



**What's the most wonderful thing that's happened to you so far today... that you haven't noticed yet?**

**Min McLoughlin**

**NLP Master Trainer and Coach**

**Founder and Executive Director of Advanced Human Technologies**

Certified NLP Master Trainer and Master Practitioner  
Certified Master Practitioner of Ericksonian Hypnotherapy  
Creator and Developer of Energy Re-Sourcing™  
Member of CoMenSA  
Master Hypnotherapist

**Contact details:**

Plumstead, Cape Town Min McLoughlin Coaching and Consulting  
+27 (0)21 762 5732  
[min@nlpsa.com](mailto:min@nlpsa.com)

**Specialities**

- Personal Breakthrough Sessions
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- Are you experiencing a lack of flow in your life?
- Have you got old baggage and beliefs and strategies getting in the way of the clear flow of health and energy?
- Do you have “stuff” you want to get rid of, to allow yourself to experience life in a way that is rich and rewarding, meaningful and passionate?

Then you are ready for a Personal Breakthrough Session, a transformational 7 hour process taking place over the course of a week.

If you want to:

- Gain clarity
- Access resources that you had forgotten you have
- Solve problems
- Resolve negative relationships
- Fulfill your dreams
- Learn a technique that you can use over and over again whenever the “stuff” of life gets in your way

Then a Personal Breakthrough Session is perfect for you!

It's different, it's life changing, it's fun -and you are in control!

The four-minute mile, the first moon walk, how often do things seem impossible – until they happen?

In the first session we will explore your current state of experience and your desired state of experience, notice the difference that makes the difference, find out how congruent you are in terms of doing what you want to be doing, having what you want to have and being who you truly are, and discover the blocks that prevent you from experiencing life in the way that you want to experience life.

In the second session we clear the negative baggage and let go of the limiting emotions of anger, sadness and pain, fear, guilt and conflict and any limiting decisions you may have made along the way, such as “I am not worthy”, “I cannot be successful”, “it's not good to earn a lot of money” or “I'll never find my soul mate”.

In the final session we align your values and ensure that you have congruence between your unconscious and conscious mind. We then literally create a compelling future that will continue to inspire and motivate you to reach your dreams and turn them into reality.

*The Personal Breakthrough Session has worked beautifully. The old feelings of fear and anger appear to be "very gone". (My partner) is giving me very good feedback that I am behaving differently too; not that he doesn't recognise me, just that I seem more confident and comfortable with myself; more ready to take day-to-day small risks and laugh about things."*

Conor, **Computer Landscape Architect**

*"I have been pronounced by my family to be free of elephant phobia!!!! It went better than I had hoped - we even got chased by an elephant and I stayed on Planet Earth. Wow! Better still, my general level of anxiety is enormously reduced. Best thing I've done in a long time - thank you SO much!"*

Love, Sheila

*"My golf game has improved, business is booming, I'm getting on really well with my wife and kids, life is just great! Why didn't I do this year's ago?"*

Patrick, **Financial Consultant**

- Corporate workshops utilizing NLP tools and techniques

Editor and publisher of "Sharing the Passion – Conversations with Coaches". [Read more about this book...](#)

To add yourself to the list .