



# *Life Motivations*

*Accredited School*  
*Ecole accréditée*

*Agenda 2011-2012*

*Professional training, continuous education*  
*and Complementary therapies*

*Formation Professionnelle, Formation continue*  
*Thérapies complémentaires*

Suisse Switzerland

Accredited by ASCA: Swiss Association of Complementary and Alternative Medicine

Accrédité par ASCA : Fondation pour la reconnaissance et le développement des  
thérapies alternatives et complémentaires



*www.lifemotivations.ch*



## Life Motivations School

“In times of change learners inherit the earth;  
while the learned find themselves beautifully equipped to deal with a world that no longer exists”  
[Eric Hoffer](#)

Life Motivations accredited School (ASCA recognized) is taking up the challenge to offer trainings and continuous education in English and some in French to future therapists; practicing therapists who would like to add another technique to their current practice; to Human Resources professionals in the corporate world to deal more effectively with challenging situations and with relationship issues with the staff and be more effective in dealing with people, or anyone who would like to train to enhance their personal/professional skills. This training will be an asset to their personal and professional life.

Our mission is to offer top-quality services for complementary health care and techniques for life management skills; assisting people to attain optimum physical, emotional and professional well-being.

As we all know, we are living in a very challenging time where individuals, their families, and their relationships are taking a heavy toll both in the world of work and in the private sphere. Stress, loss of employment, divorce, separation, loss, shock, mobbing, burn-out, low self-esteem, confusion, indecisiveness, decision-making, career limitations, sleepless nights are more and more commonplace in our society and touch all of our lives. Eric Hoffer knew the importance of learning to deal with life more effectively.

At the end of the course the student will receive a Diploma recognized by ASCA (Swiss Association of Complementary and Alternative Medicine) [www.asca.ch](http://www.asca.ch)

## École Life Motivations

“En période de changement, ceux qui apprennent en permanence héritent la terre ;Ceux qui ont cessé d’apprendre sont magnifiquement outillés pour évoluer dans un monde qui n’existe plus »  
[Eric Hoffer](#)

Life Motivations est une école accréditée et reconnue par l’ASCA\*. Notre défi : proposer des stages et une formation permanente en anglais ou selon, en français, aux futurs thérapeutes. Nous nous adressons à ceux qui souhaitent enrichir leur pratique habituelle de nouvelles techniques et aux professionnels des ressources humaines du monde de l’entreprise. Ceci peut leur permettre non seulement de traiter de manière performante les challenges rencontrés dans le cadre professionnel, mais également les relations avec le personnel, et de mener leurs relations interpersonnelles avec plus d’efficacité. Enfin, quiconque souhaite s’améliorer sur un plan personnel ou professionnel s’enrichira d’un atout complémentaire non négligeable dans ces deux aspects de sa vie.

Notre mission : proposer des services d’une qualité de premier plan dans le domaine des soins complémentaires et des techniques de gestion de vie ; accompagner les personnes dans leur recherche du bien-être optimum sur le plan physique, émotionnel et professionnel.

Nous le savons tous, nous vivons une époque particulièrement éprouvante qui se répercute sur les individus, leurs familles et le plan relationnel lui paie un lourd tribut, tant au niveau privé que professionnel. Le stress, la perte d’emploi, le divorce, la séparation, la perte, les chocs, la violence, l’épuisement, le manque d’estime de soi, la confusion, l’indécision, la prise de décision, les limitations de carrière, les nuits blanches font de plus en plus partie du quotidien de notre société et touchent chacune de nos vies. Eric Hoffer savait combien il est important d’apprendre à prendre sa vie en main de façon plus efficace.

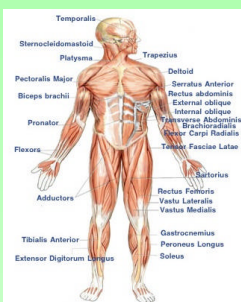
A la fin du stage, l’étudiant recevra un diplôme reconnu par l’ASCA (\*Fondation pour la reconnaissance et le développement des thérapies alternatives et complémentaires). [www.asca.ch](http://www.asca.ch)



## Professional Training — Formation Professionnelle

### Anatomy and Physiology:

This course has been designed for three reasons:



- To offer an Anatomy & Physiology Course, in English, in Switzerland.
- To be of great benefit and interest to anybody who would like to learn how to improve and maintain their personal health and well-being, as well as that of their family.
- As a professional course that will give complementary therapists, psychologists and psycho-therapists the necessary anatomy, physiology and pathology qualifications to become members of the Swiss Association of Complementary and Alternative Medicine (ASCA) and the Swiss Register of Empirical Medicine (RME). The complete programme required by ASCA is 150 hours.

### Body-mind and emotional relaxation:

This 120 hours training course will start on January 30<sup>th</sup> and run till October 29<sup>th</sup> 2012. Over 3 terms the study course will cover: Personality, Stress Factor, Conflict, Emotions, Body- mind connection, Relaxation Techniques, Eating Disorders, Addictions and basic Anatomy and Physiology.

The course is directed at anybody interested in understanding stress, why we are the way we are and why we react to events, how we can see things differently, the causes of stress and how to overcome them through skills that have proven to be effective and easy to use with awareness, knowledge and understanding in order to apply them in daily life. The techniques and tools that will be learnt and acquired are invaluable to deal with the most exacting demands in your personal and professional life and to assist others more effectively. The complete programme required by ASCA is 120 hours.

### Reiki Level 1, 2, 3 and Master

Reiki is a simple hands-on healing technique which was re-discovered by Dr. Mikao Usui in Japan in the early 1900's while in a state of meditation. It is a method of natural healing that works holistically by de-blocking the flows of energy within and around the [body](#). It can be practiced by anyone who has been attuned to the Reiki energies by an experienced REIKI Master / Teacher.

REIKI is accepted by ASCA, the Swiss Foundation for alternative and complementary therapies. Life Motivations is an ASCA accredited school for Complementary Therapies and Continuous Education. The hours for the complete Reiki program for levels 1 to 4 (Master/Teacher level) as required by ASCA is 70 hours.

# Continuous Education

## Identity and Integration in a Globalized World

Moving to another country can be a very stressful business. The excitement of a new job and a new country can be easily overshadowed by the difficulties of adjusting to a different way of doing things and by feelings of homesickness. Friends and family left behind are sorely missed. Through this workshop we will explore how to make the most of moving to another country personally and professionally, how to overcome home sickness and get rid of fear and anxiety and how to regain initiative and creativity. 8 hours

## Meditation for Beginners

Learn to have control of your life . Reduce stress, increase resistance to disease, enhance stability of the nervous system, improve the power of concentration, tap deep into your creativity, stabilise emotions and have greater peace and harmony in your life? You will learn the principles that can help you towards a more balanced life. In this course you will experience various methods of meditation and guided imagery that have powerful results! You will also learn how to meditate, and find out about the difference between meditation, guided imagery, visualization and energy balancing and bring peace in your life. 8 hours

## Making Opportunities Real—Creating and abundant life

Unleash your inner creativity. This one day creative workshop will help you to focus and visualise what you want in your personal and professional life, to have more confidence and to welcome opportunities in all areas of your life, such as: relationships, career, health, family. You will learn to tap into your creative mind.

Through creative visualisations, positive thinking, affirmations, problem-solving and relaxation, you will discover the multiple possibilities you have within to create the life you deserve and aspire to. 8 hours

## Positive Thinking for conscious living

Positive Thinking is a way of living, it's a practice, it's a technique that you need to incorporate into your daily life if you have any intention of changing things or accomplishing your goals. It requires that you get rid of all your negative thought patterns and create a new belief system. Learn how you can turn your life around by changing your way of thinking and your perception of life. When you take control of your mind, direct it and send the right messages to your subconscious mind - you'll be able to change the quality of your li 16 hours

## Emotional and Physical Health

Everything that is alive has energy. Our physical body is also a centre of energy, information and perception . Emotional energy is not an abstract concept, it lies in our physical body, which also contains our history, our strengths and weaknesses, our hopes and fears.

This workshop will give you tools to understand your body-mind connections and help you to attain a better physical and emotional health. 16 hours

## Breathing healing therapy, energy balancing and relaxation

A powerful technique that will help you to transform:

- stress into creativity and productivity
- problems and difficulties into solutions
- fear into safety and confidence
- blockages and restrictions created in the body into a normal and harmonious flow. You will have more energy and enjoy a sense of wellbeing. Experience the power of Transformational Breathing
- The powerful effects of massage to decode memory cells and the difference between relaxing breathing, abdominal breathing and kundalini breathing.

16 hours

## Formation continue

### The Evolving Challenges of Parenting: New Technologies and more

Being a parent in the XXIst century is extremely challenging. Parents are often a lot less adept than their children at handling new technologies and social media. At the same time they have to set limits for their children in this area. In this workshop we will explore how to be more effective parents while showing love and understanding when we feel we have to set boundaries for our children's behaviour. 8 hours

### Living in the Present

This course was carefully designed to bring awareness to those individual who question themselves, who want to make changes in their lives, or those who feel that learning is a great part of feeling alive.

The aim of this course is to help you remember who you truly are, who you are meant to be and not according to others. To help you find clarity and give you tools to follow your path, to believe in you more than you believe in others, and most importantly to live your life peacefully and happy, this is all found in the present moment. 16 hours

### Guéris ta vie réalise tes rêves—Formation certifiante

Formation agréée par Hay House, Inc. et approuvée par Louise Hay. Comment accompagner les autres sur leur chemin; Comment évoluer vous-même simultanément, Comment faire rayonner une énergie bénéfique sur votre entourage et au-delà ! Passez la semaine la plus incroyable de votre vie avec un groupe de personnes étonnantes, toutes déterminées à apporter des changements positifs dans le monde ! Cette formation approfondie aux méthodes de Louise L. Hay et bien d'autres vous fournira tous les outils pour animer des séminaires ainsi que les bases du coaching. [www.gueristavie.com](http://www.gueristavie.com) 16 heures

### Guéris ta vie réalise tes rêves—Atelier sur 2 jours

Ce séminaire va changer votre vie ! Faites l'expérience de ce puissant atelier de deux jours, développé par Louise L. Hay, qui a déjà conquis des milliers de personnes. Vous découvrirez Comment : Rééquilibrer votre vie ; Dynamiser votre confiance en vous et votre propre estime ; Développer la prise de conscience de vos croyances négatives ; Maîtriser vos émotions et vous libérer du passé ; Vous aimer, tout en aimant les autres plus profondément ; Cerner votre dynamique familiale et ses freins à la circulation de l'amour ; Travailler sur votre corps, votre esprit, vos émotions et votre cœur pour transformer votre vie ; Apprendre à utiliser les affirmations ; Découvrir la joie d'être créatif et la magie de devenir vous-même. 56 heures

### Heal Your Life Teacher training Certification

The Workshop Leader Certification Training is an investment not only in a new or expanded career, but also for making dramatic changes in your personal and professional life. Learn How to Assist Others in Their Growth... While Enhancing Your Own Personal Growth and Adding More Light and Love to Our Planet! Spend the most incredible week of your life with an amazing group of people all committed to bringing positive changes to the world! This fantastic in-depth and full participation training in the methods of Louise Hay and others gives you all the materials and skills you'll need for leading workshops and the basics of coaching. 56 hours

### Heal Your Life —2 day workshop (Louise Hay method)

Spend an incredible week-end committed to bringing positive changes to your life and to those around you. Enhance your own personal & professional growth by adding more meaning and love to your life. This intensive and empowering workshop is based on Louise Hay method and other renowned experts in the field of life mastery and Isabel's personal experience. The workshop will give you the tools you need to empower your life. For more information on this workshop go to [www.changetoshine.com](http://www.changetoshine.com). Be ready for transformation!

16 hours

# Agenda 2011 / 2012

## Professional Training

Dates	Day jour	Sept 2011	Oct	Nov	Dec	Jan 2012	Feb Fév.
<a href="#">Anatomy &amp; Physiology</a>	Wednesday 18:00-22:00	21, 28	5,12, 19,26	2, 9, 16, 23, 30	7, 14	18, 25	1, 8, 15, 22, 29
Body-Mind and Emotional Relaxation	Monday 18:00-22:00 & 3 week-ends					30	4-5 20, 27
Reiki level 1, 2, 3, Master	Saturday Sunday					Level 1 21-22	Level 3 4-5

## Continuous education

<a href="#">Guéris ta vie réalise tes rêves Formation certifiante</a>	Semaine complete		21-28				
<a href="#">Guéris ta vie réalise tes rêves Atelier sur 2 jours</a>	Samedi Dimanche		22-23				
Identity and Integration in a Globalized World	Wednesday 18:00-21:00		19, 26	2, 6			
Heal Your Life Teacher training Certification	One week			18-25			
<a href="#">Heal Your Life 2 day workshop</a>	Saturday Sunday			19-20			
Meditation for Beginners	Wednesday					11, 18, 25	
Making Opportunities Real Creating an abundant life	Sunday						22
Positive Thinking for Conscious Living	Saturday Sunday						4-5
The Evolving Challenges of Parenting: New Technologies and Social Networking	Thursday 18:00-21:00						23
Living in the Present	Saturday Sunday						
Emotional and Physical Health	Saturday Sunday						

# Formation Professionnelle

Mar	April avril	May mai	June Juin	July Juillet	August août	Sept	Oct	Nov	Dec	Dura- tion heures	Price Prix CHF
8, 21, 28	4, 11, 18, 25	2, 9, 23, 30	6, 13, 20, 27	4, 11						152	2,900
5, 12, 26	7-8 23, 30	7, 21, 28	4, 18			10, 24	6-7 15, 22, 29			120	2,300
Level 2 10-11	Master 21-22							Level 3 3-4		16	L1 300.- L2 450.- L3 700.- LM 1250.-

# Formation continue

	20-27 Paris							9-8		56	2,500.-
	21-22 Paris							10-11		16	430.-
										16	325.-
										56	2,500.-
								8-9		16	430.-
										8	150.-
										8	220.-
			2-3							16	450.-
1, 8, 15										16	325.-
	7-8		9-10							16	450.-
		26-27					6-7			16	450.-

# ACCES A LIFE MOTIVATIONS

## A) Depuis la place des Nations

1. Prenez la route de Ferney passant devant l'hôtel Intercontinental.
2. Au Gd-Saconnex, (1.7km de l'ONU), tournez à droite aux feux (dir: Collex, Colovrex, Prégny, Chambésy)
3. Au rond-point, continuez en direction de Collex pour encore 1.8km, jusqu'à Colovrex
4. Juste après le panneau, tournez à droite sur le ch. de la Radio (en face de l'arrêt 'Planet' du bus Z)
5. 50 mètres plus loin, tournez à gauche (maison blanche) et gardez-vous dans le parking du fond. L'entrée de 'Life Motivations' est à l'arrière du bâtiment

## B) Depuis L'Autoroute—Venant de Lausanne:

1. Aux abords de Genève, suivez les indications pour Aéroport/France, et prenez la sortie N°7 pour Ferney/Gd-Saconnex
2. Aux feux, allez tout droit et suivez les directions pour Collex pendant 2 km, jusqu'à Colovrex. Puis idem A 4-5

## C) Venant de l'aéroport:

1. Prenez la sortie N°7 pour Ferney/Gd Saconnex
  2. Au rond-point, suivez les directions pour Ferney
  3. Aux premiers feux, tournez à droite pour 0,6km puis, aux feux suivants, continuez en direction de Collex pour 1,4km jusqu'à Colovrex .
- Puis idem A 4-5

## D) Par Bus: Prenez le bus Z et descendez à l'arrêt PLANET

# DIRECTIONS TO LIFE MOTIVATIONS

## A) From Place des Nations:

1. Follow Route de Ferney, passing the Intercontinental hotel
2. In Gd-Saconnex, 1.7 km from ONU, turn right at traffic lights (direction Collex, Colovrex, Chambésy, Prégny)
3. At roundabout, continue direction Collex for another 1.8 km to Colovrex
4. Just after the Colovrex signpost, make a sharp right turn onto Chemin de la Radio (opposite bus Z stop 'Planet')
5. Drive 50 m and turn left (white house) and park in the rear of building. Life Motivations is at back entrance

## B) From Motorway (Coming From Lausanne):

1. When approaching Geneva, follow signs for Airport/France and take the Ferney/Gd-Saconnex exit (N°7 exit)
2. Go straight through traffic lights and follow directions for Collex for 2km to Colovrex. Then same as A 4-5

## C) From Motorway coming From Airport:

1. Take the Ferney/Gd-Saconnex exit (N°7 exit)
2. At roundabout, follow directions for Ferney
3. At first traffic lights, turn right and after 0,6km, at next traffic lights, continue direction Collex for another 1,4km to Colovrex. Then same as A 4-5

## D) By Bus: Take the Z Bus, and get off at stop PLANET

Register /s'inscrire  
info@lifemotivations.ch—022 774 33 48

5 chemin de la Radio, Bellevue (5 minutes de l'aéroport)

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