

### EMOTIONAL INTELLIGENCE - The KEY to Transforming Your Life!

Research demonstrates that Emotionally Intelligent people enjoy greater well-being, relationships, happiness and success. Emotions are a natural and healthy part of human life. We live in a culture that teaches the myth that it is 'strong' to repress emotion. Repressed emotions drive us, causing stress, anxiety, depression, relationship breakdowns, loss of direction and disease.

#### Emotional Intelligence Empowers You To Live Life Fully!

- Master Stress & Anxiety: Connect to peace, love and happiness
- End Isolation: Create strong, supportive, loving relationships
- Gain Motivation: Find your passion and do what you love
- Overcome Struggle: Achieve genuine success in business and life
- Heal: Come alive, boost your health and live life fully

Test Your Emotional Intelligence at:  
[www.bestemotionalintelligencetest.com](http://www.bestemotionalintelligencetest.com)

### DEVELOP EMOTIONAL LITERACY

The first step in raising Emotional Intelligence is learning to identify, name and understand the role of each emotion. A study by Dr. Craske at UCLA showed that people who can name what they are feeling stay more calm, focused and perform better in life. Here is a helpful guide:

#### HEAD TO HEART GUIDE

5 minute Anxiety & Stress Relief

#### MIND - Language: Thinking

1. Drop the story

#### BODY - Language: Sensations

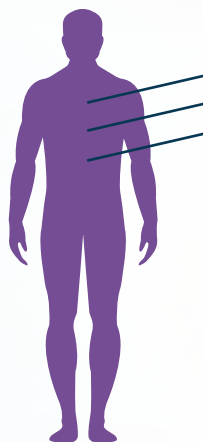
2. Describe the sensations

#### EMOTIONS - Language: Movement

3. Name and flow the emotions

#### HEART - Language: Beingness

4. Cultivate a Heart State



#### 6 PRIMARY EMOTIONS

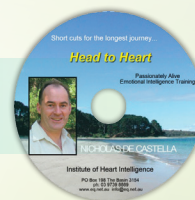
Joy & Sadness: Gain & Loss (Chest)  
Excite & Fear: Expected Gain & Loss (Stomach)  
Passion & Anger: Self Assertion & Change (Belly)

#### 5 PRIMARY HEART STATES

Peace - by Accepting What Is  
Love - by Opening and Connecting  
Happiness - by Savouring the Moment  
Gratitude - by Praise and Appreciation  
Contentment - by Connecting in Your Heart

#### The Next Step in Raising Your Emotional Intelligence - FREE!

Download your free Head to Heart Audio guide at: [www.eq.net.au](http://www.eq.net.au)



#### Nicholas and Susan de Castella:

Are practitioners and trainers who have over twenty years experience in Coaching, Breathwork and Transformation. They are avid spiritual seekers sharing a passionate marriage with two great kids.

*"We are living our dream life and would like to help you create yours."*

**The Thrive Coach Academy** conducts Emotional Intelligence Courses for personal empowerment and professional Well-Being Coach Training.

# Thrive Well-Being Pathway

Would you like to help others boost health and vitality?  
Are you looking for a meaningful work?  
Like to have your freedom and generate a great income?  
Are you passionate about your personal growth?  
Would you like to inspire the greatness in others?



## Thrive Breakthrough Days

A powerful 1 day workshop that give you an understanding of how to master your emotions and discover a new way of living – from your heart.

## Level 1. Core Clearing Certification (Passionately Alive)

Passionately Alive is a life transforming 3 ½ day Emotional Intelligence Training. Learn powerful techniques to clear emotional blockages in minutes, open your heart and live a genuine exciting and successful life.

- **Self Sooth:** Transform stress or anxiety into peace and passion for life
- **Self Love:** Come to accept yourself and feel good about who you are
- **Strengthen Relationships:** Connect with others in fulfilling ways
- **Heal physical and emotional pain:** Release pain, accelerate healing
- **Move forward in life.** Experience more joy, ease and gratitude for life

## Level 2 Thrive Pathway Practitioner

Guide clients through the 5 week 'Thrive Pathway' program to assist them find direction, purpose and motivation. The training requirements are: attend, refresh and assist at Passionately Alive plus 2 training days.

## Level 3 Thrive Well-Being Coach & Breathwork Practitioner

### A Life Changing Professional and Personal Development Experience

- Become a certified Thrive Well-Being Coach and Breathwork Practitioner.
- The training requirements are: attend 5 Module Heart Centred Living Program plus 5 training days.

## Level 4 Thrive Group Facilitator

Train to lead meditation and transformational groups, classes and workshops to inspire others to be at their best and create a life they love.

### THRIVE WELL-BEING COACH TRAINING

Introductory Webinar : 8th February at 8pm  
For a Prospectus Email [info@eq.net.au](mailto:info@eq.net.au)

## 2018 CALENDAR

**Thrive Breakthrough Days**  
**2018 BY DESIGN** Jan. 21  
**Breakthrough Days:**  
March 18 June 3  
August 5 October 28

## Thrive Coach and Breathwork Training Level 1

### Core Clearing Certification Passionately Alive

February	22 - 25
April	19 - 22
June	21 - 24
September	20 - 23
November	22 - 25

### Level 2

#### Thrive Pathway Practitioner

Attend: 3 x Passionately Alive + 2 Training Days  
Feb. 26-27, April 23-24 or  
June 25-26

### Level 3

#### Thrive Well-Being Coach & Breathwork Practitioner

Training Days: May 28, July 30,  
Aug 20, Oct 15, Nov. 19

### Heart Centred Living Program

<b>Alchemy</b>	May 24 - 27
<b>Empowerment</b>	July 26 - 29
<b>Relationships</b>	Aug. 16 - 19
<b>Womanhood</b>	Oct. 11 - 14
<b>Manhood</b>	Oct. 18 - 21
<b>Spirituality</b>	Nov. 15 - 18

\*Can be attended individually  
Prerequisite. Passionately Alive

### Level 4

#### Group Facilitator Training

**Start Date:** March 13-14

### Thrive Business Building

**In Person:** March 15&16, May 17&18, Aug. 9&10, Oct. 25&26,  
**Online:** June 14, July 25,  
Sept. 13, Nov. 29  
[www.thrivebb.com/](http://www.thrivebb.com/)

### Men's Group

1st Monday of the month  
Starts: February 5

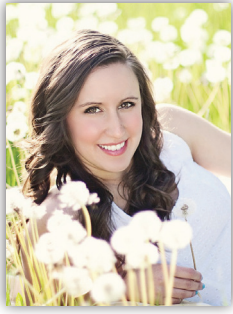
### Winter Escape

Heart Centred Retreat  
Rainbow Beach. QLD: July 6-8



# THRIVE: HEART CENTRED LIVING MODULES

Prerequisite: Passionately Alive - Modules maybe attended individually



## Alchemy - Conscious Creating!

**Gain tools to create your life, how you want it to be, from your heart**

Your mind and heart have the ability to achieve way beyond what you can imagine. To harness this power you have to know how to access and channel these abilities. I transformed my life from struggle to ease when I discovered the keys. At Alchemy you can gain the skills to:

- Create inner peace, loving relationships, financial abundance and success
- Clear patterns of self sabotage keeping you stuck in under achievement
- Love yourself more deeply so you feel worthy to receive life's blessings
- Gain energy and vitality, enhance your body's ability to heal
- Take greater control of your life, achieve more, save time and have fun

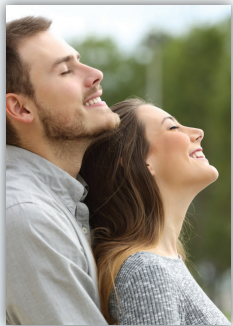


## Empowerment - Inner Child Healing

**Free yourself from restrictive childhood conditioning**

You were born open, perfect and whole. Life was an adventure just waiting to be explored. In growing up you may have lost touch with this essential aliveness. Nurturing Your Inner Child is about healing the split between who you are and who you have become. Remember your true nature:

- Feel more whole, at peace, happy and at home in yourself
- Rekindle your sparkle and enthusiasm for life
- Release the pain, guilt, fear and shame that holds you back
- Let go of feelings of inadequacy and love yourself for being who you are
- Release burdens, lighten up, have more fun and laugh more



## Loving Relationships

**Open your heart to loving, passionate and nurturing relationships**

This program is for singles and couples. Learn heart based skills to establish connection so you can grow and have more fun times together. You will:

- Heal past hurts and open your heart to journey deeper into love
- Discover fun ways to connect with your partner
- Resolve conflicts gently and easily with empathetic communication skills
- Enrich your sex life with heart centred intimacy skills

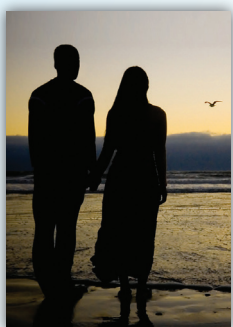


## Womanhood / Manhood

**Fostering open hearted, confident men and women**

A chance to take time out to get perspective on your life to:

- Heal the shame that is holding you back from living fully
- Recognise, appreciate and celebrate who you are
- Be authentic, gain confidence and build real friendships
- Gain strength and motivation by identifying your purpose in life



## Radical Breakthroughs - Spirituality

**Your true spiritual nature is timeless, unchanging, perfect and whole**

You are not your thoughts, body or emotions. Who you are, your true spiritual nature, is timeless, unchanging, perfect and whole. To realise this is a radical breakthrough.

Once you experience this truth, your whole life will forever be different. Experience:

- Deep inner peace and be less thrown about by life's ups and downs.
- Gain clearer guidance from within and make wiser decisions.
- Feel more whole and complete inside, be more patient, kind and loving.
- Deepen your understanding and connection with your spiritual nature.

# TRUE STORIES...



## Mel Macaulay

As a personal trainer and athlete Mel knew what it took to work hard, to push herself beyond limitations, to hurt but ignore it and to never quit. That's how she used to race. However in 2017, under

the expert guidance of Nicholas & Susan de Castella she applied the Heart Centred Living principles they taught and her life has been transformed. She is being more present; accepts what she is feeling in the moment, and is releasing her past emotional blocks. In the recent 24 hour Australian Championships she focused on racing with flow, and to her surprise she rode straight into the gold medal - National Champion!

"It was the easiest race I've ever ridden, because I used the Thrive Well-Being Coaching tools." She now guides her clients to release the old patterns that are holding them stuck in all areas of their lives.

*"Thrive Well-Being Coach training has given me another product to offer my clients and a new income stream to add to my business, at the same time adding value to my client's results and lives. This is only the beginning of a whole new journey for my family, my clients, my business & me!"*



## Chris Giannakis

After working for many years with long hours and being successful in his role in the corporate world, Chris felt a deep sense of dissatisfaction, disconnection and separation.

All he knew was that he wanted to help people and that he enjoyed working with young people. This became clear when he gave time to feel within and listen to his heart's guidance. It was through the Thrive Coach experiences of healing his issues and letting go of his past unresolved emotional baggage that Chris's life opened up to all it could be...and even more!

He went on to study as a Youth Worker and while at student placement he was offered a job (before he'd even finished his study). It was such a privilege for him to work in a role so strongly aligned to his values and his passion.

*"Something magical happened when I listened to and followed my heart (living a heart centred life). I worried less and trusted more, things work out for the best (and often better than I imagine) and when I'm truly in my heart it happens with ease. I began to believe that I deserved something better. Thank you Nicholas and Susan for your generosity, your wisdom and your heart."*

## Anne Hubbard

Anne began her journey of Heart Intelligence at a 1 day presentation and it really struck her that she had not educated her emotional self as much as other aspects. So she stepped forward and completed the Thrive Well-Being Coach and Breathwork Training. It opened her up to being more present, she stepped out of her overloaded mental world and into coaching.

Now, she is doing what she loves, running Emotional Intelligence trainings for parents of kids and teenagers. She supports her clients to enjoy permanent transformational shifts. She has conducted over 30 group programs with clients from around Australia, the UK, US, Czech Republic and even Sri Lanka.

*"It was really challenging to turn up for myself in each moment, step away from being a mother and wife and to spend time on just myself. I wanted to walk my talk and live an authentic and heart-filled life and it has been well worth it!" Thank you Nicholas for helping me face my fears of rejection and judgment, get out there, shine brighter and share my message."*



## Louise Wigg

Louise felt lost and miserable. Everyday was like 'Groundhog Day' for her back in 2002.

She kept making the same mistakes and didn't know why. She was working hard but not getting anywhere, in

and out of relationships that did not suit her and wanted to love herself and her body but had this constant empty ache inside for decades.

She had done lots of courses and had counseling but most of that was about what was going on in her head - the stories - rather than the feelings in her body. Nothing shifted for her until she found the Thrive Heart Centred teachings.

*"I did the Thrive Coach & Breathwork Training for my own personal development. It had the most amazing impact on my life. I learned all about that empty ache and all of the other feelings that had mystified me my whole life. I learned how to identify emotions, how to be with them, even the uncomfortable ones and to express them in healthy ways. To me this had been the missing piece of my puzzle. I could now love myself and allow true love in. During my training I found the love of my life and married him!"*

*Thank you Nicholas and Susan! When I met you I was looking for so much. Your work helped me to find myself...my loving husband, our children and the fantastic life I now feel so blessed by and grateful for. Thank you."*

**BEGIN YOUR HEART OPENING NOW...  
GET YOUR FREE RESOURCES!**

**Passionately Alive E-book**  
(Keys to Emotional Mastery)

**Heart Centering Meditation - 5 minute**  
**Head to Heart Audio Presentation - 60 minute**  
**Go to: [www.eq.net.au](http://www.eq.net.au)**



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