

POSITIVE THINKING

A LIFE SKILLS COURSE

A distance learning course in ten parts written by
Vera Peiffer BA (Psych) FAPHP MNRPC MFHT
Best-selling author of 'Positive Thinking'

WELCOME !



COURSE STRUCTURE

The *Positive Thinking* distance learning course has been carefully structured to enable you to improve the following areas:

RELAXATION

- Better concentration
- Staying calm under pressure
- Overcoming negative thinking
- Sleeping better
- Ability to switch off worries

CONFIDENCE

- Being relaxed in social situations
- Feeling comfortable with people in authority
- Performing better at work
- Learning to say 'no' when you feel you ought to say 'yes'
- Embracing challenges
- Overcoming fears and phobias

HABITS

- Eating sensibly
- Stop smoking
- Stop biting your nails
- Stop worrying

GENERAL

- Feeling more in control of your life
- Dealing constructively with difficult people and situations
- Improving your self-esteem
- Building courage and determination
- Becoming motivated

The **Positive Thinking** distance learning course will help you make constructive and effective moves forward in your personal development. In order to ensure that you get maximum benefit from the course material, each unit contains exercises and tasks for you to carry out. These will not only help you deepen your theoretical understanding of each unit, but they will also allow you to make faster progress with the issues you want to resolve in your life.

Each unit carries an assignment, which you complete and email to me at **The Peiffer Foundation** before the next unit is emailed to you. In this way, you will have feedback on how you are doing all along the way, and questions can be answered while the relevant unit is still fresh in your mind.

This course is accredited by

The Association for Professional Hypnosis and Psychotherapy APHP.



COMPASSION & HUMILITY

<https://www.aphp.co.uk/pages/courses>

COURSE CONTENTS

UNIT 1	Mind over matter: the pendulum experiment The function of the conscious and subconscious mind What is Positive Thinking?
UNIT 2	Find out how you speak to yourself in your mind Converting negative thoughts into positive self-talk The golden rules of Positive Thinking
UNIT 3	Getting in touch with your subconscious mind Correct Breathing technique Progressive Muscle Relaxation technique
UNIT 4	Establishing your personal success programme Setting realistic goals and checking progress Taking responsibility
UNIT 5	Visualisation Seeing the Successful Outcome technique The 3-Steps-into-the-Screen technique: overcoming phobias
UNIT 6	How to stay optimistic when things go wrong How to deal with pessimistic people The Anger Room technique: letting off steam
UNIT 7	How fear comes about Different degrees of fear Overcoming fear: gradual desensitisation The Advanced Screen Technique: overcoming past trauma
UNIT 8	Beliefs and how they influence our behaviour Dealing with habits Coping with change
UNIT 9	Self-sabotage and how to prevent it Negotiating with the Subconscious Mind technique
UNIT 10	Positive Thinking scripts How to write a script Progressive muscle relaxation script Garden script Still Centre of Your Mind script Rocking Chair script Confidence script Losing Weight script Written exam script Oral exam script Stop smoking script

VERA PEIFFER

Vera Peiffer holds a degree in psychology and has studied hypnosis and psychotherapy with the Hypnothink Foundation in Cheltenham, the International Association of Hypno-Analysts in Bournemouth and the Atkinson-Ball College of Hypnosis and Hypnohealing in Southport. As well as being the Principal of the **Peiffer Foundation**, Vera is a Fellow of the Association for Professional Hypnosis and Psychotherapy (FAPHP), Member of The National Register of Psychotherapists & Counsellors (NRPC) and Member of the Federation for Holistic Therapists (FHT).



Vera has been in full-time practice as psychotherapist since 1986. She is also a qualified health kinesiologist and has been working in this capacity since 1999.

Vera is a best-selling author of a great number of books. Amongst them are:

- Positive Thinking
- More Positive Thinking
- How to Cope with Splitting Up
- Positively Fearless
- Principles of Hypnotherapy
- The Energy Technique
- How to Say No If You Feel You Ought to Say Yes
- Positive Living
- Inner Happiness
- Total Stress Relief



APPLICATION FORM

Please enrol me for the Positive Thinking distance learning course.

Mr Mrs Miss Ms

First Name: Surname:

Address:

Post Code: Contact tel. no.:

Email:

There are ten units in the course. The course is only available via email.

Fees

Each unit is **£25 UK Pounds**.

Fees include the unit itself and also email correspondence with me personally as I will be looking through your assignments for each unit and help you correct errors so that you get the most out of each unit for your personal development.

Please **tick** to indicate how you would like to pay.

I would like to pay £25 for Unit 1 via **PayPal**. Please send me a PayPal invoice.

I have paid £25 for Unit 1 via **bank transfer** [UK bank accounts only] to

Miss VS Peiffer, Nationwide, Sort code 07-02-46, Account no 0803 5841.

How to apply

- (1) Complete this page and send it to **info@vera-peiffer.com**.
- (2) I will then send you a PayPal invoice for the amount that you indicated on your order form.
- (3) Once I have received your payment, I will send out Unit 1 to you via email.