



## Building Your Future Seminar

This 3 month seminar is designed to help you effectively implement the Lightning Process (LP) in every aspect of your life. We know that you have covered a lot of important material on your 3 day LP Seminar and we want to ensure you are able to continue to both use the Process properly and get the most out of your training in the long term.

The seminars are run by Alastair Gibson and are designed to re-cover the core points of the training programme and assist you in moving forwards with any old or new issues and challenges that might arise.

Below is the core syllabus for the course, although due to the interactive nature of the seminar not all areas will necessarily be covered:

- Basic elements of the Process
- Coaching
- The what and how questions
- Brain rehearsal
- Active and passive language
- Food and allergy issues
- Dealing with illness
- Going back to work
- Dealing with others
- Stress
- Relationships
- Creating and forwarding your life
- Creating the life you love

If you choose to take the seminar we would recommend you attend all 3 modules. However this is optional.

Please fill in the form below if you would like to join in this exciting and valuable experience.

Name:	
Address:	
Email:	
Telephone number:	
Date of LP training:	
Trainer:	



Issues I would like to address during the seminar:

My exciting plans for my future:

What I hope to get from the seminar:

### **Fees**

£90 per module , please make cheques payable to A Gibson.

### **Times and Location**

1.00pm – 4.30pm

At Suncliff Hotel, East Overcliff Drive, Bournemouth Dorset BH1 3AG, 01202 298350

### **Conditions of payment**

Once paid you have seven days to cancel your booking and receive a full refund if training has not commenced. After this fees cannot be refunded in the event of a cancellation on your part, or a failure to complete the training; this is because we run small group training with limited spaces; if you take up a space and cancel, no one else will be able to fill it once the course starts. However, if you cancel at short notice and we are able to fill your space your fees will be refunded.

We reserve the right to terminate your training if we feel your continued participation would be unhealthy or unhelpful for you or another member of the training group. Your fees will not be refunded in these circumstances.

### **Ownership**

All documents you receive as part of your training constitute an intellectual property and are not to be reproduced, sold or distributed in anyway. If you agree to all of the above conditions in this document please fill in and sign the following declaration.

I, (full name) understand and agree that once I pay my fees they cannot be refunded, that I understand the statements I have agreed to and agree to adhere to the above conditions.

(signature)

(date)

(as this is an on line form please print your name if you would like it to represent your signature in this document)