

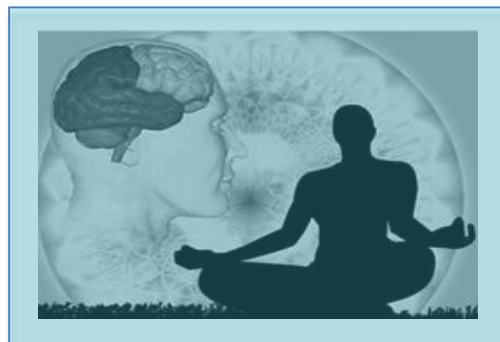
# EVOLVE YOUR WORLD

## GOING COASTAL: Liquid Ontology for a Fluid World



## Who is this training for?

- Leaders and Managers
- Coaches and Mentors
- Body Workers and Therapists
- GPs and Counsellors
- Trainers and Educators
- People Helpers



*All aspects of this programme focus on “personal development” for those wishing to establish a greater sense of authenticity, alignment and ownership of the identity that they embody and convey.*

## PROGRAMME OVERVIEW:

2 Days learning simple, yet powerful techniques to create lasting changes in your life. This deeply introspective and highly experiential learning immersion will evolve your sense of:

*Who you are + How you know what you know*

We will explore what it means for you to have purposeful intentions and how these can create meaningful actions, diving into wisdom practices and applied neuroscience, you will develop the ability to expand your attentiveness and as a result, extend what shows up in the world to you.

### **Sense Of Place:**

The location is carefully selected to ensure we maximize your cognitive and affective functioning. Using Blue Mind insights and methods throughout the two days will enable you to place your attention where it really matters, gaining restoration and enhancing creativity through the emotional and physical benefits the environment itself offers. The course promotes neuro-conservation enabling greater world connectedness for creating courageous and conscious decisions, whilst ensuring actions are truly compassionate.

### **Transcending Conditioning:**

This course acknowledges both scientific discoveries and esoteric practices. You will gain through shared discussion insight to really connect with your emergent self and these 48 hours will provide the platform and tools for you to loosen and disconnect from perceived fixed patterns and mindset limitations.

Whether you arrive due to a sense of a currently unfulfilled deeper calling or if your curiosity has become sparked by the latest neuroscience research where we can now trace through FMRI individual neurons firing together – thoughts forming... This programme will assist you in aligning your multiple intelligences, discovering generative insights and ensuring that your goals are engaging, empowering and deeply embodied.

### **Physical Expression:**

Because this is a mind-body experience there will also be optional yoga during the course. Anusara yoga is a creative, heart centred practice accessible for all and this hatha yoga builds strength, balance and flexibility of body and mind.

Exploring the relationships between oneness and connection, movement and stillness encourages a depth of curiosity and self-discovery. Working somatically explores perceived mental and physical boundaries to establish physical and emotional resilience. This practice also highlights the relationship between, thought and physiology, with practical steps for releasing / managing / avoiding mental and physical tension and anxiety.

## Being Coherent:

*m*Braining uses neuroscience findings about your multiple intelligences (head, heart and gut “brains”) and what they have to offer for increasing intuitive abilities and for immediately generating wiser decision-making in your daily life. How we use our brains to communicate and operate with each other is vital for ***congruence, success and happiness***.

Have you ever experienced conflict between your thoughts, feelings and actions? Perhaps you have had trouble making decisions or stopping unwanted behaviours or habits and don't know why? Maybe you found yourself not acting upon or sabotaging your dreams, goals or plans?

If you have ever felt like something is missing and you're not fully connected with your deepest inner self, then *m*BIT is for you.

## Ready For Change:

- How would your life be if you acted on your goals, plans and dreams every day?
- What would your life be like if you could easily make decisions?
- How would your relationships be if you could discuss how you really feel?
- Who would your life be, if you could drop unwanted behaviours and habits?
- Do you feel there is more that you could bring to the world right now?

## Discover How To:

- Quickly relieve stress and expand how you use your intuition
- Process information more holistically to enable faster, better decisions through aligning your multiple intelligences
- Be your authentic self, comfortably, easily & more joyfully through using your head, heart & gut in their 'highest expression'



We centre on increasing levels of interpersonal and intrapersonal enquiry, adopting a learning frame that is “Curious Not Critical”

**This programme is experiential & teaches a number of guided multiple Brain Integration Techniques (*m*BIT) to align & connect your head, gut and heart brains (using neurogenesis - leveraging neuroplasticity) to learn and grow new neural pathways.**

## YOUR TRAINER: LIZZI LARBALESTIER

Lizzi is a Professional Executive Coach and NLP Trainer with a Masters in Applied Coaching, her focus is “Ambiguity Leverage for Productive Outcomes.”



With over 20 years working in the field of leadership and personal development she has a clear passion for facilitating personal change, whilst taking a deliberately informal approach.

She is one of the first 70 certified and licensed *m*BIT Trainers in the world and was fortunate enough to train with Grant Soosalu one of the co-developers of *m*BIT and co-authors of the book *m*Braining (together with Marvin Oka). She is also one of the first 20 *m*BIT Master Coaches globally, championing taking *m*BIT Coaching to even deeper levels of integration.

The founder of Going Coastal Lizzi specialises in executive coaching outdoors, building on latest neuroscience findings relating to the positive emotional, physiological, social, cognitive and psychological impact of spending time within water-centric locations. She is currently authoring a book and embarking on further study in the field of Blue Health.

An accomplished change and organisational development professional she is also a qualified sports therapist and yoga instructor. Her eclectic experience provides a grounded yet holistic and highly creative edge to her training.

“Lizzi’s training and coaching approaches bring together a range of applied neuro-psychology and somatic work, connecting with the intelligence of mind, physiology and location creating a truly systemic and integrated approach to identifying, embodying and expressing personal wisdom.”



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Website: [www.GoingCoastal.Blue](http://www.GoingCoastal.Blue)

## REGISTER TO DIVE IN:

Please complete the registration form to confirm your interest in a place on our next Evolve programme and highlight your accommodation preferences for this programme. Opting to stay at the hotel, the price is per person and includes Dinner, Bed and Breakfast - with a Dinner allowance (for food only) of £30 per person per night.

These costs are based on 2 nights standard accommodation – additional nights and room upgrades can be added and arranged via Going Coastal at supplemented rates – Please contact us for details.

### Course Price:

Delegate - With Accommodation

**From £650**

Delegate – Non Residential

**From £500**

Full Name: \_\_\_\_\_

Company Name: \_\_\_\_\_

Mailing Address \_\_\_\_\_

\_\_\_\_\_

Telephone (Landline): \_\_\_\_\_

Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

Referred by: \_\_\_\_\_

Your Signature: \_\_\_\_\_



## THE PERFECT BLUEMIND LOCATION:

As already mentioned, great care has been taken to select a location which promotes embodied cognition. Your training will take place at the Bedruthan Hotel on the North Coast of Cornwall.

Our indoor training room is light and airy with a view of the Atlantic Ocean, plus there are numerous additional breakout discussion spaces in and around the hotel:



The accommodation is stunning and you will find the hospitality nourishing, nurturing, restorative and revitalising:



Our main outdoor training room is Mawgan Porth Beach... the perfect environment to create shared insight – below is a picture of previous Evolve Your World participants discussing and exploring the topic of personal identity.

