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ACHIEVE
“MINDSET AND
EMOTIONAL MASTER” TO:

DESIGN
YOUR
LIFE

- ✓ NEURO-LINGUISTIC PROGRAMMING (NLP)
- ✓ TIME LINE THERAPY™ (TLT)
- ✓ PROFESSIONAL HYPNOTHERAPY
- ✓ NLP COACHING

PRACTITIONER AND
MASTER PRACTITIONER CERTIFICATIONS



“Success is the result of your collective performance. It is the result of your day-to-day thoughts and actions, which define your ability to manage your mind and your life.”

Dr. Alireza Sharifi

NEED FOR A MORE MEANINGFUL LIFE

Have you ever wondered why some people consistently achieve higher performance and get better results than others?

Have you ever faced challenges in life and wished that you had some sort of luck not to face those challenges or had the power to overcome them?

Ever dreamed of challenging goals in your life, education, career, business or relationship? Do you still have them?

Is there a way, a strategy or a formula to success and achieving your dreams?

Whether we like it or not, life always challenges us with issues, questions, problems and difficulties. When facing them, some people give up because they think that they have no choice and believe that everything they have no control over their outcomes because life is the way it is; so, they do not do anything about it.

Life may present challenges and problems, whether from work, family, the economy, or from natural disasters. What are you going to do when these things happen? Do you have the tools to help you overcome them and come out stronger?

Do you want your environment and circumstances to define your future, or would you rather Design Your Life?

Success is what you create for yourself through your own actions and mindset. It is what you do for yourself and others. The secret of success is defining what you want out of life and accepting that you are 100% responsible for getting there.

You Can Design Your Life in order to:

- Find your ultimate purpose in life;
- Design a better life for yourself;
- Achieve your goals;
- Perform at peak state;
- Take control of your subconscious mind;
- Change your undesired habits;
- Understand how people perceive their environment;
- Create instant rapport with others;
- Improve your communication skills and relationships;
- Remove what holds you back;
- Get rid of negative emotions;
- Model excellence
- Unleash your potential
- Manage your state of mind and emotions to get the best out of yourself;
- Improve your career or financial situations;
- Manage thoughts, beliefs, moods, & behavior more effectively;
- Take relationships to a higher level;
- Help others enhance their performance.

Neuro-Linguistic Programming

NLP is an innovative approach to understanding and appreciating human experience, communication, and behavior. NLP has helped many people achieve breakthroughs in their performance, relationships, education, coaching, business, therapy, and for themselves.

Time Line Therapy™

Time Line Therapy™ enables you to get rid of unwarranted negative emotions and phobias and eliminate limiting decisions so that your life is not burdened by issues of your past. With Time Line Therapy™ techniques, you can insert your goals in your future and achieve them.

Professional Hypnotherapy

Unleash the power and potential of your Unconscious Mind using the powers of Hypnosis.
Accelerate positive change in yourself and for others. You have the ability to be amazing, if only you knew how.

NLP Coach

Be the best that you are meant to be as you make a difference to others. Learn how you can be an effective coach by utilizing combination strategies.

Design Your Life so that you can make significant changes to your life by applying the learnings in:
Relationships and Communication

- Personal and Leadership Skills
- Learning and Education
- Selling and Presenting
- Career and Business
- Business Meetings and Negotiations
- Positive Change and Growth
- Enhance Performance of Self and Others
- Coaching and Counseling

“Your life changes the moment you start discovering about yourself”.

Dr. Alireza Sharifi

Program Content – Design Your Life

Practitioner Level

Neuro-Linguistic Programming Practitioner

Fundamentals <ul style="list-style-type: none"> - Presuppositions - Prime Directives of the Unconscious Mind - Principles of Success 	Linguistics <ul style="list-style-type: none"> - Hierarchy of Ideas - Meta Model - Milton Model 	Submodalities <ul style="list-style-type: none"> - Like to Dislike - Belief Change - Dissociative Technique - Swish Patterns
Communication <ul style="list-style-type: none"> - Rapport - Predicates - Eye Patterns - Sensory Acuity 	Anchoring <ul style="list-style-type: none"> - Resource Anchor - Stack Anchor - Chain Anchor - Collapse Anchor 	Strategies <ul style="list-style-type: none"> - T.O.T.E. Model - Representational Systems - Strategy Elicitation
Reframing	Parts Integration	

Time Line Therapy™ Practitioner

- Introduction
- Elicitation of Time Line
- TLT Negative Emotions #1
- TLT Negative Emotions #2
- TLT Limiting Decisions
- Single Goal Insertion

Professional Hypnotherapist

- History of Hypnosis
- The Conscious and Unconscious Mind
- Hypnotic Patterns
- Preparation for Trance
- Stages of Hypnosis
- Suggestibility Testing - Ericksonian Inductions
- Pendulum Paradigm
- Deepening Techniques
- Post-Hypnotic Suggestions
- Self-Hypnosis

NLP Coach

- Introduction to coaching
- The Client-Coach Relationship
- Coaching Tools
- Getting to the root of the client's problem
- The business of coaching
- Applications of NLP, Time Line Therapy™, Hypnotherapy and Emotional Intelligence

Experience a real coach session

Master Level

Neuro-Linguistic Programming Master Practitioner

- Quantum Linguistics
- Parts Integration
- Meta Programs
- Quantum Physics
- Values
- Advances Submodalities
- Advanced Strategies
- Personal Breakthrough
- Sleight of Mouth
- Cartesian Coordinates
- Prime Concerns
- Decision Destroyer

Time Line Therapy™

- Taking Detailed Personal History
- Releasing Negative Emotions
- The Drop Down Through (DDT) Technique
- TLT Anxiety
- TLT Phobia Model
- Logical Levels of Sequential Coaching
- Forensic Regression
- TLT Regression
- Releasing Symptoms
- Intervention to Stimulate Healing

Master Hypnotist

- Hypnotic Inductions
- Stages of Hypnosis
- Elements of Elman Induction
- Elman's Stages of Hypnosis
- Pre-Talk
- Speed Induction - Dave Elman
- Inductions #1 and #2
- Estabrooks
- Convincers- The Krasner Method
- Progressive Test Inductions
- Conversion of sleep to hypnosis

NLP Master Coach

- Applying Profiling Tools
- Clare Graves' Values Level
- Coaching Cycle
- Coaching Client for Breakthrough
- Case Studies



ALTA Training & Coaching Inc. is in the business of Inspiration, Empowerment, and Transformation. It helps individuals achieve Mindset & Emotional Mastery, Leadership Development, and Soft Skills Enhancement through Training and Coaching. Located in Toronto, Canada,

ALTA's Interactive, Individualized and Innovative Training as well as Empowering Fast-Track Coaching methods help individuals and organizations be Empowered, Energized, and Evolved.

ABOUT THE TRAINER



Dr. Alireza Sharifi

- Doctor of Business Administration (Business Psychology and Leadership Behavior)
- Certified MasterClass Trainer
- NLP Trainer (American Board of NLP)
- NLP Coaching Trainer
- Hypnotherapy Trainer (American Board of Hypnotherapy)
- Time Line Therapy™ Trainer
- Language and Behavioral Profile (LAB Profile) Practitioner
- Certified Hypnotherapist of IACT (International Association of Counselors and Therapists)
- Certified Stress Management Consultant
- Book Author: "Leadership in Dynamic Organizations: Enhancing Performance, Creating Change"

