

GOLDSTER★

HAPPINESS HUB:
INTERRUPTING PATTERNS
WHEN THE BODY SAYS NO





INTERRUPTING PATTERNS WHEN THE BODY SAYS NO

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INTERRUPTING PATTERNS WHEN THE BODY SAYS NO

Join Kath Temple, Goldster's Success & Happiness Psychologist, for a 6 week journey – Interrupting Patterns When The Body Says No. Kath has worked alongside Dr Gabor Maté, Paul McKenna, Dr Richard Bandler, Dr Ron Ruden, Dr Steve Ruden and has been taught by some of the world's best teachers including Professor Candace Pert, Dr Wayne Dyer, Dr Joe Dispenza, Dr Bruce Lipton, Dr Masaru Emoto, Dr Christiane Northrup, Dr Ernest Rossi, Dr Caroline Myss, Louise Hay, Dr Daniel Amen, Dr Doreen Virtue, Dr Brian Weiss, Greg Braden, Dr Robert Holden, Dr Richard Bandler, Paul McKenna, Marianne Williamson, Neale Donald Walsh, Gary Zukav, Joe Griffin & Ivan Tyrrell, Professor Bill Tiller, Professor Martin Seligman, and so many more. Across all these studies and learnings Kath has learned a great deal about how to help people to heal from physical illness as well as mental health issues.

WHEN THE BODY SAYS NO

Each of us runs patterns across our life. Some of those patterns are healthy and helpful. Some are unhealthy and unhelpful. The patterns that don't work for us can create the conditions for physical and psychological illness.

It's time to do some pattern interrupts.

My friend and colleague, the amazing Dr Gabor Maté, wrote the best-selling book 'When The Body Says No' and he observed the life and stress patterns that impacted diseases like arthritis, diabetes, heart disease, IBS, multiple sclerosis, and cancer. Gabor's book is the companion book to this course. It is available from bookstores across the UK, and from Amazon, and I encourage you to buy it or to borrow it from your local library. It's a great read!

OUR METHOD

WHAT IS GOLDSTER?

Goldster is a digital platform that has pioneered the only systematic non-drug approach to health.

Built from all the available evidence and extensive data sets, it combines social interventions designed to target the physical, emotional and cognitive benefits people seek for their health.



A STRUCTURED WELLNESS INTERVENTION PATHWAY

The programme is driven by Goldster's own Structured Wellness Intervention Pathway (SWIP).

We identify the most appropriate non-drug healthy living and ageing approaches to benefit people.

Our method links common problems faced with ageing and connects them to the most effective approaches, enabling a simple and accessible way to improve the desired area of health.

"The path is made by walking on it"

THE COURSE

Many have said that the body is the unconscious mind and many patterns of the mind will play out in the body. There is no mind-body separation. Professor Candace Pert says thought is encoded as the neuropeptides that are the molecules of emotion within ONE-HUNDREDTH OF A SECOND and travel through the trillions of cells that make up your physical form.

Healing is therefore, massively impacted by what is going on in the mind and by the life patterns and stress patterns we are running.

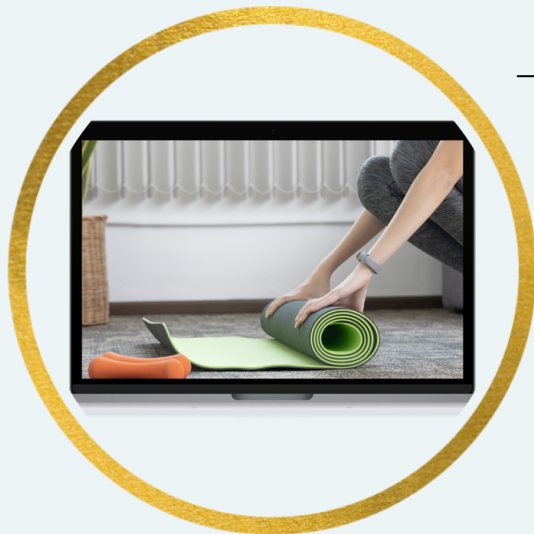
Let's engage the power of the mind, and the power of NLP, EFT and Havening to shift health issues. Let's experiment together and see what is possible in terms of physical healing and the alleviation of physical symptoms and even serious diseases.

A CONNECTED COMMUNITY

While we live in a digital world, keeping social and connected is one of the most significant aspects of a healthy life.

We want to give you many options to communicate and be as social as possible through this journey.

- The presenter will greet you in every class as a group. We want to celebrate your commitment and keep you motivated
- You will meet your instructors and other members at the start, enabling you to build rapport and friendships.



EVIDENCE-BASED, LIVE INTERACTIVE CLASSES

- Weekly coaching supports your journey and enables your advancement linked to evidence-based classes
- Don't worry about missing the coaching; you can catch up on the recording.

"When we do it together, we feel better together"

THE COURSE

GET THE MOST FROM GOLDSTER

The key to any improvement in health is doing more than one singular activity. We always encourage the use of a multi-component approach to maximise the benefits of the goldster platform



- Engage and stimulate the physical, emotional and cognitive aspects of your health with classes suggested by the coach
- Participate in the forums and group as often as possible to extract as much information as possible
- Your feedback to the coach on how you are doing will enable them the ability to adjust the course to need specifically to you



LEARNING IS PART OF THE JOURNEY

Understanding our health can help us prevent health problems and manage issues better when they arise.

Not all of us are familiar with medical terms or how our bodies work. We have to interpret statistics and evaluate risks and benefits that affect our health and safety. Let our research team put all those myths to bed and share our latest research with you.

"Learning is a journey of self discovery"

Week 1 - Can you be too nice?

- Recognise the impact on the body and your health of being too nice.
- Explore what underpins people pleasing.
- When there is a bigger YES inside.
- Saying 'No' without losing friends and family.

Week 2 - A or B – Which type are you?

- Discover the Type A and Type B personalities and patterns.
- Explore the health impact of Type B personality.
- Slow it down to speed up health recovery.

Week 3 - Is there a type C personality?

- Is there a Type C personality?
- Learn how repressing your emotions impacts your health.
- Explore assertiveness.
- How to express healthy anger.

Week 4 - Shifting Repression. How To Express With Clarity, Courage & Calm

- Explore Emotional Hijackings and how they impact you and others.
- Learn how to de-escalate an emotional hijacking.
- Discover fast ways of getting in a better emotional state.
- Express yourself with the 3Cs.

Week 5 - Patterns In Disease

- Patterns in bowel issues.
- Patterns in testicular cancer and Prostate Cancer.
- Patterns in Multiple Sclerosis.
- Patterns in Arthritis and Rheumatoid Arthritis.
- Patterns in Auto-Immune Disorders.

Week 6 - Health Creation, The 7A's of Good Health

- What do you think they are?
- Where are you on the scale of the 7A's?
- How will you create positive change in your life?
- The role of Psychosensory Therapies.

YOUR JOURNEY

1

WEEKLY COURSE

FAMILIARISE YOURSELF WITH THE SCHEDULE

Your course takes place once a week on the same day and time each week for 6 weeks. Check the [class schedule](#) on our website for the course details and any resources you may need. No need to sign up, simply join the class on the day.

2

THE DAY OF THE CLASS

CHECK YOUR INBOX

Every morning at 6.30am, we email you all the classes for that day, with the links to our website to join. Don't forget to check your spam and your junk folder. If you prefer, simply go straight to our website to join.

3

THE CLASS IS ABOUT TO START

WAITING ROOM OPENS 15 MINS BEFORE

Our class waiting rooms open 15 mins prior to the start time, just to give you enough time to get prepared and settled

4

WELCOME TO THE CLASS

GET A LOVELY GREETING

Welcome to the class, you will be greeted by our digital concierges. Listen for a shout-out from the instructors as you are part of a valued community

5

LOOK FORWARD TO YOUR NEXT CLASSES

TRY OTHER CLASSES

Goldster offers a wide variety of classes all day, every day, so there is always something new for you to try. Try our drop-in classes or take a look at our other courses that run throughout the week.

YOUR COACH



Kathryn Temple

The Success & Happiness Psychologist

Expertise: Psychology, Psychotherapy, Hypnotherapy, NLP, EFT, Havening, Leadership, Success & Happiness.

International Success & Happiness Psychologist Kath Temple is a warm, inspiring, positive powerhouse award-winning entrepreneur!

Kath is extremely well qualified, she is a Business Psychologist, Organisational & Occupational Psychologist and founder of Lifelong Learning Company, The Happiness Foundation, Happiness Magazine and Temple Alternatives.

Kath is also a member of the British Psychological Society, including the Coaching Division, EFT International, Society of NLP and the International Coach Federation.

"One wild and precious life - live your best one as your best self!"

YOUR NOTES

WEEK 1

YOUR NOTES

WEEK 2

YOUR NOTES

WEEK 3

YOUR NOTES

WEEK 4

YOUR NOTES

WEEK 5

YOUR NOTES

WEEK 6



Goldster.co.uk
email us at team@goldster.co.uk

www.goldster.co.uk
programmes@goldster.co.uk