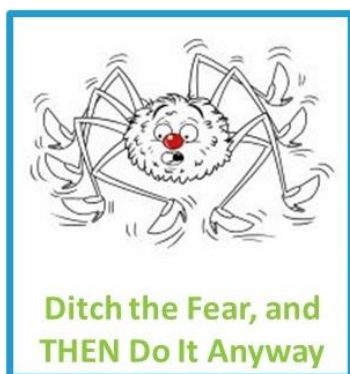
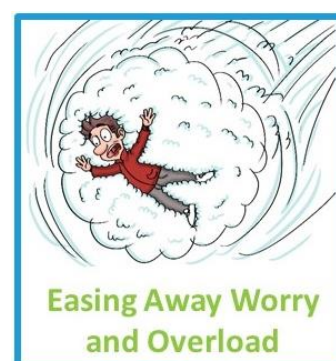


The FAST Pathways® Modules – Key Skills



- How to direct your mind's full power towards what you really want
- Easy ways to change your mind's set-by-accident patterns
- How to evict an unpleasant sensation (such as anxiety) from your body
- Finding your emotional-neutral, so that you can respond calmly to whatever's going on
- How to change your brain's chemistry, overcoming the effects of past unpleasant experiences

- Breaking down the overwhelm, to spot what you can most easily resolve
- How to stop run-away thinking and repetitive worrying
- Fine tuning your inner guidance, making it much easier to say "No" to distractions
- Changing your perception of time, so that life feels less pressured



- How to shield yourself from unpleasant people
- How to prepare comfortably for challenging events and difficult conversations
- The secrets of mental rehearsal, used by the top performers in Sport, Business and the Arts
- How to use your brain's chemistry, neutralising past unpleasant experiences
- Using your language to resolve conflict

- How to naturally boost your emotional immune system
- Sleeping restfully
- Overcoming procrastination, and recognising your willpower drains
- Re-connecting with your own experiences and strengths, to make the best of all that you are

