

2-Day Training Seminar Sat/Sun, 26th/27 January 2019

**With Malika Shelakhova
Self-Improvement Coach**



New Year – New You! How to turn your dreams into realities

Dear friends

There is a wise story that I like a lot:

Once upon a time there lived a wise man. Many people came to him to ask for advice. He helped everyone. People trusted him and they respected his age, life experience and wisdom.

One day a jealous man decided to disgrace the wise man in front of everybody. He thought of a cunning plan how to do it. He thought: "I'll catch a butterfly and bring it to the wise man in my closed hands. Then I'll ask him about his opinion whether I have a living butterfly or a dead one. If he says it's alive, I'll press my palms, crush the butterfly, open my hands and will say our great wise man is wrong. If he says the butterfly is dead, I'll open my hands, the butterfly will fly safe and sound, and I'll say our great wise man is wrong".

So did the envious man. He caught a butterfly and came to the wise man. When he asked the wise man whether he had a living butterfly or a dead one, the wise man answered: "All is in your hands".

We can do so much to be happier, healthier, more successful, more prosperous, more energetic in the New Year! There is indeed a lot in our hands. It's so often when we are in the turmoil of rush and routine, difficulties and problems, in the avalanche of various things to be done that we forget to see the most important.

Many cultures and countries have their traditions to reflect on the past year, to get rid of old things, to dream about a better life in the year ahead, to make wishes and New Year resolutions. New Year transit, New Year night has its special magic and power, especially if we manage to use this opportunity.

That is why we invite you to an amazing, unique and absolutely practical training seminar. All together and individually we'll reflect on the year past, we'll allow ourselves to recollect and realize our dreams, we'll have a vision of our success and achievements in the New Year, we'll learn how to transform our negative thoughts and emotions and, the last but not the least, we'll get real experience and instruments how to find extra power, energy, inspiration and resource for transformation and improvement of our life.

When the world loses its stability, when our life becomes objectively more difficult, when it seems that it is hard to be happy and successful, the main investment is the investment into oneself because it will remain with you FOREVER and it doesn't depend on the exchange rate.

Best wishes of success and inspiration,
Author and coach of the program
Malika Shelakhova

Training-Seminar Program

1. **Where am I now?**
 - Reflection on the past year
 - Diagnostics of the present physical, emotional, psychological and social state
 - To improve anything one should answer the question: “How are the things in this area at the moment?” (The law of life and management)

2. **What hinders me?**
 - 7 levels of consciousness
 - Individual realization and vision of inner blocks and obstacles on each level

3. **What do I want? Dreams and goals. We create a new reality in the new year.**
 - Where is inspiration, or why do I not have dreams?
 - Why do I want a lot but have only a little?
 - Why do I want and do a lot but I’m not satisfied with the result?
 - Why do some dreams come true but others don’t? Or why do dreams of some people come true but others’ don’t?
 - Where is the “control center” of inner power, energy, inspiration and dream-fulfillment?

4. **Rational and emotional analysis**
 - What came first: the chicken or the egg? About thoughts that cause feelings and feelings that initiate thoughts
 - Examination and realization of one’s own inner beliefs, mindsets and ideas that limit our realization

5. **Transformation of negative emotions to increase success, inspiration, health and prosperity**
 - How do emotions relate to success?
 - How do emotions relate to health?
 - Practice of the transformation of negative emotions. Every participant will get their own positive and real result.

6. **Creating your own 2019 Journey Map**
 - “Do you have a plan, Mr. Fix?” How to make a plan that will definitely be realized?
 - What should be done for a plan to work? Magic and pragmatic sides of business instruments and technologies. ***These things you will not hear either in other business trainings nor in personal development seminars because the coaches either do not know them or they do not even try them out them because they do not believe in them!***
 - Unique methods and practices

7. **Visualization to conclude**
 - Getting the state of resource full of energy, creativity, calmness, inspiration and practice to enter it individually

Place: House of Peace & Health, 1st Floor above the vegan Bio Restaurant «The Sacred »
Müllerstrasse 64, 8004 Zürich

Date: Saturday/Sunday, 26th + 27th January 2019

Time: 10:00 until 18.00

Costs: Fr. 550.-

Bank details: IBAN CH59 8074 0000 0060 3351 4, Raiffeisenbank Lägern-Baregg,
Ivo Zimmermann

Lunch: one hour break, possibility to eat at the vegan Bio-Restaurant „The Sacred“ (just below the seminar-room) or other places nearby

Registration and Information: soyana.ch/malika

Contact: Mr Kanai Zimmermann, kanai.zimmermann@soyana.ch

Registration possible until: Friday, 25th January 2019

Language: The seminar will be translated from Russian to English.