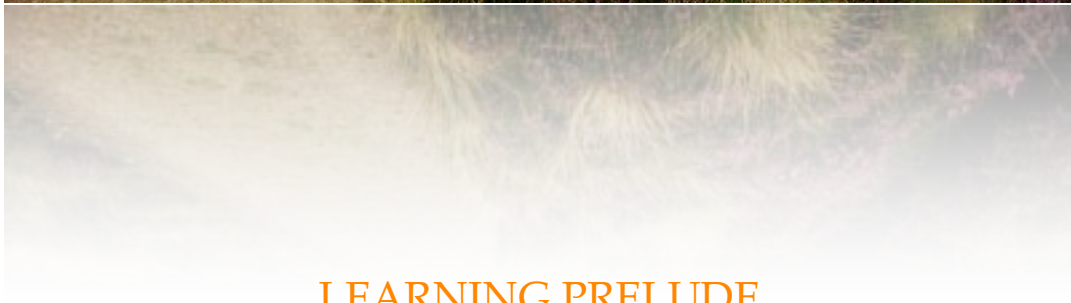


## 12 WAYS TO USE YOUR (FREE) MOVIE



## LEARNING PRELUDE

## Thank you & Congratulations!

From all of us here at Kaizen Training, thank you for your interest. This movie, one of a series of three, is completely free to you.

Don't feel obliged to spread the word to as many people as possible, but should you choose to, just direct them to the Kaizen shop

[www.KaizenShop.com](http://www.KaizenShop.com)

What you have here, with this movie & booklet, is something that might just add a whole lot of tangible value to you in your personal & professional life...

We thought we'd suggest a selection of other ways in which you might use this video with groups or by yourself. Some will be obvious, others may be slightly more unexpected.

And we'd love to hear about the creative & effective ways in which you've used this resource, so please let us know! Email us at

[info@kaizen-training.com](mailto:info@kaizen-training.com)

Again, thanks for your interest & we look forward to hearing your applications & results (& perhaps someday meeting you face-to-face in one of our world-famous workshops) very soon!

*To your success,*



**the team at Kaizen-Training**

[www.kaizen-training.com](http://www.kaizen-training.com) / [www.kaizenshop.com](http://www.kaizenshop.com)

## 12 Ways...

### *Just you...*

1. Do it in one sitting
2. Do it over a longer timescale - a week, for example - answering & reflecting on one step of the process at a time
3. Put the movie on your iPod, mp3 player or mobile phone to listen to or watch when travelling
4. Listen or watch first thing in the morning, perhaps while exercising or getting ready for the day
5. Play when you're meditating
6. Play before making a big or risky decision or committing to something that could be significant to you & for you
7. Play through each question, *specifically reflecting on the underlying beliefs you notice*. Maybe choose one question per day to reflect on. Ask yourself whether these beliefs are serving you in reaching your goals?

### *With others...*

8. Have people play through the movie at the beginning of a training workshop, to set a frame for learning
9. Use as a prompt to coach someone in getting ready for learning, coaching or changing (put it on your laptop or phone, turn the sound off, & use each question as a prompt to ask your 'client')
10. Study the whole & its parts with a group of coaches, trainers or facilitators to appreciate the uses of language, framing, presupposition, state, timelines & anchoring (amongst other things!)
11. Turn the sound down & just play the movie. Speak the words out aloud yourself, to practice your skills in driving states & brain wave entrainment
12. Play in a training workshop while the group is doing a visual review of the content

## Collect & complete the series...

You now have *one of three* resources in this range. By itself, that's a powerful thing.

*Combined with the remaining two movies*, you'll have a treasure chest of possibilities for creating value, meaning & action, direct from the experts who do this for some of the world's biggest organisations. A complete set that will give you the flexibility to bring results for yourself and groups on a new level, with a heightened degree of increasing passion, focus & vitality.

*Feel* the difference that'll be worth many times the investment because you're worth it & so are those you're working with...

### *The remaining movies to complete this series are...*



#### **Kaizen Learning Review**

An 11-minute alpha-wave, light trance experience to *consolidate, integrate & align learning into action*. Featuring beautiful music and sound FX, original imagery & some of the most powerfully influential usage of language you're likely to find this side of the law. It's polycontextual, too, which means it's perfect for individual or group learning for any topic.

At just £47 (roughly the price of one cup of coffee per *fortnight*...) and featuring Kaizen's 'no quibble' guarantee for a

- ★ *downloadable high-quality movie file for PC, Mac & iPod*
- ★ *LIFETIME individual license for personal, individuals & group usage*
- ★ *PDF workbook containing ideas on many more ways to use the movie*

...you can try it immediately to start experiencing a new level of learning and flexibility - Kaizen-style. Available from the Kaizen Shop

[www.kaizenshop.com](http://www.kaizenshop.com)



## Setting a Direction for your Potential

A very robust 30-minute movie, guiding you through a five-step process: “Yes You Can”, “Learning from your Past,” “Creating a Vision and Purpose,” “Heroism,” and “Take Action.”

Using a mix of images, movies, music, famous quotations, trance states and powerful questions, this movie will help you to step up to a new level of clarity, passion and performance in your personal and professional life.

Suitable for business owners, leaders, consultants and anyone looking to re-align their performance to their whole potential.

Priced at just £97 (less than the price of a cup of coffee per *week*...) and featuring Kaizen’s ‘no quibble’ guarantee for a

★ *downloadable high-quality movie file for Mac, PC & iPod*

★ *LIFETIME license for personal, individuals & group usage*

★ *PDF workbook containing ideas on many more ways to use the movie*

...you can try it immediately to start experiencing new distinctions in direction, passion, clarity and purpose. Also available from the Kaizen Shop

[www.kaizenshop.com](http://www.kaizenshop.com)

Visit [www.kaizenshop.com](http://www.kaizenshop.com) for more details, prices and media formats