



# COURSE CATALOG

## 2024



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# Welcome

Hi there! I'm Sandra Vesterstein, and I am thrilled to introduce you to Thrive Learning Collective. This platform is the realization of a lifelong dream—a space where healers and practitioners come together to support one another and thrive in their individual journeys.

My journey into coaching began during my time as a business owner in Minnesota. As I guided my employees toward success, I discovered my innate ability to empower people to become their best selves. It was then that I realized my true passion lay in coaching.

Over 20 years ago, I embarked on my first Life Coaching Course, which set me on a path of continuous learning. That's when I decided to pursue my Master NLP Certification. At the time, I didn't fully understand why I was being drawn to this field, but something inside me said, "Trust me."

Following my intuition, I found myself at Bennett Stellar University, where I received my Certification as a Trainer of NLP & Hypnotherapy, and then completed my NLP Trainers Certification through the Society of NLP. It was during this time that I had the privilege of being mentored by the late Michael Bennett, the founder of Bennett Stellar University. Working side by side with Michael, I witnessed firsthand the profound impact of NLP, Hypnotherapy, and Reiki on people's lives.

From 2009 until Michael Bennett's passing in 2018, I had the honor of being an independent trainer and a co-trainer with him at Bennett Stellar University. It was an incredible experience, and I learned so much from his wisdom and expertise.

Now, with decades of experience and an unwavering passion for transformational coaching and hypnotherapy, I invite you to join me on this extraordinary journey. Thrive Learning Collective is more than just a platform—it's a community that empowers members to tap into their limitless potential, connect with like-minded individuals, and embrace the best version of themselves.



# Welcome

Together, we'll embark on a path of self-discovery and personal growth. Thrive Learning Collective is your gateway to elevate your skills, expand your mindset, and ignite your passion for excellence in all areas of life.

I am delighted to welcome you to Thrive Learning Collective—a place where dreams flourish, greatness is achieved, and lasting success is within your grasp. Let's embark on this incredible adventure together!

## CREDENTIALS

Sandra Vesterstein – Founder | Lead Instructor

- BAS Community Health Education
- Certified Licensed Trainer of NLP, Hypnotherapy, Reiki and DreamSculpting
- NLP Practitioner | Master Practitioner - Society of NLP
- Clinical Hypnotherapist
- DreamSculpting Master
- Reiki Master

## Testimonial

"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

# 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. These programs focus on transforming 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 the 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 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 symbolize love, good luck, 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.

# Thrive Learning Collective

## THE HUMMINGBIRD REPRESENTS:

- Grace
- Resiliency
- Connection
- Being Present
- Adaptability
- Lightness and Joy
- Responsiveness
- Playfulness
- And to remember the sweetest nectar does comes from within!

## "THE STORY OF HUMMINGBIRD"

In a vast forest 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 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 the hummingbird as if shaming him for wanting to make a difference. Even the larger animals, such as the elephants, questioned the hummingbird's effort; after all, they were more capable of delivering water that could save the forest. Yet, they stood by, watched, and did nothing but ridicule the hummingbird's efforts. Their judgment didn't matter to hummingbird because he told them he was doing his best.

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, rather than passively watch the forest being 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.



# Thrive Learning Collective

## 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.

# Thrive Learning Collective

## 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 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.

### Testimonial

"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

# Thrive Learning Collective

## 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 the language of the body (feelings/emotions), you can quickly and easily guide your clients to levels of change beyond their 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 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 needs? Contact us at 802-598-6078.





# PROFESSIONAL DEVELOPMENT TRAINING ALIGNING YOUR GOALS WITH YOUR VALUES



# Thrive Learning Collective

COMPONENT COURSES INCLUDED IN  
 LICENSED NLP PRACTITIONER | NEURO-LINGUISTIC LIFE COACH  
 MASTER NLP PRACTITIONER | THRIVE INTEGRATIVE COACH | CLINICAL HYPNOTHERAPIST

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

## PROGRAM #2000

NLP PRACTITIONER | NEURO-LINGUISTIC LIFE COACH

## PROGRAM #3000

MASTER NLP PRACTITIONER | NEURO-LINGUISTIC LIFE COACH | CLINICAL HYPNOTHERAPY | REIKI PRACTITIONER I AND II

## PROGRAM #3001 YEAR-LONG INTENSIVE

THRIVE INTEGRATIVE COACH AND HYPNOTHERAPIST PROGRAM







LICENSED NLP PRACTITIONER  
NEURO-LINGUISTIC LIFE COACH PROGRAM  
#2000



# Thrive Learning Collective

## Licensed NLP Practitioner Neuro-Linguistic Life Coach

### Program #2000 Component Courses

COURSE	DAY	COURSE NAME
200		NLP LIFE AND COMMUNICATION SPECIALIST
200-1	1	NLP Model of Communications
200-2	2	Verbal and Non-Verbal Communication
200-3	3	Building Connection Through Rapport
200-4	4	Emotional States and Behavioral Management
201		GOAL SETTING AND INTERNAL CONFLICT RESOLUTION
201-1	5	Information Gathering & Value Elicitation & Installation
201-2	6	Meta Model & Modeling Success Strategies
201-3	7	Integrative Health & Healing
201-4	8	Introduction to Meta Programs
1204 ONLINE		DreamSculpting®

### Certificates Awarded Program #2000 NLP Practitioner and Neuro-Linguistic Life Coach

- Neuro-Linguistic Life coach
- Communication Specialist
- Timeline Regression Specialist
- NLP Practitioner
- DreamSculpting®

# Thrive Learning Collective

## Licensed NLP Practitioner Neuro-Linguistic Life Coach

### The Operating Manual for the Mind

Program #2000

8-Day On-site Program - 56 Class Hours

This Program is Pre-requisite to Program # 2500, 3000 & 3001

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

The answer is that 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 worldwide overcome fears, increase confidence, enrich relationships, improve learning, and achieve greater success.

"In short, NLP is about how to run our brain productively to achieve the results we want consistently."

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.

# Thrive Learning Collective

## 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 perform 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 be a 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.

# Thrive Learning Collective

## 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 to install them in yourself and others.

**Personal Achievement Skills** – Reconcile the past and create a compelling future. Release limiting patterns that can hold you back from 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 complete this program, you must successfully complete eight (8) courses.

### SOCIETY OF NLP APPROVED



The Society of NLP is a worldwide organization set up to exert quality control over those training programs, services, and materials claiming to represent the model of Neuro-Linguistic Programming™ (NLP). The program qualifies for submission to the Society of NLP Licensure. 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.

# Thrive Learning Collective

## 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 life and 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 by which participants achieve their goals and dreams by 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.



# Thrive Learning Collective

## 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.
- Healing the past to live a better NOW, an even better future.
- Developing action plans – your roadmaps to success.

**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 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 the environment with your goals and dreams – you will experience a truly holistic and soulistic approach to achieving all your life dreams and desires.





LICENSED MASTER NLP PRACTITIONER  
LIFE TRANSFORMATION COACH  
CLINICAL HYPNOTHERAPIST  
PROGRAM #3000



# Thrive Learning Collective

## Program #3000 Master NLP Practitioner

### Program #2000 Component Courses -NLP Practitioner

COURSE	DAY	COURSE NAME
200		NLP LIFE AND COMMUNICATION SPECIALIST
200-1	1	NLP Model of Communications
200-2	2	Verbal and Non-Verbal Communication
200-3	3	Building Connection Through Rapport
200-4	4	Emotional States and Behavioral Management
201		RESOLVING & HEALING INTERNAL CONFLICT RESOLUTION AND GOAL SETTING
201-1	5	Information Gathering & Value Elicitation
201-2	6	Meta Model & Modeling Success Strategies
201-3	7	Healing Trauma
201-4	8	Timeline Techniques, Goal Setting, Integration & Application
1204 ONLINE		DreamSculpting®

### Program #2500 Component Courses: NLP Master Practitioner

COURSE	DAY	COURSE NAME
300		CLINICAL HYPNOSIS
300-1	09	Review and Integration of NLP Practitioner Skills
300-2	10	Meta programs *Fundamentals of Hypnosis
300-3	11	Hypnotic Healing Techniques
301		ERICKSONIAN HYPNOSIS
301-1	12	Ericksonian Fundamentals 1-3
301-2	13	Ericksonian Fundamental 4 and Languageing: Learning the art of Storytelling with Open and nested loops.
302		STRATEGIES AND CONVERSATIONAL CHANGE
302-1	14	Advanced Modeling and Strategy Identification and Installation
302-2	15	Integration and Mastery
303		REIKI
303-1	16	Reiki Practitioner I
303-2	17	Reiki Practitioner II



# Thrive Learning Collective

## Licensed NLP Master Practitioner Neuro-Linguistic Hypnotherapy Coach

### Certificates Awarded Program #3000 NLP Practitioner and Neuro-Linguistic Life Coach

- Neuro-Linguistic Life Coach
- Communication Specialist
- Timeline Regression Specialist
- NLP Practitioner
- DreamSculpting
- Hypnosis Essentials
- Neuro-Linguistic Hypnotherapist
- Clinical Hypnotherapist
- NLP Master Practitioner
- Reiki Practitioners I and II

#### PROGRAM #3000

MASTER NLP PRACTITIONER | NEURO-LINGUISTIC LIFE COACH |  
CLINICAL HYPNOTHERAPY | REIKI PRACTITIONER I AND II

#### Testimonial

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

# Thrive Learning Collective

## Licensed Master NLP Practitioner Life Transformation Coach Clinical Hypnotherapist

Connecting the Conscious, Subconscious  
and Higher Conscious Minds

Program #3000

17-Day On-site Course - 153 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 professionally credentialed:

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

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# Thrive Learning Collective

## 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 challenges that may be holding your clients back from furthering their careers or becoming better individuals 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 to 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.

# Thrive Learning Collective

## 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 identifying 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 your clients to a place where they can feel free to explore more options and better solutions 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 viewing 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.



# Thrive Learning Collective

## 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 Transformation Coach | Clinical Hypnotherapist.

Discover how you can significantly increase your client base, be more successful, and be 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

Many trainers provide hypnotherapy training that rely on pre-packaged programs and instruct their students to rely on reading and reciting pre-written hypnotic scripts. This is similar to a presenter reading from their 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

# Thrive Learning Collective

## 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 energy work becoming synonymous. You will discover that 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 and Requirements

To successfully complete this program, the student must complete eight (20) courses. In this **Master NLP Practitioner | Life Transformation Coach | Clinical Hypnotherapist Program**, and the **Conquering Series Personal Development Course**, 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 practitioner for life or business coaching and hypnotherapy.

And whom you study with to learn these invaluable skills is just as important as the skills themselves you will develop., Sandra Vesterstein has taught and practiced NLP, life coaching, and hypnotherapy for over 15 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.

# Thrive Learning Collective

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.

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, and 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 in one of the fastest-growing fields available today.

# Thrive Learning Collective

## 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 unhealthy 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.

# Thrive Learning Collective

## Reiki I and II Certification

Energetic Gifts for Love and Health

Prerequisite Program 3000 or 3001



### What You Will Learn:

In Usui Reiki, Practitioner I and II training are the initial stages where you learn the basics of this Japanese healing technique. In Practitioner I, you'll get an introduction to Reiki, its history, and the fundamental concepts of energy healing. You'll also receive energetic attunements from a Reiki Master, which opens up and align your energy channels to make you a conduit for Reiki energy.

During Practitioner I training, you'll learn the standard hand positions used for self-healing and treating others. These positions are important because they help you channel Reiki energy to specific areas of the body, promoting healing and balance. You'll also get to practice self-treatments, experiencing the benefits of Reiki on your well-being.

Once you move on to Practitioner II, you'll dive deeper into the practice. This is where you'll be introduced to sacred Reiki symbols and their meanings. These symbols are like tools that enhance the Reiki energy and allow you to focus on specific aspects of healing, like emotional well-being or distance healing.

You'll learn distance healing techniques for sending Reiki energy to people who aren't physically present. Reiki is where you can use the symbols and intention to connect with and provide healing to individuals across time and space.



# Thrive Learning Collective

## Reiki I and II Certification

Energetic Gifts for Love and Health

Prerequisite Program 2000 & 3000



### What You Will Learn:

In Practitioner II, you'll also explore more advanced energy work. This includes understanding the chakras (the energy centers in the body) and the aura (the energy field around the body). You'll learn how to identify and address energy blockages, balance the chakras, and work with the aura to promote healing.

Throughout the training, you'll have the chance to practice and refine your skills. You'll give and receive Reiki treatments, incorporating the symbols and advanced techniques you've learned. Additionally, ethics and professionalism are emphasized, teaching you how to conduct yourself as a Reiki practitioner with respect for boundaries and client confidentiality.

### Program Completion and Requirements

To successfully complete this program, the student must complete four (2) courses either on-site, online or a combination of both.



MASTERCLASS – YEAR-LONG TRAINING  
LICENSED MASTER NLP PRACTITIONER  
LIFE TRANSFORMATION COACH  
CLINICAL HYPNOTHERAPIST  
PROGRAM #3001





# Thrive Learning Collective

## Program #3000 Master NLP Practitioner

### Program #2000 Component Courses -NLP Practitioner

COURSE	DAY	COURSE NAME
<b>200</b>		<b>NLP LIFE AND COMMUNICATION SPECIALIST</b>
200-1	1	NLP Model of Communications
200-2	2	Verbal and Non-Verbal Communication
200-3	3	Building Connection Through Rapport
200-4	4	Emotional States and Behavioral Management
		<b>RESOLVING &amp; HEALING INTERNAL CONFLICT RESOLUTION AND GOAL SETTING</b>
<b>201</b>		
201-1	5	Information Gathering & Value Elicitation
201-2	6	Meta Model & Modeling Success Strategies
201-3	7	Healing Trauma
201-4	8	Timeline Techniques, Goal Setting, Integration & Application
1204 ONLINE		DreamSculpting®

### Program #2500 Component Courses: NLP Master Practitioner & Reiki I and II

COURSE	DAY	COURSE NAME
<b>300</b>		<b>CLINICAL HYPNOSIS</b>
300-1	09	Review and Integration of NLP Practitioner Skills
300-2	10	Meta programs *Fundamentals of Hypnosis
300-3	11	Hypnotic Healing Techniques
<b>301</b>		<b>ERICKSONIAN HYPNOSIS</b>
301-1	12	Ericksonian Fundamentals 1-3
301-2	13	Ericksonian Fundamental 4 and Languageing: Learning the art of Storytelling with Open and nested loops.
<b>302</b>		<b>STRATEGIES AND CONVERSATIONAL CHANGE</b>
302-1	14	Advanced Modeling and Strategy Identification and Installation
302-2	15	Integration and Mastery
<b>303</b>		<b>REIKI</b>
303-1	16	Reiki Practitioner I
303-2	17	Reiki Practitioner II



# Thrive Learning Collective

## Program #3000 Master NLP Practitioner

### Program #3001 Online Webinars Courses

#### CONTENT COVERED

- Conquering Series
- 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
- Presentation Skills
- Guest Speakers

A huge thank you to my teacher and mentor, Sandra Vesterstein. What a transformation I've made since the first time stepped into 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 and 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

# Thrive Learning Collective

## MasterClass – Year-Long Training Licensed Thrive Integrative Coach and 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 and 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



# Thrive Learning Collective

## Individual Course Breakdown

### **COURSE #200-1**

#### **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 #200-2**

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

In this course, you will delve into the intricacies of human cognition and individual behavioral patterns. You will learn about the underlying mechanisms of our minds, exploring how we all unconsciously interpret and represent our personal realities.

Essential skills, such as reading eye movements (' eye accessing cues') and understanding language patterns (' word representation predicates'), will be your tools to uncover the connection between past experiences and current behaviors. You will gain insights into how our histories shape our actions and, consequently, the outcomes we experience in our lives. The course will give you a deeper understanding of the links between our thoughts, our communication, and our behaviors.

You will learn how to access and utilize key emotional states for effecting change in others and in your own reactions and behaviors.

### **COURSE #200-3**

#### **Building Connection Through Rapport**

In this course, you uncover the secrets of the most influential and 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.

# Thrive Learning Collective

## Individual Course Breakdown

### **COURSE #200-4**

#### **Emotional States and Behavioral Management**

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 to 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 #201-1**

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

This course focuses on strategies and modeling excellence. You will learn effective decision-making, problem-solving, and goal-achievement strategies. You will also explore the concept of modeling excellence by studying and replicating successful behaviors and thought processes. The day includes a lecture and demonstration of an identification strategy, followed by a class exercise to identify strategies for motivation and overwhelm and learn how to install new strategies aligned to success.

### **COURSE #201-2**

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

You will learn to model strategies by identifying the step-by-step processes people use to achieve specific outcomes and replicating those strategies for success in other areas. You will understand how to identify beliefs, language patterns, and reframing techniques. Participants will learn how to capture the structure of a belief by understanding its cause, effect, and meaning. You will explore the Meta Model, a linguistic tool used to identify and retrieve information that has been deleted, distorted, or generalized in communication and subjective experiences.

### **COURSE #201-3**

#### **Integrative Health & Healing TimeLine Coaching™**

You will learn powerful tools for removing emotional barriers and limiting beliefs that hinder personal success. They offer a rapid and effective means of altering the chain of events that lead to unwanted behaviors or negative internal states. These techniques eliminate un-resourceful emotions and limiting decisions, leaving clients with positive emotions and empowering beliefs about themselves and the world around them.



# Thrive Learning Collective

## Individual Course Breakdown

### **COURSE #201-4**

#### **Meta Programs**

You will learn Meta Programs, which are ingrained cognitive patterns that influence our preferences, decisions, and actions, are a powerful tool in understanding what motivates people. By learning to identify these patterns, you can more effectively communicate with others, influence outcomes, and facilitate change. This knowledge is invaluable in numerous contexts, from personal relationships to professional leadership roles. Unleash the potential of Meta Programs and gain the power to transform both your understanding of human behavior and your ability to interact effectively with others.

### **COURSE #300-1**

#### **Review and Integration of NLP Practitioner Skills**

This class is focused on "Reviewing and Integrating of NLP Practitioner Skills," which serves as a comprehensive refresher and advanced exploration of Neuro-Linguistic Programming (NLP) principles and techniques. We will revisit fundamental NLP concepts, presuppositions, and key methods to solidify the foundational knowledge of participants. We will delve deeper into the essential skills of rapport building, sensory acuity, and calibration, with a focus on applying and refining these skills in various situations. You will refine your proficiency in advanced communication through the study and practice of sophisticated language patterns and reframing techniques.

# Thrive Learning Collective

## Individual Course Breakdown

### **COURSE #300-2**

#### **Meta Programs & Fundamentals of Hypnosis**

This course provides an in-depth exploration of motivation theories, hypnosis principles, and ethical considerations in Neuro-Linguistic Programming (NLP) and hypnotherapy. The course begins with a deep dive into Meta Programs, providing an understanding of the factors that drive human actions. Students will engage in practical exercises designed to identify Meta Programs through a client intake form, fostering skills in discerning individuals' intrinsic motivators.

Switching gears to the realm of hypnosis, the course elucidates the basic principles of hypnosis and the various brainwave states involved. Factors to consider in hypnosis, such as tone and rhythm, are discussed, with a focus on ethical practices and integrity in delivering hypnosis.

You will learn about pre-induction talks, signs of hypnosis, and the different levels of suggestibility. Both direct and indirect styles of hypnosis are examined, with opportunities to practice through exercises that involve crafting scripts based on Ericksonian Language Patterns, which are characteristic of the indirect approach, and Direct Authoritarian patterns, which exemplify the direct style of hypnosis.

### **COURSE #300-3**

#### **Hypnotic Healing Techniques**

This course is filled with insight and discovery! You dive deep into a rich array of hypnotic inductions and transformative healing techniques. These powerful tools will empower your clients to journey inward, tapping into their innate wisdom to inspire profound change. As a guide, you will help facilitate their journey towards a heightened state of being, influencing all logical levels of change. This experience promises knowledge and the deep satisfaction of empowering others toward their fullest potential.

### **COURSE #301-1 & 2**

#### **Review and Integration of NLP Practitioner Skills**

This class is focused on "Reviewing and Integrating of NLP Practitioner Skills," which serves as a comprehensive refresher and advanced exploration of Neuro-Linguistic Programming (NLP) principles and techniques. We will revisit fundamental NLP concepts, presuppositions, and key methods to solidify the foundational knowledge of participants. We will delve deeper into the essential skills of rapport building, sensory acuity, and calibration, with a focus on applying and refining these skills in various situations. You will refine your proficiency in advanced communication through the study and practice of sophisticated language patterns and reframing techniques.

# Thrive Learning Collective

## Individual Course Breakdown

### **COURSE #302-1**

#### **Advanced Modeling and Strategy Elicitation and Installation**

You will take your skills to the next level in conversational change! You will learn to more effectively draw out invaluable insights from your clients during casual conversation. Then, you'll learn how to seamlessly install these strategies back into your client's mindset. It's an opportunity to master the transformative power of strategic conversation, enhancing your own success and that of your clients.

### **COURSE #302-2**

#### **Integration and Mastery**

In this course you will revisit advanced skills and techniques you've learned throughout the course, helping to consolidate your knowledge and understanding. This thorough review will set the stage for integration, ensuring you can seamlessly combine and apply the different NLP elements in a holistic and effective manner.

You will have the opportunity to practice these techniques, allowing you to sharpen your skills under supervision. In these exercise sessions, you will explore real-life situations, boosting your confidence and competence in applying NLP tools in a wide range of contexts.

Finally, I will guide you in developing your own personal action plan. This strategy will serve as your roadmap for continuous learning and mastery beyond the training, assisting you in the professional application of your NLP skills. It's your personal guide to keep growing, evolving, and influencing, marking the beginning of your next chapter as an NLP Master Practitioner.

# Thrive Learning Collective

## Individual Course Breakdown

### **COURSE #303**

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

Usui Reiki is a Japanese healing technique that promotes relaxation, stress reduction, and overall well-being. It is based on the concept of universal life force energy, which is channeled through the practitioner's hands to the recipient. Reiki training is typically divided into multiple levels, with Practitioner I and Practitioner II being the initial stages of training. Here's a breakdown of what is generally included in Usui Reiki Practitioner I and II training:

Practitioner I Training:

- **Introduction to Reiki:** This level provides a comprehensive understanding of Reiki, its history, principles, and the basic concepts of energy healing.
- **Reiki Attunement:** The student receives a series of energetic attunements from a Reiki Master, which opens and aligns their energy channels, allowing them to become a conduit for Reiki energy.
- **Hand Positions:** The student learns the standard hand positions used for self-healing and treating others. These positions are used to channel Reiki energy to specific areas of the body to promote healing and balance.
- **Self-Treatment:** Students are taught how to perform Reiki self-treatments, allowing them to experience the benefits of Reiki on their own physical, emotional, and spiritual well-being.
- **Treating Others:** Basic techniques for offering Reiki to others are introduced, including hand placements and understanding the energy flow. Students practice giving Reiki treatments to classmates or volunteers.
- **Ethics and Professionalism:** Students are guided on the ethical considerations and professional conduct expected from Reiki practitioners. This includes respecting boundaries, maintaining client confidentiality, and setting appropriate intentions.

# Thrive Learning Collective

## Individual Course Breakdown

### **COURSE #303**

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

Practitioner II Training:

- **Reiki Symbols:** In Practitioner II training, students are introduced to sacred Reiki symbols and their meanings. These symbols are tools that enhance the Reiki energy and enable practitioners to focus on specific aspects such as mental and emotional healing, distance healing, and spiritual connection.
- **Distance Healing:** Techniques for sending Reiki energy across time and space are taught, allowing practitioners to provide healing to individuals who are not physically present. This includes using the Reiki symbols and the intention to connect with recipients.
- **Mental and Emotional Healing:** Students learn additional techniques for addressing mental and emotional imbalances using Reiki. The symbols introduced in this level can be utilized to work on specific emotional states or limiting beliefs.
- **Advanced Energy Work:** Practitioner II training often includes a more in-depth exploration of the energetic system, including the chakras and aura. Students learn how to identify energy blockages, clear and balance the energy centers, and work with the aura to promote healing.
- **Practical Application:** Students have the opportunity to practice and refine their skills by giving and receiving Reiki treatments, incorporating the symbols and advanced techniques learned at this level.

### **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





# Thrive Learning Collective



## 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 participation in the program, you will become aligned to success. Together we will leverage your passion as fuel, develop you personally and professionally, and create a plan of action with accountability, which will turn your professional dreams into reality

# Thrive Learning Collective



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

- It probably isn't because you lack passion. Passion is awesome to have, but it isn't enough 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!

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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!



# Thrive Learning Collective

## 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.

# Thrive Learning Collective

## 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 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.



# Thrive Learning Collective

## 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)

#### PROGRAM COMPLETION REQUIREMENTS

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



## PERSONAL DEVELOPMENT TRAINING





# Thrive Learning Collective

## Conquering Series

Conquering Anxiety | Conquering Self Doubt | Conquering Roadblocks

### Module 1: Conquering Anxiety

You will learn the exact process I use to help you turn your anxiety into a superpower so that you can be free of the anxiety that holds you back.

During the live Zoom calls, you will go through transformational processes that will literally rewire your brain, so it's impossible to feel the same way you did about difficult situations.

#### Conquering Anxiety will help you:

- Properly use your brain so you can be in charge of how you feel in any situation (no more random anxiousness)
- Turn natural anxiety into your superpower so it never hinders you again
- Use your nervous system to take control of your decisions
- Stop second-guessing yourself and holding back because it almost feels like you're trapped in your own head

Stop automatically focusing on the worst possible outcomes. All...The...Time.

### Module 2: Conquering Self-Doubt

Have you ever avoided a situation because you feel like you just 'couldn't do it' or perhaps given up on amazing opportunities because you doubted yourself?

Maybe you lay in bed at night overthinking a situation wishing you would've just gone for it.

Whether your anxiety is severe or if you don't even class yourself as someone with anxiety...

...The truth of the matter is this impacts millions of lives all over the world.

Well, Module 2 is all about overcoming that so you can stop self-sabotaging and be free of the invisible force that's holding you back in life.

#### Conquering Self Doubt will help you:

- Overcome the subconscious doubt that holds you back in life
- Breakthrough your own fears that cause you to self-sabotage
- Uncover the deep-rooted beliefs you hold that are currently controlling your entire life
- Take advantage of amazing opportunities that you would have avoided in the past

# Thrive Learning Collective

## Thriveology of Living by Design

### Module 3: Conquering Roadblocks

Now you've built the foundation in the first two modules, it's time to make some serious progress.

This is where I will guide you through how to completely obliterate the roadblocks that stand in the way of you living your dream life.

This will teach you how to turn your brain into a super-computer so you have a solid mindset for success.

And I'm not just talking about financial success!

I'm talking about success in relationships, emotional well-being, physical health, and every other aspect of your life.

Doesn't that sound INCREDIBLE?!

#### Conquering Roadblocks will help you:

- Understand the exact sub-conscious roadblocks that have been holding you back and how to completely destroy them for good
- How to design a life for yourself that excites and motivates you to take massive action
- How to get completely clear on the things you want and know exactly how to get the things you want
- How to set yourself up for success to achieve more in the next year than you've achieved in the past 5 years

# Thrive Learning Collective

## Conquering Series

Conquering Anxiety | Conquering Self Doubt | Conquering Roadblocks

Thriveology of Living by Design: Envisioning Your Future Self  
Unleashing Your Potential Through Values and Vision

f Living by Design, a transformative program crafted to help you break free from the past and step confidently into your future. Designed for those who feel stuck, this program is about envisioning and actively moving toward your ideal future self.

The Power of a Question: Consider the pivotal question, "Imagine your life five years from now without making any changes." This thought-provoking idea is the cornerstone of our journey. It's about realizing that time can slip away, leading to unfulfilled dreams and aspirations if you don't take conscious, deliberate steps toward change.

Why Thriveology? Many feel trapped by their past experiences, unable to envision a hopeful future. Thriveology is here to challenge that notion. By understanding that we are designed to move through life, not to be stuck, we can start to untangle ourselves from the past's grip and embrace a future filled with possibilities.

What You Will Gain:

1. Explore and Clarify Your Values: Understand the core values that drive your decisions and behaviors.
2. Create a Value-Inspired Mindset: Learn to align your thoughts and actions with your values, ensuring that every step you take is a step towards your true self.
3. Align Identity, Beliefs, and Actions: Discover the harmony between who you are, what you believe, and what you do, creating a congruent and authentic life.
4. Cultivate Self-Awareness: Develop a deep understanding of yourself, recognizing your strengths, weaknesses, and potential.

5. Navigate Challenges Effectively: Learn strategies to overcome obstacles and turn challenges into opportunities for growth.

The Journey Ahead: This class isn't just about learning; it's about