



SlimMinds[®] **Business Training**

Interested in expanding your business?

Train as an independent facilitator of SlimMinds™ Programs and be part of this innovative and exciting opportunity!

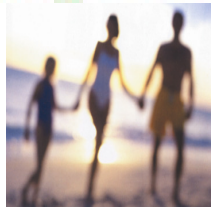
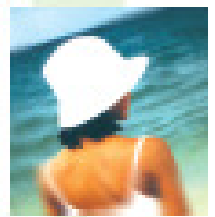
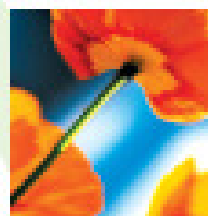
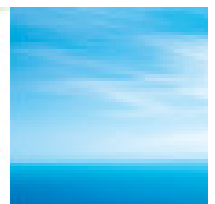
SlimMinds[®] is the **SECRET** to body shape and life changes using the **MIND**.

The SlimMinds[®] Program requires **NO WILLPOWER**. We teach the latest psychological techniques to break out of the YoYo failure cycle that is so common with traditional weight loss schemes. We help people change their mind, change their shape and change their lives!

WHAT DO YOU GET ?

With SlimMinds[®] you get a comprehensive training in a shape change and life choice "business in a box" that includes:

- Extensive training to build your profitable business
- Skills in nutrition and psychological preconscious change techniques
- Emotional Freedom Technique; Level 1 Certification
- Access to a professional website with your personalized webpage for referrals
- Opportunity to apply for training in other Programs as they're developed – e.g. family/children, men-only and adolescents.
- Access to approved marketing materials
- An opportunity to create a residual income by building teams of **Facilitators**
- An opportunity to be involved in the global expansion of **SlimMinds**[®].



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Why be a SlimMinds® Facilitator?

- Use the purpose developed, easy to apply *SlimMinds* shape change Program with comprehensive support systems
- Unique opportunities to conduct your own Programs for groups, as often as you like
- Ability to choose your own income level and hours to work
- Flexibility to run Programs around your other commitments, including an existing job, raising a family, or just as your chosen way to make a difference to others.

Why get into the "Shape Change" industry commonly known as "weight loss" industry?.....Because we are in a Health Crisis and current approaches are not working!

- In June 2005 it was reported that more than 7 million Australian adults, or 67% of men and 52% of women over 18 were overweight or obese. This is an increase from 48% of men & 27% of women in 1980
- 25% of Australian children are overweight or obese (about 26% of boys and 23% of girls aged 4 to 14) – more than at any other time in our recorded history – and it has been predicted that this figure will increase to 50% by the year 2020 - This places Australia as one of the highest amongst developed nations
- Obesity is associated with more than 30 Medical Conditions
- Widespread significant psychological consequence of overweight and obesity in children, adolescents and adults include: depression, anxiety, social isolation, and poor self esteem.

Why simply Dieting is NOT the Answer !

UCLA researchers reported in the April issue of *American Psychologist*, on the most comprehensive and rigorous analysis of diet studies, analyzing 31 long-term studies. These studies show that $\frac{1}{3}$ to $\frac{2}{3}$ of dieters regain more weight than they lost on their diets. In addition, the studies do not provide consistent evidence that dieting results in significant health improvements, regardless of weight change. Evidence suggests that repeatedly losing and gaining weight is linked to cardiovascular disease, stroke, diabetes and altered immune function. In sum, **there is little support for the notion that diets lead to lasting weight loss or health benefits.**

A review of the current research highlights the following concepts:

- The addition of any psychological intervention is more beneficial for achieving and maintaining weight loss than either weight loss/dietary control or exercise alone
- The inclusion of exercise with any dietary regimen is more beneficial than dietary restraint alone, in achieving and maintaining weight loss
- Group intervention has been shown to be more effective in long term weight loss success than individual intervention
- The addition of hypnotic like techniques in a weight loss program have been shown to be beneficial in achieving and maintaining successful weight loss.

About the Founders

Dr Peta Stapleton has 14 years experience as a registered Psychologist in the State of Queensland, Australia and has completed a Bachelor of Arts, Postgraduate Diploma of Professional Psychology and Doctor of Philosophy. She divides her time between lecturing for the School of Health, Griffith University, coordinating psychological research trials into new therapies, and private practice, specialising in addictions and eating disorders. Peta regularly contributes to the academic field with publications in the areas of nursing, morale, communication, psychological interventions and eating disorders. She is the founder of the Gold Coast Eating Disorders Association Inc., and facilitated the support groups for 8 years. She continues to consult for the Association, and is involved in training other health professionals across Queensland, in leading therapies for eating disorders. Peta is well known in her area of specialty within Queensland and is consulted for radio, television and print media interviews for her expert opinion. She has been awarded many honours including the Australian Psychological Society Elaine Dignan Award for research into women's issues. Peta's first book *DIY: Change Your Life Subconsciously* was released in August 2005; her second book *DIY: Attract Money Subconsciously* was released in May 2006. Both are available from leading bookstores. Peta is currently the President of the Eating Disorders Association of Queensland, Australia. Peta is a Certified Practitioner of Neuro-Linguistic Programming, EFT and a Practitioner of Time Line Therapy.

Terri Sheldon is a registered Psychologist in the State of Queensland, Australia and has over 23 years experience in child development, child, adolescent and adult mental health. She has worked extensively in government, community and hospital systems as well as private practice on the Gold Coast. Terri is a specialist member of the College of Counselling Psychologists and the College of Educational and Developmental Psychologists (Australian Psychological Society). Her experiences in mental health and developmental psychology led her to investigate alternative paradigms and approaches that could be applied alongside traditional therapeutic approaches for her clients. In recent years she has seen the benefits of good quality nutrition and it's impact on health and wellness and now operates within a wellness framework. She is particularly interested in how superior nutrition and focusing on wellness rather than sickness supports physical and emotional health. Terri has personally travelled the many roads of fat loss programs only to find herself back at the starting point months or years later. This experience and her recent shape-change success with this program, along with her psychological knowledge, has led to the partnership with Peta to develop the special elements of this system that they both recognised were missing from other programs and was the secret to success and happiness. Terri is currently a Board Member of the Eating Disorders Association of Queensland, Australia. Terri is a Certified Practitioner of Neuro-Linguistic Programming, EFT and EMD-R

About the Program Advisors

Brett Porter	Assoc Dip. WR & W	Practitioner of NLP, TimeLine Therapy & EFT
Dr Frances Hill	M.B.B.S (Syd); Dip CH	Doctor of Medicine, Bachelor of Surgery, Practitioner of NLP TimeLine Therapy, Hypnosis & EFT
Brad Gordon	Certificate 4	Personal Trainer, EFT Practitioner
Laraine Ludwig		Pilates Instructor
Sonya Barnes	BHSci, ND Grad Dip Hlth Sci	Practitioner of Nutritional Medicine & Naturopath

SlimMinds™
Be Slim Be Happy!



APS Psychologists: 'Good Thinking'

The Australian Psychological Society Ltd