



Lynda
Layada

Make a soulful transition
from work to fulfilment

Soulful Transition 6 Week Journey

It's not the 'how', it's the 'what'

In an age where information is at your finger-tips, you can discover HOW to do just about anything in a nano second – including how to begin and run a business, launch into a new career or perfect a new hobby.

So why aren't we all going after the things we truly desire, the things we truly yearn for?

Because it's not not knowing how to do things that's holding you back.

It's the WHAT.

Through reflection of her own personal journey and seeing consistent destructive patterns of thought and behaviour through her clients – clients who have desperately wanted to realise their dreams – Lynda Bayada has designed this course especially for you to tackle exactly what is holding you back from taking the steps to realising your own dreams.

If you know where you want to go but are having trouble navigating the gap between here and there, this course is for you.

Because it's not about the how, it's about YOU.

Program Outline

Here's what's in store for you;

Week 1 – Your perception is creating your reality; how your beliefs are shaping your life.

Week 2 – Let's talk about money; deep dive into your money mindset

Week 3 – You're not the boss of me; learn how to let go of others expectations

Week 4 – Let's get caught up in semantics; how languaging your world is affecting your creation of it

Week 5 – How do I think?; learn how to use your whole brain to move forward with your plans

Week 6 – The vision and the plan

Intentions for the course

This is a complete journey from beginning to end – so be prepared to play at home in between course times.

Intentions for the course

Our only goals for you in this course are to support you in;

- ✓ Expanding your awareness of yourself and road blocks to your success
- ✓ Concreting the certainty around your vision and moving towards it
- ✓ Letting go of what's holding you back

Who this course is for

If you're reading this, it's probably (most definitely) for you *wink*

This course is for;

People who have a fair idea of what they would like to do but cannot possibly imagine doing it

People who have an inkling of an idea on where they would like to be but feel 'blocked' to make moves to get there

People who know the steps yet feel overwhelmed by the sheer number of them that they face

People who have an idea on their vocation, but are allowing people, money and self- doubt to hold them back



Your soulful transition guide; Lynda Bayada

As a young girl, Lynda was always curious. And she always knew she was good at making things better. It was no wonder that she wanted to do the same, consistently, for her life.

That was all well and good until she realised, part way through a formidable corporate career, that she was consistently improving the life of what other people expected of her – not her own.

Exiting her career as a project manager, Lynda went on a journey. A journey which she thought would culminate in the running of her own coaching and consulting business. And whilst it did, it was SO MUCH MORE than that.

Her journey has seen her face, head on, her demons, rescue and nurture her inner child and educate and grow the bejaysus out of herself to understand not just how to make the transition from 'work' to vocation, but to live a life of fulfilment and joy.

Her belief and curiosity in consistent change and transformation has seen her coach and mentor people on similar transitional paths.

Now she is ready to bring her industry expertise, passion and personal development knowledge with a drop of 'soul' to her new 6 week soulful transitions program.

A personal message from Lynda

"It wasn't until I dove in, head first, from a comfortable corporate career to start my own business that I realised it wasn't not knowing how to do something that was holding me back, it was me; my thinking, my mindset, my conditioning – conditioning that was no longer serving me.

The specific topics tackled are what has been a consistent niggle across the course of my journey and those of my clients. I've scuffed my knees and bruised my elbows all in the hopes that you don't have to.

I would be honoured and privileged to help facilitate your journey on the path to making your dreams a reality and leading a fulfilling, meaningful life.

I look forward to meeting you!"

What others have said about Lynda's work

"I can't recommend Lynda highly enough... Talking to Lynda is really easy. She is open minded, kind, very professional and makes you feel at ease whilst dealing with her. You can really be yourself. And when you are open minded and yourself, you'll be amazed where her techniques for coaching can take you... Lynda helped me trust myself and rediscover my awesomeness."

Giulio D'Andrea, Business Analyst, Macquarie Bank, Sydney

"I recently attended a retreat in Bali run by Lynda and her business partner. The exercises Lynda led our group through were particularly revealing and effective. The visualisations were powerful in helping me to move forward and through some beliefs that do not serve my higher good. I would love the opportunity to work with Lynda on more of these techniques & exercises... Lynda is a caring and kind coach... I recommend her highly."

Lynne Ryan, Change Manager, Commonwealth Bank, Sydney

"Lynda's enthusiasm and passion really shines when she is presenting and interacting with her audience. I know from our experience that my team leaders were thrilled and most intrigued with the presentation and lots was learned from the experience.

The great acknowledgement I can provide Lynda is the 'show kept rolling' after the presentation was completed. Our learning's reached our people and action plans followed.

Can't wait to have you back again Lynda... thanks for a truly motivating experience."

George Salem, Service and Sales Manager, Local Business Banking, Commonwealth Bank, Sydney

Frequently Asked Questions

Will I walk away with a step by step action guide on how to make things happen?

There will be a process towards the end of the course that will help facilitate your action steps, however, this is now about 'how' to move to your next steps – this course is about releasing the road blocks that otherwise might be holding you back from investigating and actually doing the 'how'.

What if the thought I have for my new found adventure is only tiny?

Big things start small, don't they?

We're here to support you in change. Change could see your idea become overwhelmingly BIG once we release some of the 'gunk' that might be keeping it lurking underneath the surface.

What if I think I have a handle on one of the course weeks? Can I just come for some or part of the course?

The course is designed and sold as a complete package. We recommend that you commit to and complete the full 6 week journey and come to the weeks you think you have a handle on with an open heart and mind. Who knows, perhaps you'll learn something new!

If I have an idea in mind for a business, why would I choose this course over otherwise practical business courses out there?

Lynda has done many practical business courses herself and believes they are absolutely crucial to success and growth.

She also found that implementing their learnings was not coming as quickly as she would have liked because other 'stuff' (her fears and self- doubt) was holding her back.

This is a program designed to help you make the most out of your additional business course studies.

If I realise my mindset needs work, why would I choose this course over a counsellor or therapist?

Of course counselling and therapy are utilised to help the mind and can be a very valuable tool.

Lynda uses techniques proven to be quicker and more effective through her learnings in neuro linguistic programming and whole brain thinking.

Plus, this course is tailored on specific road blocks around language, expectations and money, which counselling or therapy may not tackle.

Logistics

Location

Lynda is deeply grateful to partner with Matt Omo and the crew at;

Be Still & Chill

Suite 206, Level 2

658 Pittwater Rd

Brookvale, NSW

<http://justb.net.au/>

Time

2 hours per week x 6 weeks

7pm – 9pm, Wednesday evenings

Commences **5th November, 2014**

Investment

This course is valued at \$1297. As this is the first time the course is running, we are offering a special introductory price of \$597 – **this time only**.

We deliberately keep the group small (max of 22) to create intimacy, connection and focussed attention so be quick as spots will sell fast.

To purchase go to <http://www.lyndabayada.com.au/work-with-me/>

HURRY – LIMITED SPACES.

Need to know more?

Please contact **Lynda Bayada**. She'd love to hear from you!



+61 415 593 736



lynda@lyndabayada.com.au



www.lyndabayada.com.au



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**Go confidently in the direction of your dreams.
Live the life you've always imagined.**

– Henry Thoreau