

Please fill in this extra box for our reference

Name: .....

Date: .....

Best contact number: .....

Have you included your payment? .....

*(Cheques will not be cashed until your application is accepted)*

## Application form for the Lightning Process™ seminar

Notes to help you fill in the form.

### Am I ready to take the training?

If you read Phil Parker's book 'An Introduction to the Lightning Process™', which is available from the website, before completing this form it will help you to decide if you are ready and also get you in the right mind-set for the seminar. It is advisable to have a good look at the testimonials on the website as they will provide honest and open feedback from people who have done the Lightning Process™.

Then fill in the form and send it on to us. After we have received it we will ring to talk to you before you take this training seminar mainly to assess if this program is right for you right now. Being 'ready' just means that you are in a good frame of mind to accept what is being taught and therefore will have the greatest chances of getting the changes that the others have achieved, which is what you want I am sure. Don't worry, some apprehension is normal and many habitual fears can be dealt with during or after the training.

### If you are not ready, don't worry, you haven't failed!

This is important to understand. If you are enrolled onto the training seminar and you have a negative experience because you are not ready for it, you are ultimately losing out on an opportunity to learn one of the most powerful methods of self healing available today. It is unlikely that you would be prepared to give it second chance as your negative experience would colour any further efforts. This is why we are so careful with the assessment process. We are committed to your personal success. If you feel doubtful, cynical or just want to 'give it a go to see what happens', then now is probably not the right time for you. It may be worth you doing some more research, reading up and talking to others who have experience of Hypnotherapy, NLP or the Lightning Process™. Introducing yourself to the area of 'change' is a good idea. There are many books out there. Paul McCenna is excellent, Richard Carlson's 'Stop Thinking and Start Living' will give you a good start! If you wish to discuss any 'doubts' or 'anxiety's' you may have then don't hesitate to email [lightningprocess@thelifeyoulove.co.uk](mailto:lightningprocess@thelifeyoulove.co.uk) and we will give support and advice. We are committed to your personal success.

### The Lightning Process™ is a training program.

Our experience is that if people apply the lessons of the Lightning Process™ to their lives they can start to change old patterns of thinking which in turn influence their health and happiness.

With any training program the trainer can only take responsibility for training and coaching to the best of his/her ability. It is then the student's responsibility to apply the lessons for his or herself. If the student doesn't apply the lessons, then they will naturally see very little benefit.

We recommend that you think long and hard before taking this training. Does it sound like something that appeals to you and makes sense to you, something you can commit yourself to? Please be honest with yourself when completing this form as a realistic assessment at this point is a very important part of the process. Your trainer will use the information you give to aid you during the seminar.

### Training Venue.

The seminars are conducted in a seminar room in a modern village hall in Llangennith, Gower, near Swansea. The hall has every facility including wheelchair access, disabled toilets, kitchen/cafe for tea breaks. The seminar comprises your trainer with computer powerpoint presentation, and usually between three to six participants (not including their carers/parents). One to one training is sometimes arranged when it is felt necessary.

### How the training is conducted.

Much will be demanded from you over the three days of the seminar, but if you take on the challenge, which your trainer will assess you for in terms of your readiness, **the rewards are extraordinary.**

Your trainer has a very demanding role during the seminars. They have to not only present the material but also manage and assist you as you go through that very challenging process. There are certain ground rules and understandings that will make the training easier for you and them.

### Your trainer is completely committed to your success, as a result;

- They won't tolerate any behaviours that prevent you getting the success that you deserve.
- They will deliver no-nonsense, honest and essential feedback, do not mistake this as not caring.
- They will not always say what you want to hear.
- If what you are doing is going to cost you your success they will tell you even if it risks you being annoyed with them.

*That's how committed they are to you and your success.*

**Your role in the training.**

First you will need to fill in the training agreement which is included in the application form overleaf. Then all that is required is your attention, commitment and determination get the changes that the others have achieved!

PLEASE MAKE SURE YOU FILL IN ALL SECTIONS

**1. Do you agree?**

Please read these statements, and if you agree with them please circle the AGREE word, we will not accept you onto the training program unless all the statements are agreed to as our experience suggests you should only take the training if you agree to these statements:

- **I understand that the Lightning Process™ is a training program.**  
AGREE / DISAGREE
- **I understand that learning the Lightning Process™ does not guarantee me any results.**  
AGREE / DISAGREE
- **I accept full responsibility for the effects of applying or not applying this training program to my life.**  
AGREE / DISAGREE
- **I recognise that the mind and body can powerfully influence each other.**  
AGREE / DISAGREE
- **I am prepared to look at and challenge my beliefs about my condition/illness, my health and myself.**  
AGREE / DISAGREE
- **I am totally prepared to do the sometimes-challenging work, of starting to think very differently, that is required to get myself back on track.**  
AGREE / DISAGREE

**2. Personal details and history.**

Name .....

Name you wish to be called if different .....

Address .....

.....

..... Post code .....

Tel home ..... Tel work .....

When is a good time to ring to discuss your application? .....

Email .....

**About you** (this helps us to ensure the course is suitable for your needs, gives a sense of who you are)

Sex M F

Date of Birth .....

Occupation .....

**What you hope to get from doing the course?** .....

.....

.....

.....

**How would you describe your problems/issues/illness?** (include medical name / diagnosis if relevant) .....

.....

When did your issues begin?

.....

How did they start?

.....

What effects has this had/how has this limited your life?

.....

Will you have any particular needs at the venue, eg. wheelchair access or bed?

YES / NO

**3.Future.**

When you have discovered a way to get well/ resolve your issues what will you put your energies into.What would you love to do with your life?

1 .....

2 .....

3 .....

4 .....

5 .....

6 .....

7 .....

8 .....

**4. Readiness.**

Please score each of the following out of 10, where 10 means, "I totally agree with this statement", and 0 means "I don't"

**I can recover using the Lightning Process™.**

1 2 3 4 5 6 7 8 9 10

**I want to resolve all my issues.**

1 2 3 4 5 6 7 8 9 10

**It is possible for me to resolve all my issues.**

1 2 3 4 5 6 7 8 9 10

**I am capable of learning how to resolve all my issues.**

1 2 3 4 5 6 7 8 9 10

**It is appropriate for me to resolve my issues and I am prepared to do what it takes to make those changes.**

1 2 3 4 5 6 7 8 9 10

**I am willing to change negative lifestyle patterns, thought processes and limiting beliefs.**

1 2 3 4 5 6 7 8 9 10

I have the responsibility for resolving these issues and the power to do that.

1 2 3 4 5 6 7 8 9 10

I deserve to and am valuable enough to resolve my issues.

1 2 3 4 5 6 7 8 9 10

In terms of my issues and my ability to follow instructions, I am similar enough to all those others who have used the process to recover that I am bound to make the same kind of changes as them.

1 2 3 4 5 6 7 8 9 10

I am determined to be the next success story

1 2 3 4 5 6 7 8 9 10

**5. The 'X' factor.**

Please write down a few sentences on what you feel is needed from YOU during the lightning process to get the changes that the others have achieved.

.....  
.....  
.....  
.....  
.....  
.....

**Are you analytical?** We know it is valid in some situations to analyse and question, but what we have found during the Lightning Process™ training, is that those who spend time analysing what they are learning INSTEAD of applying the Process, hinder their own progress. You need to have done your research and questioning before the training so that you can get the most from it. If you need to know more about this please indicate here so we can discuss it further. ....

**6. Beliefs**

a) 'If others can get well using the process then so can I' - do you agree?

Yes No Other .....

b) My type of illness/issues are generally easily recoverable from by using the Lightning Process™..

- i) It is definitely this way
- ii) Maybe true for some
- iii) I don't know
- iv) Not true

c) My issues are different from other people's ones.

- i) It is definitely this way
- ii) Maybe true for some
- iii) I don't know
- iv) Not true

Can you suggest any improvements or have any comments about this form?

.....  
.....

## 7. Previous and multiple applications.

Have you applied to take the training before? *Please circle.*

YES / NO (if no, go to question 8)

If yes which trainer did you apply to? ..... And when? .....

What has changed for you since applying to that trainer? .....

To process your application we will need to speak to that trainer about your case. This will be invaluable in aiding us in helping you achieve your goal. Please only send in the application form if you agree to this.

**Note:** Please do not send in multiple applications to different practitioners.

## 8. Other medical issues.

It is important for us to know about your general state of wellness, both physically and mentally. To help us assess you for suitability for the seminar please answer the following additional question.

Do you have any other health issues? Yes

If 'yes' please specify.

**Do you have any other health issues?** *Please circle.* YES / NO

If 'YES' please specify .....

## 9. Training Agreement.

You should only sign this assessment form if you agree to these following statements and conditions: I understand that the Lightning Process™ is a training programme; I understand that learning the Lightning Process™ in itself does not guarantee me good results, because I alone am responsible for applying or not applying it; I recognise that the mind and body can powerfully influence each other; I am prepared to look at and challenge my beliefs about my condition or illness. I am totally prepared to do the work necessary to get myself well; I promise that during the training I will be available for coaching to achieve success, be open to feedback and change anything that my trainer identifies could hinder my success."

## 10. Payment details;

- Fees for Lightning Process seminar are £650. (One carer or parent can attend FREE, but must fill in a form)
- Send payment with this application which will only be processed when offered a place on the course.
- Payment to be cash, Postal Order or cheque payable to Simon Wigley.

## 11. Terms & conditions

### Conditions of payment.

Once paid fees can not be refunded in the event of a cancellation on your part of less than four weeks, or a failure to complete the training. This is because we run small group trainings with limited spaces and if you take up a space and cancel no one else will be able to fill it once the course starts. However if you cancel and we are able to fill your space your fees will be of course refunded.

On occasion unforeseen circumstances may make it necessary for us to cancel a seminar and accordingly we reserve the right to cancel seminars where appropriate. In such circumstances you will be given as much notice as possible we will either refund the full seminar fee or, if you request, move the training to an alternative date. Liability for any losses other than the seminar costs will not be accepted.

We reserve the right to terminate your training if we feel your continued participation would be unhealthy or unhelpful for you or another member of the training group. Your fees can not be refunded in these circumstances.

### Ownership.

All documents you receive as part of your training constitute an intellectual property and are not to be reproduced, sold or distributed in anyway.

**Certificate of attendance.**

From August 2008 onwards, on completion of the course you will receive an attendance certificate from your trainer. We foresee that, over time, taking a Phil Parker Lightning Process™ training seminar will be considered a valuable component of an individual's life and work skills. The certificate will act as a reference that you attended the seminar for personal development, which can then be presented to future employers as evidence of your Phil Parker Lightning Process™ training attendance.

**Data protection policy.**

The Register of Lightning Process™ Practitioners is registered with The Information Commissioners Office and all information is held in accordance with the Data Protection Act 1988.

You can decide to have your attendance certificate logged, together with your name, certificate number and e-mail address with Lightning Process head office. This will:

Ensure that it can be replaced in case of loss.

Help us with our research and statistics.

Help us to check that you have received the high standard of care we expect from members of our register.

If you would like this option please check this box.

In addition to the logging of your details for the purposes outlined above, we would also like to occasionally inform you of relevant developments in the Lightning Process™ and its associated programs. This is an optional service. Your details will never be passed on to anyone else for any reason.

Please check this box if you wish to receive occasional and relevant correspondence from us about this.

**12. Agreement**

I ..... understand and agree to all of the terms and conditions in this document.

(Signature) ..... (Dated) .....

**This must be completed if you are under 18 years.**

If you are under 18 years of age please ask your parent or guardian to read through the form and if they also agree to the terms and conditions, for them to sign the form too.

Name .....

Signature .....

Relationship to applicant .....

Date .....

**Please send all pages of completed application to the address below.**

Don't forget, if you are planning to bring someone to support you during your training please get them to fill in a form as well.

**Thankyou for applying to 'The Life You Love' for the Lightning Process™ Seminar!**

**We will be in touch shortly.**

If you need accommodation details tick here

**The Life You Love**  
Ty'r Ceiliog  
Cock Street  
Llangennith  
Gower  
Swansea SA3 1JE

**Tel: 07817 555973 Email: info@thelifeyoulove.co.uk**