

# THE SET YOURSELF FREE PROGRAM

## MODULE ONE

# BREAKING THE FAMILY TRANCE

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**Breaking the Family Trance** will help you unlock unconscious psychological defences that keep you stuck. These defences arise from family of origin dynamics created in your formative years. This program covers the roles you took on; the 'family rules' (spoken or unspoken), and the unmet childhood needs, carried feelings and adopted negative beliefs about yourself and the world around you.

Albeit our defences served us well when we were younger- as adults they don't! Adult defences result in creating destructive habits and sabotaging behaviours causing you to recycle the same unfulfilling circumstances and relationships in your life. This is not your fault, as a child perhaps you didn't have a choice, but as an adult you do!

*Are you ready to close the door on the past and create the life you want to live!*

### HOW DO YOU KNOW IF YOU NEED TO SET YOURSELF FREE?

- Do you struggle to meet your own needs and wants, placing friends and family first
- Are you overly responsible at work?
- Do others see you as 'the problem'?
- Do you feel uncomfortable asking others for help?
- Are you 'the one' who listens to others download their problems?
- Are you tired of being invisible?
- Do you find yourself feeling compelled to distract others, or use humour to ease emotional tension?

*Are you tired of searching for what you want TO DO in order to feel happy and satisfied?*

*Perhaps it's now time to think about what you can UNDO!*

### PROGRAM BENEFITS

**The Set Yourself Free program will bring you:**

- More meaning and significance to your life
- A sense of belonging
- Understanding of what you are responsible for and what you are not
- The ability to have greater impact on life
- The freedom to act when you know it's what's right for you
- Knowledge to assure competency
- More self-control and mastery in your life

*If you answered yes to any of the above questions and want these benefits in your life now – then this program is a must!*



resources to enrich  
Individuals • relationships • business

The Radiant Group Pty Ltd. ABN 93 050 540 031

PO BOX 1605, Neutral Bay, NSW 2089, Australia

Ph: +61 2 9953 7000 • Fax: +61 2 9953 7100 • Email: [info@theradiantgroup.com.au](mailto:info@theradiantgroup.com.au)

Website: [www.SetYourselfFree.com.au](http://www.SetYourselfFree.com.au) or [www.theradiantgroup.com.au](http://www.theradiantgroup.com.au)

# PROGRAM DETAILS AND REGISTRATION FORM

This program incorporates over 45 hours of education, written exercises, deep process work and group sharing, facilitated by a mix of techniques evolving from Ericksonian Hypnosis, Neuro Linguistic Programming, Science of Mind (spiritual - non religious healing), Accelerated Learning techniques and the treatment of addictive behaviour.

3 DAY PROGRAM*	8 WEEK PERSONAL FOUNDATION PROGRAM**
<p><b>DATES:</b> Friday 6th, Saturday 7th and Sunday 8th July, 2007.†</p> <p><b>TIME:</b> Friday 9am – 6pm Saturday 9am – 6pm Sunday 9am – 6pm (Finishing times are approx.)</p> <p><b>VENUE:</b> The Radiant Group Centre, 32 Grosvenor Street, Neutral Bay, NSW.</p>	<p><b>DATES:</b> 8 consecutive evenings from week commencing 9th July, 2007 – final week commencing August 27th July 2007. Tuesdays or Wednesdays.</p> <p><b>TIME:</b> 6.30pm – 9.30pm</p> <p><b>VENUE:</b> The Radiant Group Centre, 32 Grosvenor Street, Neutral Bay, NSW.</p>
<b>INVESTMENT: \$1995 †</b>	<b>INVESTMENT: \$1495 †</b>

\* **3 DAY PROGRAM:** A two hour assessment ahead of the program is required. For interstate travellers this can be done over the phone.

\*\* **8 WEEK PERSONAL FOUNDATION PROGRAM:** This program includes: 8 weeks of a three hour program, education, trance work and group therapy with the same facilitator and group each week • Group email and phone support • 1.5 hour session with NLP Master Practitioner Graeme Pont to change limiting beliefs • 45 minute individual coaching session with your facilitator to keep you focused and on track with your goals • A copy of Shirley Smith's *Changing Beliefs* CD (one time only) • A copy of *Set Yourself Free - Revised Anniversary Edition*.

**IMPORTANT INFORMATION:** The 8 week Personal Foundation Program is available to those who have completed the one day Personal Foundation Basic Program OR a 3 Day Set Yourself Free Program (*Relationships and You* or *Breaking the Family Trance*) OR a 2 week program (*Healing the Wounds of Childhood* or *Love Matters*). Spaces are limited.

Connect to [www.SetYourselfFree.com.au](http://www.SetYourselfFree.com.au) to download an electronic colour brochure or find recommendations for affordable accommodation in Sydney. Payment Plans are available by prior arrangement and this carries a service fee.

**BOOKINGS:** 02 9953 7000 or [info@theradiantgroup.com.au](mailto:info@theradiantgroup.com.au)

**ENROLMENTS CLOSE 5PM FRIDAY 29TH JUNE 2007**

Please secure my place on: (please tick)

**3 Day Program** - \$1995 inc GST.†

**Please hold my place in the 3 Day Program** Deposit \$595 inc GST.††

**8 Week Personal Foundation Program** \$1495 inc GST.†

**Please hold my place in the 8 Week Personal Foundation Program** Deposit \$595 inc GST.††

**TOTAL \$** \_\_\_\_\_

†PLEASE NOTE: It is a pre-requisite to attend the Set Yourself Free One Day Basic Personal Foundation Program. The next scheduled is Saturday June 23rd, 2007. Check the website or call the office for more information.

†† This is a non-refundable deposit

Return completed form to:  
The Radiant Group, PO Box 1605,  
Neutral Bay NSW 2089.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ State: \_\_\_\_\_ Postcode: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**PAYMENT DETAILS:**

Enclosed is my cheque/money order payable to *The Radiant Group Pty Ltd* for \$\_\_\_\_\_

Please charge my credit card

Mastercard  Visa  BankCard  AMEX for \$\_\_\_\_\_

Card name: \_\_\_\_\_

Card number: \_\_\_\_\_ Expiry Date: \_\_\_\_\_

Signature: \_\_\_\_\_

**CONDITIONS:**

- Visa and Mastercard transactions attract a 1.5% fee. AMEX transactions attract a 3% fee.
  - EFTPOS, Cash and Cheque payments are accepted.
  - Direct Deposit accepted. Please use your surname and BTFJUL in the description.
- Account Name: The Radiant Group Pty Ltd  
Account BSB: 032 195 Account Number 184212