

# 'ONE DAY I AM GOING TO'...



**Learn ...** a new language, start a veggie garden, take that big trip, improve my health, take up rock climbing, play the guitar I bought 5 years ago!

**Land ...** that promotion, project, new role, actually start that business, expand the business, serve greater, grow my team, my reach, my impact!



## *What gets in the way of us having these?*

- Lack of time?
- Unsure how to plan, where to start?
- Big dose of procrastination?
- Need to feel more 'perfect' to have the result?
- Not sure you're 'qualified'
- Does the old 'imposter syndrome' have a hold of the story?
- Or I don't really know – maybe all of the above!

Supporting your people to explore dreams they have buried over the years, even decades, ignites a fresh energy into their every-day which means less staff turnover, less ill-beings, less frustration, less tension, less stress!

We are helping organisations from small departments to larger teams to explore their individual and unique 'One Day...' goals.

**These organisations value their people and want to see them flourish in new ways, growing in their emotional intelligence and supporting wellbeing and good brain health.**

**The One  
Day...**  
PROGRAM

**'SELF TRANSFORMATION ENABLES  
THE EMPOWERMENT OF OTHERS'**

Through online modules and live coaching sessions, we teach participants the 4 Phase Neuro Change™ Method, a brilliant toolbox from the very latest research to help them...

- Reduce limiting beliefs
- Recognise the roadblocks
- Remove the repetitive patterns

That have been getting in the way of them reaching the milestones they desire.

*They feel a greater sense of fulfilment, flow, purpose, with a new wave of fresh excitement, elation and satisfaction!*

## By using the 4 phases of the Neuro Change™ Method

- **Phase 1:** Doing the conscious, effortful work of deciding what we want, weeding out the blocks
- **Phase 2:** Discovering the renewing brain to reset your beliefs about yourself
- **Phase 3:** Enlisting your subconscious mind to make things effortless
- **Phase 4:** Firing up the brain to flourish and reframing our emotional responses



Support your people to explore dreams they have buried over the years.

The **One Day...**  
PROGRAM



## CORPORATE BUNDLE

We offer a corporate plan for your department or entire organisation.

Apply via:

[changeinpractice.com.au/one-day-program](https://changeinpractice.com.au/one-day-program)

**CHANGE IN PRACTICE**

### Vicky Emery

Founder, CEO Change in Practice Pty Ltd.  
Certified Neuro Change™ Practitioner,  
Neuro Change Institute® Global Mentor  
[changeinpractice.com.au](https://changeinpractice.com.au)



**QUICK AND EASY!**  
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