50% Off Re-Attendance
- ✓ Practitioner Listing
- ✓ Book Club
- ✓ Newsletter



## MasterClass Year Long Intensive Master-Neuro Linguistic Life Coach Master NLP Practitioner

- ✓ In-Person & Webinar Attendance
- ✓ In-person & Weekly Webinar Attendance
- ✓ NLP Practitioner Certification
- ✓ Master NLP Practitioner Certification
- ✓ DreamSculpting (Webinar)
- ✓ Sleight of Mouth Patterns (Webinar)
- ✓ (1) Year Post Graduate Re-Attendance
- ✓ Reiki I & II Online & In-Person
- ✓ Advanced Meta Model (Webinar)
- ✓ Advanced Meta Programs (Webinar)
- ✓ 6 Private Sessions with Sandra
- ✓ Business Development Program (Webinar)
- ✓ Post Graduate Support Programs
- ✓ Enhanced Practitioner Listing
- ✓ Book Club
- ✓ Newsletter



## Become A Thrive Learning Collective Affiliate



## Earn 10% Commission on TLC's Programs

Do you know someone who could benefit from attending a Thrive Learning Collective's personal or professional development program? You can benefit by sharing Thrive Learning Collective's Programs. Click the link below, and you will be guided through a step by step process to become an affiliate. And by the way, you don't need to be a Thrive Learning Collective graduate to refer someone who could benefit from attending one of our programs.

Thrive Learning Collective's Affiliate Link: <https://thrivelearningcollective.com/affiliate/>