

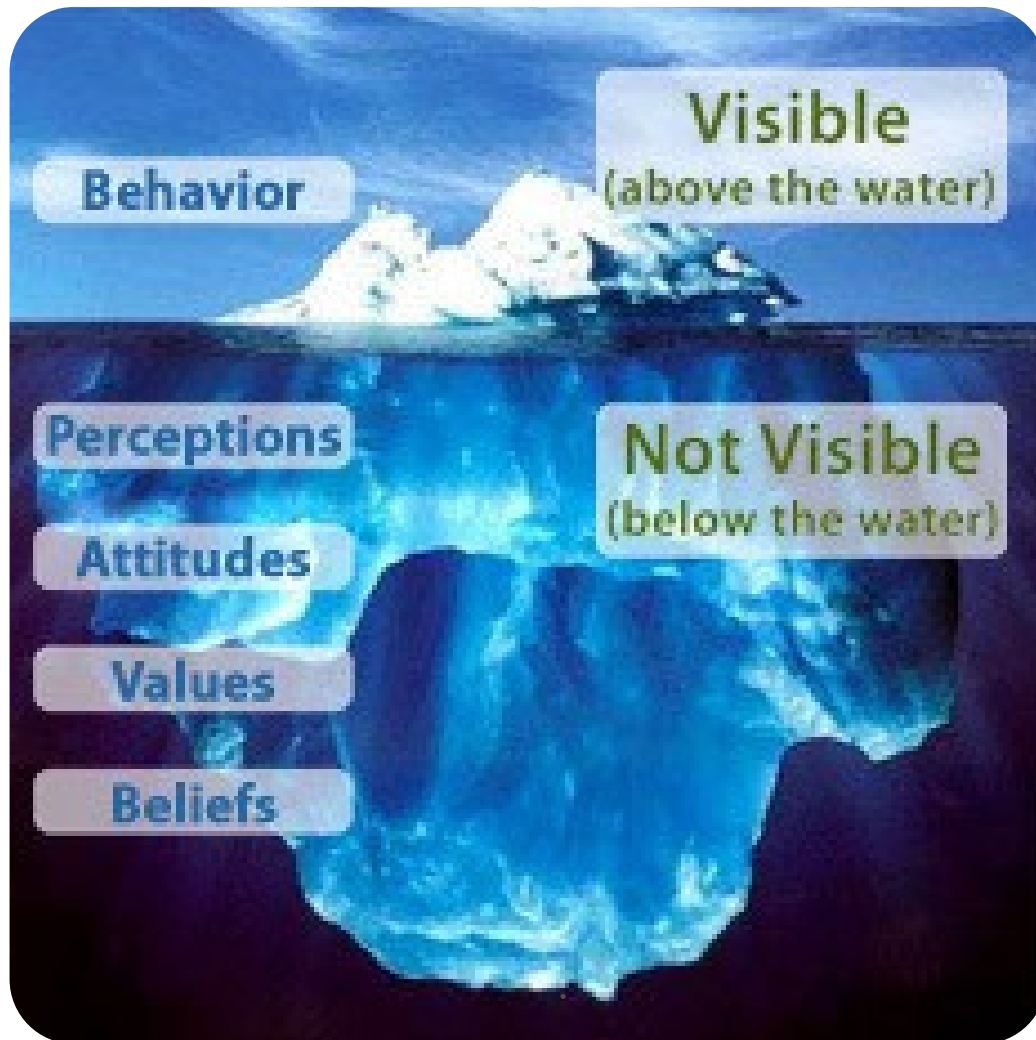
True Awakenings

NLP Coaching &
Training Centre



A change in thought, can lead to a
change in life

Whether you know it or not, we're all unconsciously creating our own future. But if the results in life are not what you want... then you have to learn how to create them differently. It all starts with understanding how we make certain things happen... and fail to make others happen.



Most people leave conscious creation to chance. They never spend any time or effort finding out how they create the results in their lives. They just live by default without any knowledge of the process... in turn leaving their finances, relationships, health or well-being to chance! But your life is too important to be left to chance.

Reprogram your mind for better decision making, negotiation skills and higher self-confidence

What would happen if you could learn how to ...

- Master your emotions to reduce fear, stress and anxiety.
- Take charge of your mind and emotional states.
- Set compelling goals and achieve them.
- Change unwanted beliefs, habits and behavior.
- Develop stronger relationships.
- Change damaging health habits.

Radically improve all areas of your life!

What is NLP

NLP is a highly effective methodology based on the principle that all behavior has a structure and that this structure can be identified, learned and changed. NLP is the study of these patterns, and is designed to add flexibility, effectiveness and ultimately choices to your life

This is ideal for:

- Personal Excellence.
- Personal Development.
- Career advancement.
- Business Owners.
- Positive Parenting.

A Personal Breakthrough Experience is a comprehensive, structured, client-focused program.

Sessions are customized and structured around
YOUR unique and specific needs and goals



The program is designed to unpack the deeper structure of the presenting problem, unpacking limiting beliefs and behaviors, identify core values, address accumulated emotional anchors and more.

It is a collaborative relationship to empower you with the skills to maintain the momentum once the program has been completed.

You'll be learning how to re-frame, reshape and restructure your language and build new neural pathways to achieve your goals.

Meet Your Coach

With over 10 000 hours of experience with individuals and the highest qualified female trainer in Africa.

I am referred to as
“The coach that tells you what you NEED to hear, not necessarily what you WANT to hear”

“I deeply care for my clients and their results and I do not care for the limitations and blockages that prevent you from living a happy and abundant life. I invite you to let them go”

MY VISION

To Heal, Empower and Transform the world




Her qualifications include:

Master Trainer of NLP
Executive NLP Coach
PEPS Business Coach
Stress Bio-Feedback Coach
Quantum-Touch Level I
Quantum-Touch Level II
NQF 4 Payroll & HR
Bachelors in Metaphysics
Keto Health Coach
Intermittent Fasting Health Coach
International Accredited Trainer:

- NLP Practitioner
- Life Coach
- Time Line Therapy Practitioner
- Hypnotherapist



Anneme Coetzee

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LET'S CONNECT

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Program Structure



ASSESSMENT PHASE

Assessment phase – can be up to 40% of the program.

The more clarity and understanding I have about what is in unconscious programming, the easier and quicker the intervention phase would be.

CHANGE WORK

This is the practical change work. Specific techniques will be chosen based on the information from the assessment phase.



FUTURE & GOALS

Here we will assess that your values are aligned toward your goals and re-align if needed. Goals and action steps will be re-defined and made specific and clear to ensure the successful achievement thereof



Past Client Results

After fairly extensive research and practice of “mind power” techniques and exercises, I found myself continuously reverting to old habits and thought processes. I was referred to Anneme by a very good friend who I have known for many years and who knows me well. He referred me because he knew what I was practicing and researching.

Anneme was on the same page as me completely and we both spoke the same language. Although the difference was I now had someone to guide and teach me how best to use the tools that I was trying before with varying levels of success. It helped to have her experience and objectivity which showed me things that I could not see subjectively myself. It feels as if the process, that was frustrating me before, was now complete and understandable.

Ryan Flemming

Thank you so much for the most wonderful 16 week journey that we have taken together. From the very first time we met – over some tears, I knew that you had my best interest at heart and that I could trust you to take me to a new place in my life’s journey.

So ... what has the last 16 weeks meant to me. I feel that I have been able to let go of so many limiting beliefs that I had built up over the years and to set some wonderful new goals!

I am excited about the year ahead and I know I will be able to achieve great things in my financial, spiritual and physical areas of my life. The investment, time + money, was MORE than worth anything I could ever have imagined and I now have powerful tools to keep me on track!

Lots of Love

Ailsa Boyd

Past Client Results

Imagine... you are in the year 2066 and scientists have invented a commercially available human scanning machine that explodes and drives out all the negative molecules/energy from your mind and body and rejuvenates you with pure, positive energy. On the final scan the machine engraves into your minds program chip, the words "I am what I wish" ...how good would it feel to start a fresh, keeping with you all life's tools and experience knowing that you can achieve anything you desire? That scanner is called True awakenings.

This program is not some sort of magic quest nor is the coach some sort of wizard that miraculously makes all your problems disappear. It is a program based on factual conditioning and experience. It's about teaching your mind to throw out your negative beliefs and achieve whatever it is you would like to do in life. Anneme has an amazing ability to extend her exuberant energy making you feel at total ease whilst comfortably realizing your own full potential. The process is uplifting, inspiring and most certainly life changing. I would recommend the true awakenings program to anyone who is in favor of positive Change.

Andy Cartwright

I would like you to take the challenge and jump into the opportunity to find out more about who you are – don't be afraid of the process or Anneme and her label of the program – just go with the flow...

She is understanding, empathetic; she listens and hears what you are saying. I would highly recommend that you take on this challenge with yourself and go through the process...it's a start to a whole new chapter in your life!

Val Logan-Davis

The best part of the process for me was to be able to learn new ways of improving myself, the foundation of growth. I would definitely suggest doing this as I benefited from it extremely. I learnt a lot overall and anyone is capable of achieving anything!

Mike Gunther