

10.06.12

# Sounds Positive Newsletter



## New-look website, new-look newsletter - Sounds Positive to you?

### Welcome to the new-look Sounds Positive newsletter

It seems ages since writing the last Sounds Positive newsletter, and such a lot had happened, I'm not sure where to start!

However, I really wanted to tell you about a great event coming up - "Become a Key Person of Influence."

I'm a great fan of this business model and as a direct result of attending this day's seminar, several months ago, I wrote and published a book and created a DVD!

If you feel you're working far too hard for the results that you're getting; if you feel you're not getting paid what you're worth and if you've ever asked yourself what you can do about it - then here's your answer! "on page 2 you'll find details of a "strategy

day for adding some serious entrepreneurial horsepower to your business or idea"

I'm going again! See you there?

Many of our youngsters and some of our older contemporaries are facing the challenge of exams right now.

Hopefully they're well-prepared and will sail through comfortably. But what should they do if the whole thing feels like a struggle? Well, there's on lie one real difference between people who pass exams and people who don't.

Find out what that is, and if you're someone who knows your exams results leave room for improvement, you might be interested in the article on page 3.

I've noticed over the last 2 or 3 years a huge increase in people coming to see me for help with anxiety. What's going on? Is there more anxiety out there? Or are more

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people realising that they don't have to put up with it?

More about anxiety and how easy it is to get rid of on page 4.

And a special offer from me below - for the month of June only. Includes Genius Material Study Skills too.

Give me a ring for more details.

June only

### 1 hour **FREE** Cognitive Hypnotherapy

Ring for details 01189 406 226

If there's an emotional, behavioral or medical condition you've been meaning to change for the better, or if you or your child needs some help with study skills - then now's the perfect time to do that!

For the month of June only, I'm offering one hour's **FREE** Study Skills Training or Cognitive Hypnotherapy, which as you know, includes CBT, NLP, New Code NLP, EFT, Non-Violent Communication... all effective brief therapies to help you get the result you deserve, as quickly as we can.

Ring **01189 406 226** to book your appointment and mention this offer.



BECOME A  
**KEY PERSON**  
OF *Influence*

**LIVE** in **LONDON**  
**June 23<sup>rd</sup> 2012**  
8 Hour Brand Accelerator

**MAKE A NAME FOR YOURSELF • ATTRACT OPPORTUNITY • DO WHAT YOU LOVE**

# BEING GOOD

**AT WHAT YOU DO IS NO LONGER ENOUGH IN THE**  
*new economy.*

*Despite a lifetime of hard work, small business owners, consultants and 'corporate escapees' often find themselves under paid, under valued and under recognised.*

*methods for becoming highly valued, highly paid and recession proof no matter what your industry of expertise.*

## **"IT'S A STRATEGY DAY FOR ADDING SOME SERIOUS ENTREPRENEURIAL HORSEPOWER TO YOUR BUSINESS OR IDEA"**

Daniel Priestley



Mindy Gibbons-Klein



Penny Power



*Remember, in the ideas economy, building a thriving*

*Over 8 hours, each speaker will deliver a potent 40 minute talk to arm you with simple and proven*

*business based on your skills, talents and expertise won't happen by itself. It takes preparation and design to get it right.*

**OUR PROMISE** *By the end of this day you will be crystal clear on what you must do in the next 6 months in order to own your niche, capture your value and make a name for yourself in the new economy.*

## **I'm a huge fan of the 'Key Person of Influence' business model**

On June 23rd this event will assemble an all-star cast of high performing business leaders to share with you the exact sequence to follow if you have a skill, talent or message that more people should know about.

Don't think twice - come and find out what it's all about and pick up a day of invaluable advice to develop your business into the success you knew it was always meant to be. **Get tickets here**

No one wants to fail exams, but how many of us know what to do to pass them?

## Biggest Mistakes when revising for exams

Would it surprise you to know that there is only one difference between people who pass exams easily and people who struggle?

And don't you go thinking that it's all about intelligence! It's not.

It's all about having an effective revision strategy. People who pass exams easily have a good revision strategy that works for them. So perhaps it wouldn't come as a great surprise then to know that you could also pass your exams easily if you also had a good revision strategy that works for you.

Over the next few weeks I'll be going through some of the biggest mistakes people make when revising for exams. Perhaps you're making some of them yourself.

If you are having trouble remembering the information you've studied then maybe you are falling into some of the traps mentioned below. So read on to discover if the reason you are having a hard time with your revision is because your strategy is not a good one for you.

### Biggest Mistakes students Make When Revising

- Expecting to find a short cut
- Leaving your revision until the last minute
- Taking the same exam over and over, and failing each time
- Writing too much information in your revision notes
- Not scheduling study time
- Spending too long revising
- Not focusing on what's important to you
- Having a disorganised environment and mind
- Being thirsty
- Being sedentary
- Eating junk food
- Believing you can't do any better
- Not investing in Genius Material!

If you recognise yourself in this list at least you will realise that it's your revision strategy that's at fault, and not something wrong with you. Change your strategy and your results will change too.

And if you would like some help with that, take a look at Genius Material, the complete revision system for exam success.

## Genius Material

### 100% Success!

During the 4 months trial, the people in the

Pilot Group using

Genius Material, *passed 100% of their exams.*

Here are some of the pass marks achieved:

*68%, 71%, 80%, 72%, 75%, 74%, 75%, 81%, 85%, 81%, 70% and distinction*

*In other words, 92% of participants got 70% or more and 42% of them got 80% or more!*

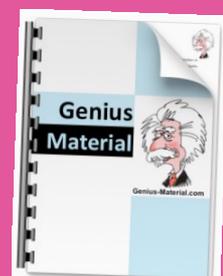


*I had only been using **Genius Material** for one and a half weeks and walked into the exam feeling so confident and I passed easily."*

Avalon Denniss, Partnership.

[www.Genius-Material.com](http://www.Genius-Material.com)

**FREE QUESTIONNAIRE & eBook** when you register for Genius Material Membership.



## Cognitive Hypnotherapy treatment for Anxiety

We all feel anxious now and then, but is anxiety taking over your life? Perhaps you find too many situations threatening or frightening? Maybe you suffer from anxiety attacks? Or is a phobia, such as fear of flying, open or enclosed spaces, having a substantial negative effect on your life?

Cognitive Hypnotherapy is a powerful, effective and completely safe way to help control your anxiety and conquer your fears. After just a few one-to-one sessions at Sounds Positive, you could be feeling more confident, less stressed, and able to face your fears without concern.

More effective than traditional hypnotherapy, Cognitive Hypnotherapy combines the latest research into how we think and communicate, with proven techniques used to access the unconscious mind.

Everyone has their own, unique experience of the world and is treated as a new and individual case. You should expect to start experiencing benefits after your very first session.

[Contact me](#) for an appointment

*“After a few sessions I became more confident, self-assured and realised I was always trying to please everyone else, except myself. Also in the past I had been ill, now I feel healthy and complete, I know it is more important to love yourself and not necessarily the way you look.”* KC. Marlow, Buckinghamshire



## Anxiety

There's a lot of it about! I've noticed over the years, a higher percentage of clients wanting help to get rid of excessive anxiety.

When left to get out of hand, anxiety tends to get worse, not better, as your unconscious mind finds for similar situations to worry about, and eventually generalising that anxiety over an ever-widening range of events.

This Generalised Anxiety Disorder (GAD) causes people to live in a constant state of fear. No surprise then that this can cause frequent panic attacks which seem to come out of the blue, with no warning and no apparent trigger. The anxiety symptoms induce a state of panic when they occur intensely and suddenly.

Typically, panic attacks will last 5-10 minutes though it may feel much longer. When the attack itself is over, a low level anxiety persists.

### Among the many causes of this anxiety are

- Feeling irritable
- Feeling tired
- Finding it difficult to get to sleep or stay asleep
- Having difficulty concentrating
- Confusion
- The mind going blank
- Fear of another panic attack

I'm delighted to report that anxiety is relatively easy and fast to get under control, and clients typically begin to feel better after the first Cognitive Hypnotherapy/CBT session, and continue to improve over the next few weeks. Ring me **01189 406 226**.