

The Life Transforming program Change Your Mind... Create New Results, created by Dr. Joe Dispenza and delivered by Anna Ullenius certified and train by Dr Joe Dispenza



The program is based on neuroscience, and designed to help you break free from self sabotaging patterns that no longer serve you, including those of unhealthy stress. You will learn how to create a new, sustainable level of fulfillment in your life as a leader, team member, parent, partner, creative, or business owner.

What can you expect as results of the course and training?

- Know the **“how to” create lasting change** – and how to break the habits of your being your old self and it’s self-sabotaging programs. Practical techniques to **rewire your brain and transform** your thoughts, emotions, and beliefs.
- Knowledge and understanding **how to resolve stress and stress regulate**, to an extent that can change your relationship with stress forever.
- Know the how to **become a new version of yourself**, that is more aligned with your intentions, and with your own definition of success.
- More **balanced, creative, healthier, and happier person.**
- **Improved communication and relationships** with yourself and others

Through this program, you will learn how to create new neural pathways that support your personal growth and development, leading you to a happier, healthier and more fulfilling life.

If you are ready and willing to take the frontseat and the steering wheel of your life and **create new results**, join this program. Anna is very much looking forward to working with you and supporting you on your journey of personal transformation.

Based on the latest research in the neuroscience of change, Anna will present to you the information and tools necessary to transform yourself, your team, and your entire organization. This is an interactive course based on the principles of Dr Joe Dispenza's groundbreaking work and his scientific research on personal change.

By understanding some of the basic principles of **neuroplasticity, epigenetics and human behavior**, individuals become empowered to tackle some of today's biggest business and personal challenges.

This course program is used by many individuals and organizations around the globe to effectively create lasting change.

Watch Dr Joe share an overview of **what you will learn**:

<https://lnkd.in/eGABPfv2>

What You Get:

- ☑ **1,5 day's** Change Your Mind..Create New Result **workshop** days
- ☑ **1 day facilitation, intergration meditations and deepening** and exploring your strengt and potentials. Working with your personalized intention and actions for your future self. Learn teqnices to mastering the heart and brain coherence, for self-regulation and opening upp yourself for your own hearts wisdom and love.
- ☑ **2 follow - up online coaching** sessions with Q&A sessions 14 days and 30 days after the training
- ☑ **Workbook** written by Dr Joe Dispenza
- ☑ **30 Days to Genius Journal**, a powerful guide for the 30-days following the completion of the course
- ☑ **Audio downloadable files of 10 videos** shown of Dr Joe Dispenza during the course and Audio downloadable files of two meditations shared during the course, for your personal us *These workbooks and meditations are not available for purchase at any other course or event.

Change Your Mind...Create New Results is a program for advanced student of Dr Joe, who wants to go deep into their own journey and the method, or any beginner who wants get started.

Some words about this training with Anna:

" I had the pleasure to attend 2,5 days of the Change Workshop, I strongly recommend it as it provides a clear methodology for a self change process. At the end of the day no one is going to do it for you, you just need to have the tools to do it yourself. The program is routed in the latest advancements on the science of the brain and body, it is suitable for any level of the firm either be it a junior manager to the C-suit board of directors, all in all it fits everyone. Finally one word for the amazing professionalism and knowledge of Anna, definitely we were in good hands, her ability to connect and share her own transformation voyage is truly inspiring and reassuring. "

- Pericles Moira Financial and software Consultant

"Fantastic course and course leader she was totally dedicated and engaged with us. I am very impressed by the information, processes and tolls for my business as well as in my privat life" Everyone should have this experience and knowledge!

- Sara Landon, manager

"This workshop was brilliant! The facilitator was very present and powerful with kindness and caring that invites you to open up. Understanding the science behind change and understanding how your brain and body works, empowered me with the knowledge to make another choice and actually change. It also gave me tools to work with other people and to better manage the people I work with. Making it easier and more fun for everyone. The results have also shown up in my personal life, I have a connection with my husband and my children that's greater and more loving for me and them. This training has truly changed my life and my future! "

- Katherine Oster CEO

"This workshop helped me set clear goals, to find myself and start the change towards what I really want in the company, but also personally. Dr. Joe Dispenza's tools and Annas facilitation is a perfect match! GO!"

- Susanna Heli, CEO FUR

"In the workshop, I learned what the human mind is capable of and now I have the knowledge and power to change anything. Anna was amazing she has such passion and knowledge! I recommend it to anyone looking to become greater leaders. It changes lives!"

- Travis Oster COO Osters Farm Ltd

"There are no words to describe the phenomenon, transformation and future creation that took place during this class and now some weeks after it is still changing and improving, I feel much more present and calmer, my old pattern of reactions are gone."

- Kristen Landerl-Hughes, business owner

What an amazing weekend we had! I still don't quite know the words to write for all of the changes and moments that I and everyone else experienced. Thank you so much Anna for facilitating us and for your knowledge, wisdom, kindness, compassion and the gifts you shared.

- Lori

About Anna Ullenius



Anna has a Master's degree in Social Science and Psychology. Since 2000, she has worked as a consultant and trainer in leadership, personal, team and organizational development. Anna leads courses and trainings in most parts of the world within areas such as leadership, coaching and personal development. One of her specialties is using horses as co-coaches when she works with transformation.

Anna is a certified NeuroChangeSolutions (NCS) consultant, trained and certified by Dr. Joe Dispenza.

She is also a Certified ICF Coach, Certified Zen Coach, NLP Master and NLP Coach, Introspective Hypnoses and

past lifetimes therapist, amongs many other modalites she has studied in personal transformation. Annas driving force is that each one of us has an unleashed inner potential and limitless abilities. With this approach, Anna inspires people to go beyond their own set limitations and get in touch with their own inner knowing and their greatness. *Get in touch with Anna; annau@neurochangesolutions.com , Mobile / Whats App + 46 (0)708198893.*