



The Happiness Class

Discover the Path to Happiness, Clarity & Positive Emotions

**Are you looking for the Answers, Motivation and Support to help you get to the Next Level of your Happiness, Vitality, Health and Success?
Well, you finally found the right Class.**

In this 1-Day Class you will Discover Tips, Tools & Techniques for Increased Happiness, Abundant Energy, Radiant Health and New Success in your Life. You will also Identify your Primary Goal and how to achieve it. Plus you will leave with a new passion for life. This is not the Class you want to skip out on.

1. The Top 10 Happiness Strategies backed by research and science to raise your default level of happiness.
2. Discover what your key Limiting Belief is (the inner dialogue which causes the most pain in your life). Then replace it with an Empowering New Belief (using a funky NLP technique). This will change your life Forever!
3. Discover and practice a technique to remove your key Negative Emotion (e.g. worry, fear, shame, guilt, etc.), which will liberate a huge amount of energy leaving you feeling the best you have in years!
4. Discover what the 'right' goal is for you, then how to write it so it connects with your emotions, plus you will be taught the 6 Essential Steps to achieving it; taking your life to a whole new level.
5. Learn the difference between Power and Force and how to build up your personal power and inner strength.
6. Learn the 5 Pillars to Optimum Health, to increase health, radiant beauty, weight loss, and increased levels of vital energy.
7. And a few little yummy surprises!!

PLUS you will get a copy of my highly regarded book, 'The Guidebook to Happiness' (Which I will be gleefully signing during our breaks).

But that is not all!

Motivation & Support after the Class

For extra motivation & support every student (of happiness) will get also get a 20-min Coaching Call, 2-weeks after the event to make sure you are still heading in the right direction and doing your 'homework'.

This is a key to change and integration of new habits, behaviours and results. By setting you some 'homework' and then checking in on you personally, you will be able to align the insights and a-ha moments you had in class with your every day life.

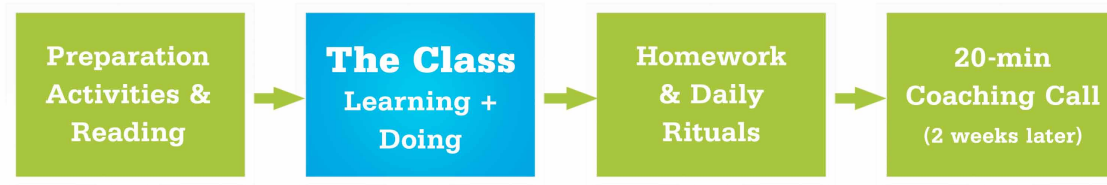
*I didn't think that when I registered my interest for Life Coaching with Carl Massy it would be anything too different to what I had done before. To my surprise the coaching was something completely different. The combination of techniques used by Carl were intriguing . His knowledge and passion for what he does is inspiring and interesting. The relaxed, personal and professional manner ensured I felt at ease from start to finish. I walked away from the experience energised and empowered. This was not another "self help" course but an opportunity to see what is really possible. **Heidi, Australia***

Just \$247

Location: Sydney (70 Bronte Rd, Bronte)

Limited to 15 people - so be quick!

Date: Sunday, 10 March 2013 (all day)



I have designed this Class and experience principally for women. I will be raising words and concepts like love, feelings, energy, joy, happiness, mother nature, consciousness, compassion, kindness and beauty. This is about empowerment, embodiment and connection with your inner authentic unique self to truly shine and come alive into the fullest expression of your self; as you connect with the greatness that already radiates from within.

If you are a dude and are still not shying away, then you are more than welcome to come and join the class. ;-)



This incredible event is presented by Carl Massy, author of The Guidebook to Happiness, founder of WorldsBIGGESTGym (a mind gym), Life Coach, NLP master practitioner, fitness trainer, reiki master, and a passionate 'Happiness Strategist'.

Satisfaction Guaranteed

I PROMISE that you will get massive value out of the day you spend with me (and the program that follows). If you get to the end of the day or program and don't feel that you have gotten massive value and discovered more about your happiness, health, vitality than ever before; I will refund you your money. No dramas.

**Get the program now at
www.carlmassy.com**

