

Core Belief Coaching Course:

What's in Store?



How It All Began

My training in the Lefkoe Method began in 1985.

That was the year Morty developed the Lefkoe Belief Process for his consulting work. Later, that year Morty demonstrated an early version of the belief process to me in our home. His client was Arlene, his ex-wife. As I watched him take her through the process, she seemed to open up and transform right in front of my eyes. I thought “That’s what I’m here to do. That’s what I’m on this Earth to do.”



1985 was also the year that New Coke appeared on store shelves. But while New Coke has gone the way of the dodo, the Lefkoe Method has only grown in impact.

After this, I spent more time with Morty learning how to use the Lefkoe Method. Eventually, I was working with clients and getting paid. I can still remember getting that first check and how proud I felt. I was getting paid to do something I loved that was really helping people. At that time both Morty and I were working with clients. Those early days were very exciting. Every evening after the last clients went home, we would talk about what we learned from our sessions. We refined the process together.

By 1992, we had learned enough that we decided to train people in our approach.

We had 7 students that we trained in our home in Connecticut. Here’s how the training went. We would demonstrate the process on a student while we explained what we did. We’d have a discussion afterward. Then we would have our students practice with each other in pairs. We did this for a week. Afterward, we had our students work with their own clients and make recordings. We’d listen to the recordings and give feedback.

It was both wonderful and frustrating at the same time.

It was wonderful to see that people were taking what at that point had been 8 to 10 years of work and making a difference in people’s lives. It was frustrating in that the students made so many mistakes in the recordings. The most challenging mistake to deal with was when a student started to eliminate something that is not a belief. It was frustrating to listen to a recording in which just about everything was wrong because they weren’t even working on a belief.

During these early years, I couldn’t understand at first why people struggled to learn our approach. We did eventually, solve many of these difficulties by changing how we taught and we were able to train people faster and faster.

Around 2001 we started having stand-alone workshops over the weekends.

We would meet people for two days and teach them one of three trainings we had developed. LMT1 - Core Belief Coaching, LMT2 - The Belief Discovery Training, and LMT3 - Neutralizing Emotional Triggers (they had different names back then). Those workshops represented another advancement in how we taught TLM. But still, the results weren't exactly what we wanted.

Fortunately, one of our students at the time, Rodney Daut, helped us come up with ways to improve how we taught

For example, just like before, many students were working on beliefs that weren't really beliefs. They might work with a client on a belief such as "I'm a procrastinator." On the surface that seems like a belief you could work on. Unfortunately, it won't help the client. We used to say, "That's a pattern, not a belief." And people would say "But it seems like a belief. I don't get why it's a pattern." We would explain and explain the difference between a pattern and a belief but people were still confused.

The solution Rodney came up with was quite elegant

He said, "It is a belief, it's just not one that causes the problem. It describes the problem." So for example the belief "I'm a procrastinator" just describes the issue. It doesn't cause the person to procrastinate. The client only decided that he's a procrastinator because he observed himself procrastinating. So that belief didn't cause the problem, it was formed as a consequence of having the problem.

That explanation pretty much eliminated the issue of our students working on beliefs that wouldn't make any difference to the client. Eventually, we hired Rodney and through the years, he helped us systematically make things clearer and clearer. And more and more people came to understand TLM.

Although we didn't know it at the time, in the years 2008-2009 we conducted what would be the last live workshops that Morty and I would give together. Rodney designed the workshops in conjunction with Morty. At that time, I was busier than ever with one-on-one sessions but also co-led the workshops. So there were three of us leading the training.

We had less lecture and more group activities.

For example, we had groups build their own version of the Lefkoe Belief Process on butcher paper after observing a demonstration. We had students do activities in pairs and small groups. We had insightful discussions. It was a lot of fun and a very high-energy event. People were still exhausted by the end but they were far more energized than we had ever seen before even though the

workshops were longer than just a weekend. We had people fly from all over the world to attend that workshop including one from Ireland and another from Israel.

These workshops were amazing and people had a great time learning.

It was so much easier for us to teach and students to learn with our newer approach to teaching. The problem is these trainings were expensive for the participant to attend and for us to put on. We had to find a venue, pay for the venue and pay for snacks, handouts and our own transportation. Our participants also had to pay for lodging, time time off from their work (we started on Friday) and plane tickets to our venue. The training was great but we wanted an approach that would allow us to train people in a far more affordable way.

Fortunately, the internet would make this dream possible.

By 2011 or so the online world was changing and we thought it would be possible to teach TLM in an online format. So we had Rodney create the first online Lefkoe Method Training. When we offered 40 spots to our email list, it filled up in just a couple of hours. We had a lot of technical struggles in that course. The site was slow. The membership system had bugs. It took too long to give feedback on assignments. We fixed these issues and by the end students were in love with what they had learned.

I feel blessed I found Morty and Shelly's program in the world because all my life I wanted to make a change in me that would last and I'm happy that after 8 years of searching for such a knowledge or experience as they had, I've found it and was able to change my life.

I wanted to make a change in how I experience the world, I wanted to wake up with a smile on my face, I wanted to be unaffected with what others think or say about me and I wanted to be the person who's unafraid of taking what he wants in the world.

*I made it my mission to spread the training among my work environment, my friends and family. My loved ones really do deserve this!
I cannot thank enough Morty or Shelly*

- Erik Chepoy, Founder FlyTV Telecom LTD, Israel

I have tried many training programs, audios, courses, groups, which teach you tools to help eliminate negative beliefs. The Lefkoe Method is by far the simplest, and most impactful. You get REAL results FAST! So fast, sometimes you don't even realize it. I have used the process on myself and am now implementing it into my system whereby I'm helping my clients remove their biggest blocks to success (their negative beliefs). I am a firm believer in the process; it works!

-Lorena Stanley, Career Strategist, Career Success Results

The process for eliminating beliefs through the Lefkoe Method have been life changing for me. I originally took this class for self-development, but I have been sharing this knowledge with my family as well. I have helped my children to eliminate some of their limiting beliefs. Knowing that you are in control of your life has been very valuable for them. My hope is that I will assist many more people to stand in their power and intentionally create their lives.

*Brandi Khan
Lake Jackson, Texas USA*

One thing we took note of is that few of our students ended up working on beliefs that would make no difference. Our new approaches were working.

But did you know that our approach to eliminating beliefs also went through a kind of evolution?

In fact, there's a big difference in what the belief process was like 30 years ago and how it is today. Then it was six steps that I used to keep on a sheet of paper in my lap so I wouldn't forget a step. Now we all work without notes. Then we only worked with people in person. Now our clients meet with us over the phone or using online conference services. Then all our clients were referrals. Now many find us online. But these are small potatoes compared to another major change. The biggest difference was in how long the process took.

Two hours.

It used to take us two hours to eliminate just one belief. Eventually, we brought that down to 90 minutes. Then 75 minutes. By 2003 or so, our sessions were 60 minutes long and we were eliminating several beliefs in one session.

If you find parts of the Lefkoe Belief Process challenging, I hope you can take heart knowing that if you take our course, you're starting light years ahead of where Morty and I were when we began. All of our students are faster than I was when I worked with my first clients. And they get rid of beliefs a lot more consistently than I did then.

I was asked recently about what made the process take so long in the early days. I honestly don't remember a lot of it. Rodney remembers Morty saying the belief process had fewer steps in the beginning. The additional steps actually sped up the process.

One thing I know speeds things up, as well as makes you far more effective, is knowing what to do when the client gets stuck. I say more about that next.

Elements of the course

There are a few important elements of the course to be aware of:

- Daily practice
- Tiny increments
- Group learning
- Expert feedback

Daily practice

Daily practice means just that, you do something to further your learning just about every day. Why do we do this? Experts on learning have found that what's called "distributive practice" is far superior to "block practice." "Distributive practice" means spreading the learning out over time. Block practice means trying to learn in big chunks.

When you learn over time, you can absorb material far more deeply than when you go at it in large chunks.

You remember more. You can apply more and the process of learning is far more enjoyable. Studies have shown that distributive practice can improve learning by 50% or 60% or more. And the longer the study, the more powerful the results of distributive practice are. If you want to learn and keep what you learn, then learning in daily doses is ideal.

How large are these daily doses?

They range from 2 hours to 30 minutes depending on the task. For the middle weeks, many students took nearly an hour a day. So keep in mind that this course does require a fair bit of work.

Tiny increments

Tiny increments means that what you do each day will move you ahead inch by inch. In fact, you might wonder "when does the real course begin" at first. But after a few weeks it will get harder but still be doable. All those baby steps prepared you for challenges that would have been too daunting earlier. By the end of the course you may even underestimate how much you've learned until you face a client that requires you to use every tool from the course and you apply what you've learned with very little struggle.

Group learning

In this course you will be submitting your work in a forum that only your group

can access. This means that when one student makes a mistake, we give feedback and all students learn from it. In other courses, you may have done your own work with no feedback or only been given private feedback. This means that you were deprived from learning from others who are making mistakes you might make in the future. With group learning, every student benefits every other student. And when you give feedback to another person, you find that your own learning deepens as well.

Expert feedback

You will not just get feedback from fellow students but from a Certified Lefkoe Method Facilitator. You will always know what you're doing well and what to improve so that you can reach a standard of excellence. We leave nothing to chance.

However, there is always an unknown variable that can make something we thought was easy hard for someone else. We deal with that by letting you know who to blame if you don't learn ...

In my experience, the most useful and valuable thing I obtained from this training was that I made a bunch of crucial distinctions about the LBP that I wasn't aware of before taking the course. These distinctions are about the focus of the main purpose of each step.

I used to be afraid that I would be stuck in my old ways forever, until I found out about the Lefkoe's work. If you have ever had the experience of eliminating a belief with his method, you know first-hand that every person has unlimited potential to do and have and be things that go beyond our dreams. This training is the first step towards changing life for the better. If that's something that appeals to you, then I recommend you enroll. The lessons are practical and clear; and they will make sure you understand everything completely.

Alejandro Arroyo
Monterrey, Nuevo León, México

Contingencies

Imagine that tonight for the first time you decided to make **Crab, Spinach and Artichoke Dip** for your dinner guests. What could go wrong?

You run through the ingredients to double-check that you have each one.

Crab. Check.

Spinach. Check.

Artichoke. Check.

One leek. Ch...

Uh oh. You forgot the leeks! There's no time to run to the store. You don't have them growing in your backyard. Your neighbor only eats take out. What can you do? You ask Google and Google answers with a list of substitutions: green onions, white onions, shallots. You check the fridge and you have some white onions. Whew! Dinner is saved.

But could all this stress have been avoided?

What if instead of waiting until something goes wrong to find a solution, you had a list of substitutions in advance? That way each time you were out of an ingredient you knew just what to do with no worry. That's similar to how we've organized the Lefkoe Method Training 1.

We've seen just about every way the process can go wrong and we've come up with solutions. When you take the course you learn the steps of the belief process and these solutions. That way you'll rarely be stumped when a client has trouble with a step in the process. You'll know just what to do.

This is called contingency planning.

It's powerful because it gives you confidence. The confidence that you can handle just about any situation a client throws at you. Most training focuses on what to do in the ideal world. But we all know the real world is far less than ideal. We try to communicate one thing and the person understands something very different than what we intended. We ask a question and the client seems to answer a completely different question. We have the best of intentions but things still sometimes go awry.

How do we overcome these barriers?

We teach you the contingencies. We give you plan A - the easy way - in case that works. But we give you plan B and plan C and even plan D sometimes. You will learn what to do when things are easy and what to do when nothing

seems to work. You'll never be at a loss. You'll always have a plan. As a result, you'll have confidence that you can help just about anyone.

And one side-effect of this is you can get out of your head and be fully in touch with your client. You can stop worrying about whether what you're doing will work and focus on the person. And as soon as something doesn't feel right, you can then take your time to respond effectively and calmly. There is no rush. You will be able to help the client.

To get to this state of calm and focus, requires that you are trained in specific elements that allow you to fully integrate your learning. That way you can respond in a natural way. You learn about the elements of the course next.

The Lefkoe Method Training was a very valuable experience and it has done two main things for me: It has deepened my understanding of the Natural Confidence Program, of how beliefs are formed and how they operate in my life. And it has provided me with an elegant way to help other people out of stuck places just by asking a few very distinct questions in a structured sequence. For all possible pitfalls or difficulties in the process tools are given on how to deal with them, so that I feel perfectly able to do this process with anybody who is suffering from limiting childhood beliefs.

Joseann Freyer-Lindner
Finland

Who is to blame?

If you don't learn, then who is to blame?

We are.

And by "we" I mean your instructors.

This means we ensure your learning. If you work and don't learn, then we need to fix our teaching. I know this is very different than what you've heard before. Particularly in the land of self-help in which gurus blame participants for not working hard enough when they don't get results. We don't do that. If we blame anything, we blame our teaching methods if you don't learn. The only thing required of you is to do the work. If you do the work and don't learn, then who's at fault? Certainly not the student. It can only be the teacher.

This then gives just two responsibilities to the student. To work and yes, to complain.

Work is obvious. We can't teach you if you don't work. But complaining is less obvious. Don't people hate complaining and those who complain a lot?

We had a student who was constantly finding something wrong in one course.

Just about every lesson she pointed out something that didn't work. Rodney thanked her each time she pointed out something that needed to change. He said he ended up learning more from her than I have from any other student. Yes, she was a person with a critical eye and yes, that was extremely valuable. Rodney told me "If she had gone silent, I would have probed. What happened? We can't be perfect already?"

So our responsibility is to create a learning process in which you become great at eliminating beliefs.

Your responsibility is to work and tell us when things ... well ... don't work.

And one further thing ... it's up to us to make you feel good about giving us feedback.

We can't ignore you. We can't fail to express our gratitude. We can't fail to let you know that your feedback is like air. We'll almost certainly die without it. (OK well maybe not that dramatic but still we wouldn't be where we are today without people like you giving us feedback.)

“But don’t I take some responsibility?”

If you work hard, you should get results. If not, then our method of instructing you is to blame. If you want to take responsibility for something, take responsibility for whether or not you tell us when you’re having trouble. Do that with the assumption that we will help you. Do the assignments. Inform us when there are problems. Your responsibility ends there and from there it’s our job to fix the lessons so you can grasp them.

Because of the learning environment we create, we’ve gotten fantastic feedback from past students. Read on to see what many of them said.

Student feedback

I I enjoyed every minute of this very insightful course and I do recommend it. During the eight weeks of the course, I gained much confidence and I learned all the skills and techniques necessary to master the Lefkoe Belief Process. Three weeks ago, I started practicing the LBP on my sister, and together we have already managed to eliminate a few beliefs she held and change her creation. I am thrilled to know that I now have the ability to change my life and the life of the people I love. I will forever be grateful to Morty for changing my life and for empowering me to change others' lives.

Veronique Bessard
Entrepreneur, Switzeland

I have been counseling and coaching people for the past 17 years. The Lefkoe Method is by far the most effective and elegant treatment I offer my clients.

This training clarifies the underlying key points so that anyone can use the method for themselves or their clients. It distills the Lefkoes' years of experience to provide valuable tips on how to tell if the method is working and how to troubleshoot.

After you've experienced this powerful method for yourself, you'll want to know how to help others unlock the grip of the past once and for all, and this training gives you the key!

Suzanne Bare,
MA, RelateGreat Coaching
Behavioral Health Instructor, Kaiser Permanente
Moraga, CA, USA

The Lefkoe Method is absolutely the most useful tool for management I have ever seen. With just a few questions, you can help someone breakthrough into a new space of responsibility and performance.

Mastering the Lefkoe Method is the same as mastering the ability to turn people on to their own power when they don't even realize they are turned off.

**Joseph Dowdy, President Beachhead Communications
Lompoc, CA**

When I tried "Natural confidence program" I was amazed how effective Lefkoe method is. Shortly I realised, that I have a lot more of beliefs to remove, so I needed the tool. When online training became available, I ordered it right away, and I'm very happy with that decision. It is possible to understand main principles of the process without the training, but the training provides crucial details which let do the process in the effective way. I guess without this training it can take a few years to learn it from practice.

**Mindaugas Baranauskas
Vilnius, Lithuania**

Taking the Lefkoe Method training helped me understand the process better and reinforced my own experience of eliminating limiting beliefs and becoming the creator of my own life. I have started putting the LBP to work in many aspects of my life, assisting friends and colleagues with dealing with daily life situations. I look forward to helping clients with their own lives.

**Paul Riismandel
Chicago, IL**

In my experience, the most useful and valuable thing I obtained from this training was that I made a bunch of crucial distinctions about the LBP that I wasn't aware of before taking the course. These distinctions are about the focus of the main purpose of each step.

I used to be afraid that I would be stuck in my old ways forever, until I found out about the Lefkoe's work. If you have ever had the experience of eliminating a belief with his method, you know first-hand that every person has unlimited potential to do and have and be things that go beyond our dreams. This training is the first step towards changing life for the better. If that's something that appeals to you, then I recommend you enroll. The lessons are practical and clear; and they will make sure you understand everything completely.

Alejandro Arroyo
Monterrey, Nuevo León, México

Very well organized and put together program which balances out experiential work on self and others with practical study and written homework. Much resistance and tension has been released from my life, and I am more centered and present. I am very grateful to have the knowledge and skills to assist others as well. This training was well worth the investment of time, money, and effort to let go of a lot of excess baggage which I no longer need to carry. All I can say is "Go for It"!

Joseph William Stasaitis
Oceanside, CA USA

I mostly wanted get the Lefkoe Method training to help family and myself. However, I was so successful at eliminating some of the core beliefs that have held me back all my life and in business; I want to start sharing this with my business clients.

Becky Hess
Salt Lake City, Utah

The Lefkoe Method was an incredible discovery! We always hear that we have to change our beliefs to change our lives, but no one had an efficient and logical way of doing it. Finally a technique that is efficient and deliver results in eliminating beliefs! I have only discovered it a few months ago and I already see the transformation within myself and changes in my life. Do not hesitate to take the training, it works!

**Jannie
Bromont, Canada**

I enjoyed the step by step process and the buddy assignments. The script is a valuable tool. Also Very helpful to work with someone and then apply it to a willing participant!

The Lefkoe Method training is amazing! What a find! It has helped me tremendously with my own beliefs, as well as giving me valuable tools to help others eliminate their beliefs. I found the training to be clear and organized. I look forward to continuing on with the next course and learning more!

**Daria Mautner (Cohen)
Novato, CA USA**

LMT1 was very useful training to me. I am able to work further on my own limiting beliefs now and finally I got to the point were I can fix whatever shows up in 3-4 minutes forever and this is amazing result! The process itself only looks simple, in fact there are a lot of subtle but yet important aspects on how to put it right. I recommend this training to everyone interested in personal development and helping others.

**Dmitry Korolkov
Kaliningrad, Russian Federation**

The Lefkoe Method is a very effective and insightful tool to help one free himself and grow. The training is clear and does its job: getting you to eliminate successfully beliefs on others and on yourself.

When you grasp - not as a concept, but as something you've experienced inside - that people are mostly run by beliefs, compassion follows, and wanting to alleviate the sufferance of others becomes a natural goal. All truth opens more than the eyes alone...

As I've done, you might try by yourself for years to eliminate beliefs without being able to do so, just because you were almost doing it right but not entirely though... Don't waste your time, take the course!

Gabriel Carlo
France

The results that I have created in my life from participating in The Lefkoe Method training are outstanding. I'm clear that these results would have taken me years longer to produce without the training. The Lefkoe Method training helped me to achieve things that I have not been able to achieve in over 6 years of personal growth work. Confidence is now natural, my health has improved and my business is taking off. Give yourself the best gift possible - sign up for the training!

Leah Lamb, Creator and Founder of Recovery in Transformation
Boynton Beach, Florida

Making decision to attend LMT1 is one of best decision I made for my life. Since I learnt this course about 2 month ago , I eliminated a quite amount of negative belief about my self . As time goes on, I feel I am more peace and happy with all situation at work and at home. I rarely had any anxiety anymore. I consider myself very lucky coming across and learning LMT. Thanks for Lefkoe Institute creating this wonderful course.

Indra
Stamford/CT/USA

The Lefkoe Method definitely added a major dimension to my practice as a psychotherapist. I've learned many effective, precise, and efficient methods for doing therapy over the 42 years of my professional experience. I'm a professor and chair of the School of Psychology and Counseling at a university and have introduced this process to students who have received the process enthusiastically. I am not teaching the process but introducing its basic ideas and processes available in recreateyourlife.com. I've had very effective ways to resolve severe emotional distress and trauma in a few minutes for years. However, even with an extensive background in cognitive approaches, I've found that there were gaps that needed to be addressed in working with beliefs. I found the LBP filled that gap by identifying and giving a precise systematic way to recognizing and eliminate core beliefs. I've found LBP to be very effective in addressing personal issues, emotions, and behavior. I strongly recommend the Lefkoe Method Training for personal as well as professional development.

John McBee
Oklahoma City, Oklahoma, USA

I went through the free online Lefkoe Belief Process (LBP) and eliminated the three beliefs. After eliminating these three beliefs I was amazed that the process was so effective. I bought the Natural Confidence belief elimination program. I couldn't believe that removing beliefs was such a quick process. I was convinced that I wanted to know how to get more training so I could use the LBP for myself as well as clients that I coach. I took the Lefkoe Method Training 1 (LMT 1) and now I am taking the LMT 2 course. Taking the training is well worth the commitment.

Ellis Fischer (Business/Executive Coach)
Oklahoma City, Oklahoma, USA

Tjis was the best online training I ever took. The program is very clear, well structured. They answer any questions there might be in the application of the process. I am very thankful to be able to use this process on myself and other people.

Claudia Gonzalez
Switzerland

The Lefkoe Method training has been a life-changing experience for me : I was very skeptical at first and found myself resisting the fact that such a “simple” (apparently simple!) process could actually work.

Then at some point I realized that my resistance was due to some of my own beliefs about change and personal development ! So I « played the game » all the way through and I am not disappointed :

After testing the method on myself and a few people, I must say that I am very impressed by it: in a very smooth and elegant manner, without « huge emotions », no « hard work » nor « terrible resistances », beliefs are deactivated. All of this happens in a very low key, matter of fact, fun and immediate manner. Astonishing !

As a professional facilitator, I have experienced and use a great variety of processes, but this one is simple, short, and works wonderfully. I am seeing people change behavior, feel much better and express qualities they were previously keeping hidden... and I am experiencing the same transformations in my own life...

If you are interested in helping others outgrow their own limitations, I believe you must learn the Lefkoe Method and add it to your own skills. This is a must !

Thank you Morty, and the Lefkoe team !

**Dominique Proudhon, Ph.D., Independent facilitator & trainer
Nimes, France**

The Lefkoe Method has been one of the most powerful and best self revealing process, that I have experienced, I have done many. It is gentle and powerful at the same time. I am much more comfortable and confident with myself and who I am. Don't think twice about taking the training if you want to either eliminate your own beliefs and help others do the same. I am now using it in my Coaching and Counselling Practice and getting great results.

**Chipo Shambare Speaker,Trainer & Coach
Ottawa. Ontario. Canada**

The Lefkoe Method training was not the first training I did to improve my life and help others to do so. But I always missed to come to the point to eliminate the source of my fears, doubts, angers... which are - my beliefs. The Lefkoe Method for me is a beautiful smooth and easy way to get rid of old heavy luggage. Don't miss this opportunity to lighten your life!

Isabella Pollak
Graz/Austria

The MLP is one of the most important things I have ever done for myself. I have grown beyond measure and feel more confident in all that I am doing. When I first took the course, it was to become a coach, however I have enriched and deepened my personal experience through this course and I do believe that will only help me become a better coach when I am ready. I highly recommend this course.

Linda PriceKing
Norfolk, VA

I am completely happy with the Lefkoe Method training. The training is truly empowering and life changing, not just in my own life, but in the lives of my friends and family. My life has improved in ways I could not imagine. The Lefkoe Institute staff are ever present and available to answer any questions or problems that arise. I am more happy and confident than I've ever been. Thank you!

Darl Long
Rocklin, California USA

I have found this method to be very useful in breaking the hold that some beliefs have had on me. The method is also quick. For one particularly difficult belief which I knew I had and which had been a major stumbling block for me over the years disappeared in one session - I had to repeat the process 3 times due to the stickiness of the problem - and I could feel an instant 'detachment' from this belief when I finally succeeded. Doing the process three times for me took about an hour and a half - which I thought was amazingly quick. I think this method is deceptively simple and extremely powerful.

Susan Ormsby
Sydney, New South Wales, Australia

After completing the first part of the LBPT I feel like I am seeing world in a totally new light. I am enjoying the freedom given to me by realising 'there is no inherent meaning' to anything! It's been thrilling to discover I am already able to help some of my clients to overcome a few limiting beliefs that impacted negatively on their singing and performance. I am really looking forward to further developing my skills and understanding of the Lefkoe Method with practice and future courses.

Line Hilton, Vocal and performance coach
London, United Kingdom

The Lefkoe Method training gave me a way (finally!!!) to help break down and eliminate old beliefs that were standing in the way of having the life I wanted and now I can use the same techniques with my clients. I can't believe how easy and quick it is compared to other modalities I've used. I've taken several Lefkoe courses and they have all helped me gain more self-confidence and feel more peaceful and happy. Events, people and situations that used to bother me, have no effect on me now because of learning and implementing the Lefkoe Method. The training is very thorough and I would recommend it to anyone who wants to create a new paradigm for their own life or for their clients.

-Theresa Tetley, www.Lots-of-Dating-Advice.com
Los Angeles, California

Lefkoe Method is life changing.

I worked on many of my own beliefs and work with different clients and see great results. Just today I was in a bank in the city to clear an issue. Usually I would be very nervous and feel that “they do me a favor by answering my questions and dealing with me at all”, but I was able just to stay there and to clear everything and ask what I needed. And this is with all situations of that kind. I feel good, man.

David Grebe
Duisburg, NRW, Germany

If you are like me and you have done the “Natural Confidence” program and it had changed your life, then this course is the next step. Don’t make the mistake of thinking you already figured out how the process works, and don’t make the mistake of thinking you are already finished with all your limiting beliefs. This course will gain you a new understanding of the process and teach you the fine parts of the process that seem simple but you could be doing wrong. It would make you go down to the core of it, and motivate you to find and eliminate more of your beliefs, and that alone is a great benefit. Finally, it would push you to practice with other people and help them.

Lior Stemer
Israel

Even if you’re already eliminating beliefs on your own using the guidelines, the Lefkoe Method training helps you take that experience to a new and much more powerful level. In the course, I learned key distinctions that helped me to be both faster and more effective in eliminating beliefs for myself. And as for helping others, this training has given me the pleasure of being able to facilitate unheard-of breakthroughs in the lives of people I love.

Clayton Foor, musician
Pleasant Hill, CA

The Lefkoe Method training program is well designed and delivered in a way that is easy to follow. The fact that you can do it on your own schedule is a plus because you can fit it in when you have free time and not feel rushed. The assignments are very helpful in that they help you remember what you have just learned. Also the comments about the homework clarifies things and gives you confidence when you are “ getting it”. Like the other Lefkoe courses I have taken, I found the LBP program to be informative, inspiring and meaningful. I can't wait to start implementing LBP in my personal and professional life. I know it works because after I completed the Natural Confidence course and eliminated my beliefs my entire life improved virtually overnight proving that the common belief that change is difficult and takes a long time is erroneous. No matter who you are and what you do and where you are in your life's journey, I am sure you will benefit from the LBP and the training course. Blessings.

Diana Foster
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