

**Enhance Your Life  
4th & 5th Feb 2017**



**Join our Enhance Your Life group whom  
since 2004 have discovered**

**HOW TO**

**Reignite your Passions**

**Increase Your Focus**

**Invest in Yourself**

**Have Fun**

**Take Positive Control of Your Life**

**Adapt to Change and Personal  
Transformation**

**Achieve Limitless Possibilities**

**To Ensure a place on this  
training please email  
anna @ hcoe.ie**

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Holistic Centre of Excellence Ltd.,  
Ballyvoreen,  
Cappamore,  
Co. Limerick  
061-381947

**www.hcoe.ie**  
**www.annagibsonsteel.com**  
**Email: info@hcoe.ie**

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of Excellence**

**Enhance Your  
Life**



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€350.00  
061-381947**

## Enhance Your Life

Reignite passion within yourself and kick start your New Year with this two day event.

Unlike other self-development courses it is very specific & interactive, allowing each participant to increase their personal focus. Thus identifying your life goals.

You will have fun as you learn specific methods to attain these dreams.

This course works for everyone, irrespective of what your goals may be, one person may have the goal of becoming a millionaire while another may have a goal to lose weight, you become empowered to ensure success that will increase your quality of life.

You will be able to confidentially discover and explore why you may not have achieved your goals thus far, and learn how to take positive control of your present and your future.

For this reason this course is suitable for everyone, professionals and non-

## Where did the course originate?

The original version of this course has been taught world-wide since the 1970's. We have updated and modified the course with new knowledge and techniques and the program is presented by the highly qualified trainers.

## Why do we offer this course?

In 2004 Anna Gibson-Steel had the privilege of attending the original version of this course. Having attended various self-development courses over the previous five years, Anna realized how special this training was. She brought this course to Limerick in September 2004. It was a huge success for the participants, each of whom asked for the course to run again in order that they could bring others to the training, and of course they wished to attend it again themselves!

Since then the feedback from the participants has always been fantastic. Always speaking from personal experience Anna has had profound success since attending the course the first time, and having repeated it, the effects are intensified. The course was attended by people from all walks of life with an age range from 16 to 70, and the beauty of the course is such that it had very positive effects for each one of them, despite the fact that their life-styles and goals varied incredibly.

Anna has worked passionately for 2 decades sharing her vast knowledge with thousands of clients, guiding them to become the best version of themselves. She specializes in Stress Management and works internationally with clients in over 70 countries.

She created Neuro-Activation Therapy which specializes in Stress Reduction and she has integrated aspects of this powerful system into the training.

## Who teaches the course?

Anna assists Dr Alessandra Betti from

Milan to lead this training. Alessandra is a simultaneous translator of five languages, and she has also studied psychology. The course participants all speak very highly of Alessandra and she matches her top class professionalism with an equal amount of empathy.

## Testimonials

### This is how you can feel after the training-

**"Energised and great attitude as a result of completing this workshop, very positive and open. Looking forward to what is going to happen in my life. Peaceful and accepting of things that have happened and know that I have learnt from these. I have the power within me to change my life and make things that I want happen."**

"Extremely enriched. Empowered in the areas I needed. Looking forward to more goal setting and achieving. I have gained a lot of valuable knowledge. Interesting and new ways of seeing things were introduced to me."

"Equipped to deal with life's issues. Belief in myself. Focused on my talents and positive aspects."

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