



And

The Institute of Success Science



Presents

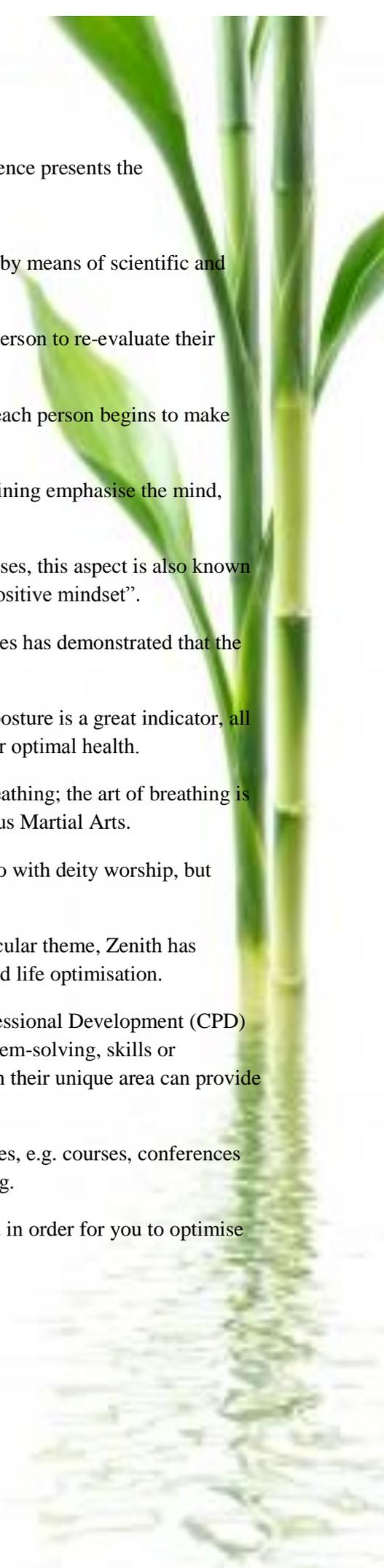
"Zenith Life Optimisation Programs"

Courage Leads to Success

Course Lecturer

Dr. Claude Martinez, PhD





Greetings,

Zenith Life Coaching and Counselling and The Institute of Success Science presents the
” Zenith Life Optimisation Programs”

Each program offers a unique perspective on how to optimise our lives by means of scientific and proven methods applied in human development.

The teaching methodology implemented in each program allows each person to re-evaluate their overall life position, through a systematic approach.

The totality of the person is reviewed under their own perspective and each person begins to make subtle yet powerful life changes.

The key note to all the Zenith Life optimisation programs is that the training emphasises the mind, body and soul.

The mind aspect looks at the recurring program that each person possesses, this aspect is also known as self-talk, and like a looping program it can be beneficial having a “positive mindset”.

However research into the way we think and the connection to our bodies has demonstrated that the effects can begin to manifest into physical illness.

It is often said that the body will manifest the internal thoughts; body posture is a great indicator, all Zenith programs have a comprehensive “How to Breathe” component for optimal health.

Our modern life style has in many ways impeded the correct way of breathing; the art of breathing is ancient taught in classical Yoga in India, Tai Chi from China and various Martial Arts.

Finally the program looks at our Soul perspective; this has nothing to do with deity worship, but rather how we control, manifest and hide our feelings.

Unlike traditional personal development programs that focus on a particular theme, Zenith has incorporated different study modalities that aim to enhance and provide life optimisation.

The Zenith Life Optimisation Programs ~also provide Continuing Professional Development (CPD) Courses which helps to maintain, develop or increase knowledge, problem-solving, skills or professional performance standards all with the goal that professional in their unique area can provide better care or service.

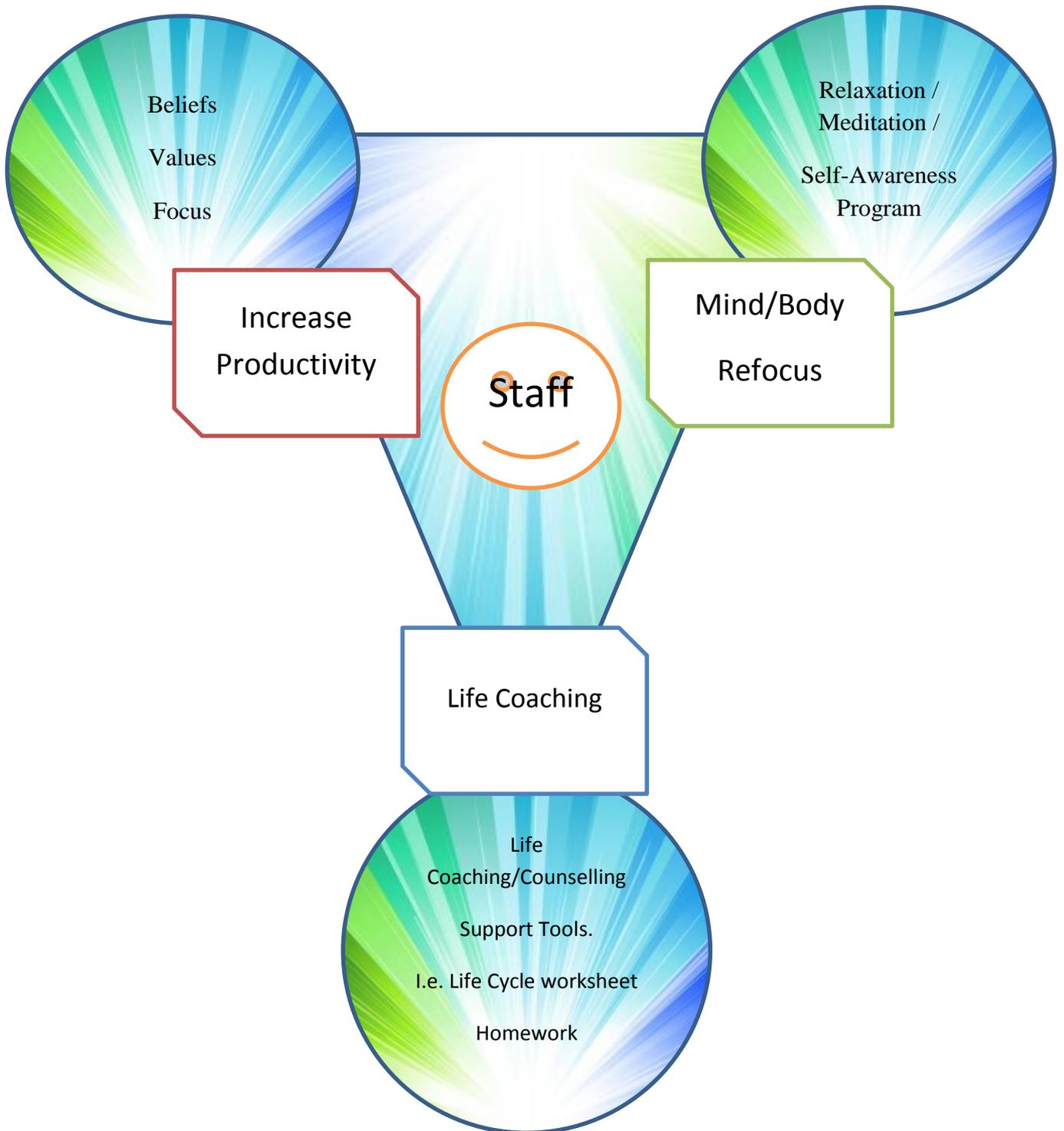
The Zenith Life Optimisation Programs ~CPD includes 'formal' activities, e.g. courses, conferences and workshops, as well as self-directed activities and/or directed reading.

Thank you for this opportunity and Zenith looks forward in serving you in order for you to optimise your life.

Courage Leads to Success

Dr. Claude Martinez, PhD

Zenith Life Optimisation Model



A magnifying glass with a gold frame and handle is positioned over a document. The lens is centered on the word 'Training' and its phonetic transcription. Below this, a yellow banner highlights the text 'Short Courses/ Workshops'. Underneath the banner, the first two definitions of training are visible. The background text is blurred, showing various paragraphs of text.

Training

/tray-ning/

Short Courses/ Workshops

1. The action of training a person or group of people a skill or job.
2. Exercising for a period of time to become fit.

Course Name: Managing the Moment~ Life



Duration: 2.Hr

Investment fee Per Staff :\$55 (Minimum required 10 Participants)

Course Outline:

What is Stress

The ABC of CBT (Cause and Effect)

Beliefs, Values and Focus

The NLP Communication Model explains how to process information from the outside world into our nervous system, and how in turn that affects our thoughts, feelings and behaviours.

Relaxation Technique

Breathing the 4:2:2 Method

Visualisation

Basic Guided Meditation Technique

Two Methods

Seated meditation

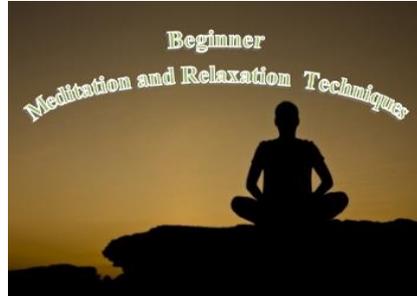
Walking mediation

Course Objective:

At the conclusion of the “Managing the Moment~ Life” course, the participant will have a basic understanding of the effects of stress, the underlying causes of stress, how each person, Belief, Values and Focus magnifies stress by the perception of external factors that are looped into a daily program and the stress cycle.

The Participants will also be equipped via the basic relaxation and visualisation technique to re-focus and adjust stress accordingly.

Course Name:
Beginner
Meditation and Relaxation Techniques



Duration: 2Hr

Investment fee Per Staff : \$55 (Minimum required 10 Participants)

Course Outline:

Common Meditation Problems

Creating a Meditation Room

Easy Breathing Practices

How Transcendental Meditation Can Improve Your Health

Learning to Relax

Three Tips to Quiet Your Mind

Tips for Successful Meditation

When and How to Meditate

Why Meditation Is Good for You

Course Objective:

Course Objective: Keeping your mind in a constant state of flux is like keeping the motor on your car running all night long. You and the car will eventually run out of gas.

Quieting your mind needs a top five placement on your “to-do” list.

Since we are so well aware of the needs of others, from our employers to our families, it is easy to overlook ourselves.

Therefore, this course provides the basic foundation of what is mediation, and it is ideal for those who would like to begin a journey in Meditation, it is made up of a practical and theory.

Course Name: Let's Talk



Duration:2Hr

Investment fee Per Staff :\$55 (Minimum required 10 Participants)

Course Outline:

Beliefs, Values and Focus

The NLP Communication Model explains how to process information from the outside world into our nervous system, and how in turn that affects our thoughts, feelings and behaviours.

Any situation begins with an external factor which move in our nervous system through the five senses that make up our sensory feedback channels:-

Visual - what we see

Auditory - sound, the words we hear and how those words are said to us etc.

Kinesthetic - internal and external feelings, pressure, texture etc.

Olfactory - the sense of smell

Gustatory - the sense of taste

Any organisation, business, family and individual, as a must have a basic understanding of the communication model for better outcomes in life.

Course Objective:

At the conclusion of the “Lets talk” course, the participant will have a basic understanding of the NLP Communication Model and how each person, Belief, Values and Focus is interpreted via their own unique filters by their perception of external factors which are looped into a daily program.

The participates will have a greater appreciation of the importance of self-talk and the impact it has in the internal and external environment.

Course Name:
What is Time Management



Duration: 2 hr

Investment fee Per Staff :\$55 (Minimum required 10 Participants)

Course Outline:

The Basics On Time Management
The Basics On Attention Management
The Basics On Personal Knowledge Management
Setting Priorities Basics

Course Objective:

Upon completion of the basic short course the participant will have a basic understand that time management skill is not something that is learned from school.

That It can be developed through constant practice of what an individual has learned about mastering their own time and doing it effectively.

Course Name:
Time Management Mastery For Busy People
Make time your loyal servant rather than a terrible master.



Duration: 2 hr

Investment fee Per Staff : \$55 (Minimum required 10 Participants)

Course Outline:

Where Do You Spend Your Time

Managing Tasks

Planning

Goals

Tips From The Experts

Course Objective:

Business owners, staff and individuals at some stage struggle with ways to manage the most precious of all things which is time.

Discovering the hidden factors truth behind being the master of time instead of the slave?

What if I can offer you a solution that will help you to solve your time problems once and for all?

In this short yet powerful course, you will learn about:

Course Name:

Time Management Strategies For The Knowledge Worker



Duration: 2 hr

Investment fee Per Staff : \$55 (Minimum required 10 Participants)

Course Outline:

What if I can offer you a solution that will help you to attain greatness and realize your success?

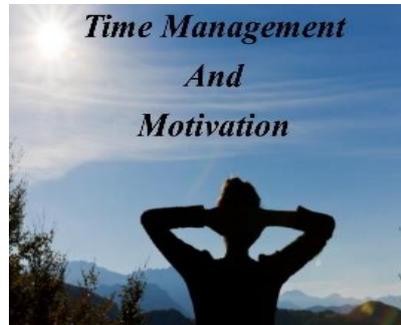
- Leadership Calls For Time Management
- What Causes Poor Time Management
- Procrastination
- Realizing Your Present Productivity

Course Objective:

Upon completion of this short course the participant will have a basic understanding of what time management is and why good time manager are seen as great leader.

The participant will begin to see the essential steps toward accomplishing goals for their business; ultimately this course offers the participant a solution in attaining greatness and realizes success.

Course Name:
Time Management And Motivation
The Secrets To Motivation For Productive Time Management



Duration: 2 hr

Investment fee Per Staff : \$55 (Minimum required 10 Participants)

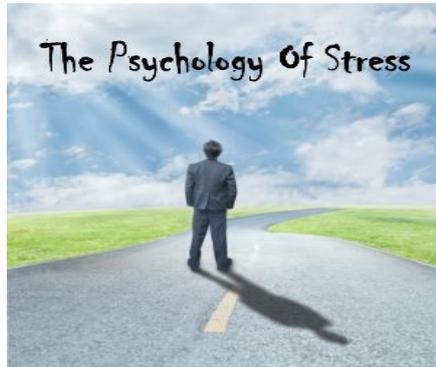
Course Outline:

The Basics On Time Management Motivation
Get Motivated To Get Organized
Get Motivated To Not Procrastinate
Get Motivated To Make And Keep A Schedule
Get Motivated To Set The Best Goals
Get Motivated To Prioritize
Mind Tools For Motivation

Course Objective:

Upon completion of this short course the participant will have a basic understanding of time management and apply it on your daily life and avoid frustration, however with a lot of helpful tools you can easily learn the basics.

Course Name: The Psychology Of Stress



Duration: 2 hr

Investment fee Per Staff : \$55 (Minimum required 10 Participants)

Course Outline:

The Psychology Of Stress Basics

Understand Your Triggers

Understand The Concept Of Change

How To Reduce The Reactions To Change

Use Mindful fullness Meditation To Help

You Must Take Command Of Your Brain

Steps To De-stress

Learn How To Cope With Frustration

The Benefits Of Commanding Your Reactions And Taking Charge

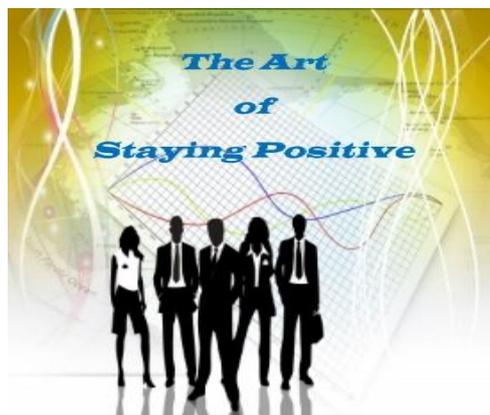
Course Objective:

Upon completion of this short course the participant will have a basic understanding of the Psychology of stress, and how it doesn't simply make one's head feel like it's in a vice.

Current research show precisely how stress tears away at each body system— including the brain.

The participant will have a better understanding of the steps to de-stress.

Course Name: The Art of Staying Positive



Duration: 2 hr

Investment fee Per Staff : \$55 (Minimum required 10 Participants)

Course Outline:

The Power of Realistic, Practical Optimism
Obstacles to Optimism
Positive Thinking At Work
Fear of Failure
Overcoming Self-Sabotage
Stop Making Useless Comparisons
Flexibility: Making the Most of Your Tools

Course Objective:

Upon completion of this short course the participant will have a basic understanding the effect of negative self-talk leads to a self-fulfilling prophecy which leads to psychological and physical ailments.

Modern research calculates that almost of the 90% of the self-talk we do when it is in a negative form become a self-destructive and undermining mind virus.

This program looks at the negative Self-Talk and ways to counter then for a prosperous fulfilling life.



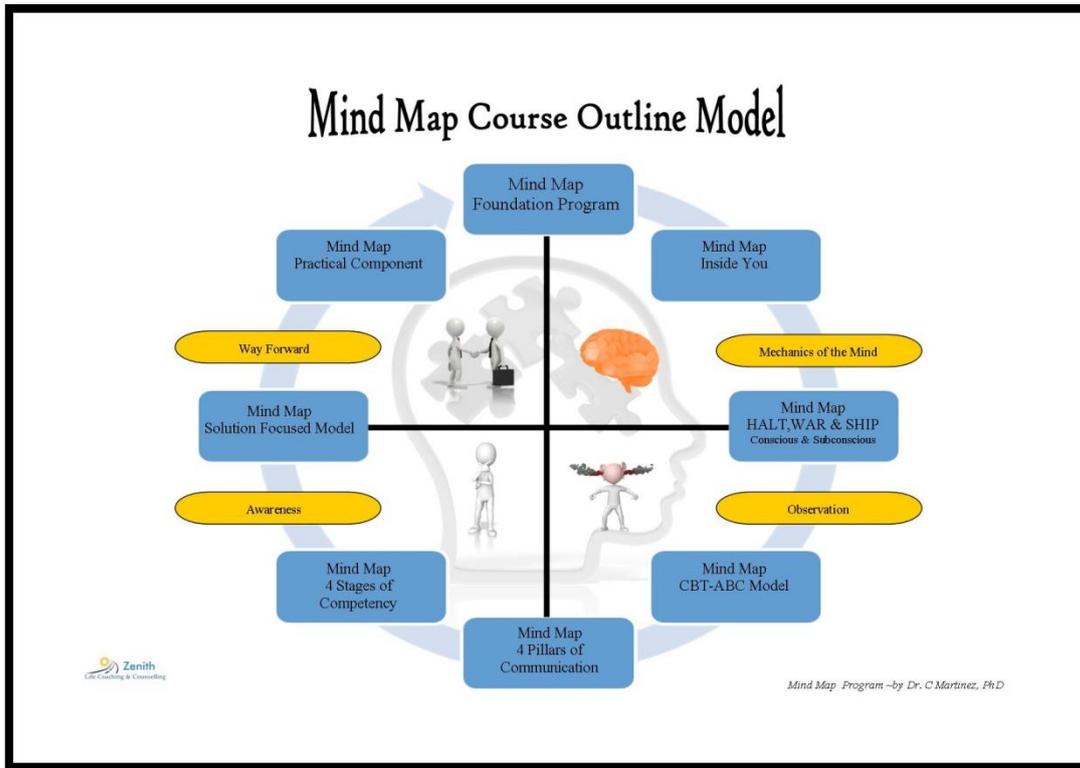
Vision

/vi-zhun/

Full Courses/ Workshops

1. The ability to see
2. The image or insight of how something could or should be the future.

Course Name: Mind Synergy Program



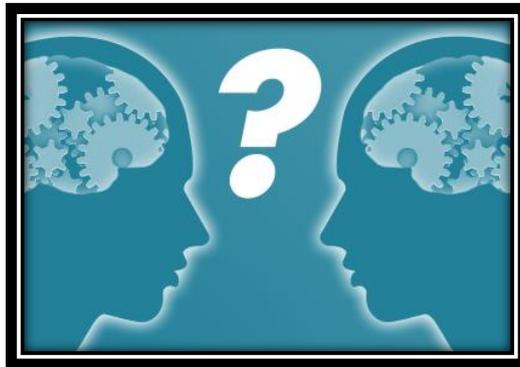
Duration: 8hr

Investment fee: \$285 (Minimum required 5 Participants)

Course Outline:			
<p>Mechanics of the Mind: What is Zen Mind Synergy Program How does it work HALT,WAR and SHIP</p>	<p>Observation: The CBT-ABC Model</p>	<p>Awareness: The Four Pillars of Wisdom 4 stages of Competency</p>	<p>Way Forward: Solution Focused Model –Practical</p>

Course Objective: As human beings our life changes according to the experiences we pass through. This means that at any moment we are 100% responsible for being the person we wanted to be. The Program has adopted NLP concepts to build a foundation, the main emphasis of the course is identifying how key elements in our daily life impede our progress, and a Solution Focused workshop introduces concepts for a clear self-future.

Course Name: Neuro Linguistic Programming



Duration: 2 days

Investment fee: \$350 (Minimum required 5 Participants)

Course Outline:

Day 1:

- 1 Introduction to NLP: Q&A about NLP Definition & History
- 2: Rapport, Sensory Acuity, Opening Your Senses, Wide Eyes (or Soft Eyes).
- 3: Eye Accessing Cues, Representational Systems, Predicates.
- 4: Sensory Perceptual Strategies.
- 5: Sub-Modality Distinctions, Questions, V,A,K.

Day2: 6: Major Presuppositions of NLP, Communication Model.

7: Meta Model, Information Gathering, The Key Q, Meta Model, Deletions, Distortions, Generalisation. Anchoring, Anchoring and Adding a Resource.

- 8: Strategies in NLP ~ TOTE
9. Breathing the 4:2:2 Method

NLP Exercises

Course Objective: NLP Is the science of how the brain codes learning and experience from life events.

This coding affects all communication and behaviour.

It affects how you learn and how you experience the world around you.

*It is a key to reaching goals, breaking habits, solving problems and learning new behaviours
Leaders, Supervisors and Managers gain a wealth of knowledge on how internal and external communication enhances or affects work performance*

Course Name: Life Coaching for Company Leaders



Duration: 3 day

Investment fee Per Staff : \$800 (Minimum required 5 Participants)

Course Outline:

Day 1	Day 2	Day 3
Introduction to Coaching Personal Brilliance Model Listening Skills Questioning Skills GROW Model	Managing the Coaching Session Principles of Solution Focused Therapy Solution Focused Therapy Techniques Goals workshop Step1 Goals workshop Step2	: Goals workshop Step3 Breathing the 4:2:2 Method Assessments Practical Theoretical

A Certificate of Completion is awarded to all participants on successful completion of the course

Course Objective: The course is run over three days, Friday, Saturday and Sunday, or Saturday, Sunday and Monday or Saturday, Sunday and Saturday. The main reason for the weekend educational workshop is to allow all personal in any leadership, supervisory or management position to focus on the core themes of the course and not be distracted by phone or emails as part of any business daily events.

This Life Coaching programs aims to equip all personal in any leadership, supervisory or management role with a comprehensive understanding of the knowledge, skills and process needed as a Life Coach within the working environment.

The course emphasises the theoretical foundation of Life Coaching, the course is further supported by a practical and quiz component to allow all participants an understanding of the theory and practice in real life situation

Course Name: Life Coaching Program



Duration: 3 day

Investment fee Per Staff : \$800 (Minimum required 5 Participants)

Course Outline:

Day 1	Day 2	Day 3
Introduction to Coaching NLP Communication Model Personal Model Listening Skills Questioning Skills Assessments Practical Theoretical	Building Rapport Managing the Coaching Session GROW Model Assessments Practical Theoretical	Goals workshop Build Your Practice Assessments Practical Theoretical

A Certificate of Completion is awarded to all participants on successful completion of the course

Course Objective: The course is run over three days, i.e. Friday, Saturday and Sunday, or Saturday, Sunday and Monday or Saturday, Sunday and Saturday.

The main reason for the weekend educational workshop is to allow all personal in any full/part time working position to focus on the core themes of the course and not be distracted by phone or emails as part of any business daily events.

This programs aims to develop the knowledge and skills needed in becoming a Life coaching. This is achieved via class room and homework based information and training in essential coaching skills. The program is supported by Case studies, practical activities and assignments which are included as key teaching tools.

Mind -Body
Energy
Programs
Reiki



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Course Name: First Degree Reiki Practitioner



Reiki is a Japanese natural healing method practiced worldwide. Reiki means Universal (rei) Life Energy (ki). This energy exists in all living things. Reiki enhances the natural flow of this life energy to promote health and healing at all levels including mind, body, and spirit creating many beneficial effects.

Duration: 1 Day

Investment fee: \$200 (Minimum required 5 Participants)

Course Outline:

- What Reiki is
- The history and origins of Reiki
- The human energy body
- The use of energy as a healing tool
- The First Reiki Symbol and its application
- Reiki treatment
- Self-healing (Hand Placement)
- How to treat others (Hand Placement)
- Traditional hand positions for Reiki

You will be attuned to the first degree level of Reiki which enables you to channel Reiki energy for the purpose of self-healing and healing friends and family.

Course Objective: at the completion of this course the participant will have a basic knowledge and understanding of Reiki as a healing modality.

Course Name: Second Degree Reiki Practitioner



Reiki is a Japanese natural healing method practiced worldwide. Reiki means Universal (rei) Life Energy (ki). This energy exists in all living things. Reiki enhances the natural flow of this life energy to promote health and healing at all levels including mind, body, and spirit creating many beneficial effects.

Duration: 1.5 Day

Investment fee: \$250 (Minimum required 5 Participants)

Course Outline:

In this workshop the participants will learn about:

- How to conduct a Distance healing
- Level 2 symbols and their uses
- The Chakras and chakra balancing (introduction)
- Professionalism as a Reiki practitioner
- treatment room set up
- You will be attuned to the second level of reiki which will enable you to perform distance healing and to become a Reiki practitioner.

Course Objective: at the completion of this course the participant will have further knowledge and understanding of Reiki as a healing modality.

Course Name

Third Degree (3A) Master Reiki Practitioner



The Institute of Success Science, has divided the 3rd Degree Master Level in to two distinct levels 3A which is the Reiki Master Level and 3B which is the Reiki Teacher Level, both levels are awarded Diploma Level recognition.

The 3rd Degree (A) Master Practitioner, is shown the 4th symbol.
Duration: 1.5Day

Investment fee: \$350 (Minimum required 5 Participants)

Course Outline:

The Science of Reiki
The Physics of energy
Thoughts affects Matter (Masaru Emoto Theory)
Kirlian Photography
Acupressure points with Reiki
Fourth reiki symbol
Chakra Balancing

You will be attuned to the Third degree level of Reiki which enables you to channel Reiki energy for the purpose of self-healing and healing friends and family.

Course Objective: at the completion of this course the participant will have advance knowledge and understanding of Reiki as a healing modality.

Course Name: Third Degree (3B) Teacher Reiki Practitioner



Duration: 1.5 Day

Investment fee: \$350 (Minimum required 5 Participants)

Course Outline:

The Reiki teacher course is designed for students, who wish to teach the Reiki healing methodology, the course outlines the teaching principles of delivering the course material and understanding in-depth the symbols and their full application.

The student at this level is also taught the healing attunement technique, to pass the Reiki student from teacher to students.

Prior to obtaining an Advance Diploma as a Reiki teacher, the student will need to partake and assist in the delivery of a full course.

The student will need to partake in at least 1x first degree program, 1x second degree program and 1x third degree program.

The student will then select a full course and under the supervision of a Mentor Master Reiki Teacher, will deliver and attune the class.

Course Objective: at the completion of this course the participant will have a full understanding of the delivery of all four Reiki course, moreover have the confidence and knowledge and understanding of Reiki as a healing modality.

First Aid Training is Necessary



Government Accredited Courses



The Institute of Success Science has partnered with highly reputable RTO who can provide Government recognised qualification in the field of First Aid.

The courses we currently offering are:

HLTAID001 - Provide Cardiopulmonary Resuscitation

This course will provide the candidates with the skills and knowledge to perform CPR in line with the Australian Resuscitation Council Guidelines Cost for on-site training \$45/ candidate minimum 15 person.

HLTAID003 Provide first aid:

This course will give you the skills and knowledge required to provide First Aid at either home, sports field or work, it covers topics such as CPR, Fractures, Bleeding, Bites and Stings, Poison and much more, Cost for on-site training \$100/ candidate.

HLTAID004

Provide Emergency First Aid Response in an Education & Care Setting

The unit is designed to meet the workplace First Aid requirements for educators, support staff, carers and parents.

The Australian Children's Education & Care Quality Authority (ACECQA) has endorsed HLTAID004 as satisfying all educator requirements for first aid, anaphylaxis management and emergency asthma training – as outlined by National Regulations.

This means, that if you work in education or childcare you no longer have to complete three separate courses to satisfy your First Aid requirements, this course covers it all.

This course is suitable for anyone working in long day care, family day care, preschool and outside of school hours (OOSH) care services. Cost for on-site training \$100/ candidate

Non Accredited First Aid Training

Power First Aid



This 4 hour training package focuses on the basics of First Aid management.

It has been designed to provide participants with the knowledge and skills to offer First Aid in a variety of situations.

This non-government -accredited course is ideal for people or a workplace First Aider who wants to **keep their first aid skills up to date and has a valid First Aid qualification**, without the long day training.

No pre-work book or other assessment is required to attend this course; upon completion of the course a certificate of Attendance is awarded.

Cost for on-site training \$50/ candidate minimum 10 participants



The Institute of Success Science



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Other Services

<http://www.zencounselling.com>

Our Zenith, Wellbeing Consultants are Professional Life Coaches and Counsellors with years of experiences; our aim is to service you in the modality of your choice.

Our practitioners are also certified in Hypnosis and Neuro Linguistic Programming to better facilitate and meet your current life challenges.

Our areas of Interest and Expertise are:

Counselling:

- *Cognitive Behavioural Therapy
- * Workplace Counselling
- * Child development and effective parenting
- * Specialist interpersonal communication

Life Coaching:

- *Personal Coaching
- *Business Coaching
- *Sports Coaching

The Zenith team aims to assist you in maximizing your personal & professional goals in your life.

Our modern lifestyle demands a lot these days and finding balance in your work, family, health and relationship can become a challenge.

Our Zenith Wellbeing consultants will work with you, in order for you to find your own path and achieve the Goals that you set for yourself.

Zenith Life Coaching & Counselling Service provides you with flexibility of undertaking your session face to face, via phone or skype.

Phone 0415 843 069, zenithedu@outlook.com, Skype zencounselling1,



Courage Leads to Success



Call or email today for an obligation free consultation!