



**SELF DISCOVERY
STARTS HERE**

CREATING VIBRANCY THROUGH SELF DISCOVERY

LEVEL 1

Introductory and Self
Development Workshops

LEVEL 2

Practitioner
Qualification Workshops

LEVEL 3

Advanced Practitioner
Qualification Workshops

OPTIONS

Weekday and Weekend
Workshops run all year.

Payment plan options
are available to all multi
workshop participants

WHO WE ARE?

A special team of dedicated
and highly skilled facilitators.
Collectively we offer more than
60 years of experience working
with Energetic Wellness
techniques and coaching
practitioners to be successful
business owners.

What makes the workshops at
the Energetic Wellness Centre
so special is the selfless
commitment of our team, the
currency of their industry
experience and valued
individual skill sets.

***"We believe that to be the best
you must learn from the best."***



WHAT WE DO?

Uniquely sequenced workshop
series with career options.

Our workshop series allow
for those seeking the following:

- personal development
- career development
- business development

These workshops are fully
integrated with energetic
kinesiology techniques which
offers long lasting results.

By starting with Level 1 and
creating personal vibrant
wellbeing, your inner strength
becomes the foundation for a
successful business if that's
part of your long term goals.

Our aim is to provide the highest
level of training, and support you
on your path of self discovery.

**START YOUR
JOURNEY TODAY**

LEVEL 1 - INTRODUCTORY & SELF DEVELOPMENT WORKSHOPS

ENERGETIC

The fundamental knowledge and skills necessary for working with Energy. Includes how to successfully muscle monitor, specific indicator and accupressure formatting. Energetic health assessments and core energetic balancing procedures including emotional stress defusion, cross crawl, neurolymphatic and neurovascular reflexes. Also includes working with flower essences, sound healing through tuning forks, seven element accupressure, holograms and centering techniques such as hyoid balancing. Excellent skills applicable for treating emotion and physical pain, balance, sports performance, learning and behavioural difficulties.

Prerequisite: Introductory Workshop highly recommended but not essential

VIBRATIONAL

Vibrational balancing of the energetic structures of humans, including the meridian system, chakra-nadi's, aura and Tibetan figure 8's. Theory for each of these energetic structures is included as well as the latest scientific understanding of how they function. Corrective techniques are immersed throughout the theory and include Chinese Five Element, seven major chakras using holographic theory as well as auric assessment and alignment. Excellent skills applicable to treat nervous system, mental, physical and emotional imbalances, past traumas and subconscious blocks.

Prerequisite: Introductory Workshop highly recommended but not essential

COMMUNICATIONS 1

This workshop focusses on developing skills for increased self awareness and internal healing. When we change our personal vibrational frequency it is impossible to keep attracting the same things that are not working. Understanding ourselves also allows us to be more effective in our workplace and client communications. Covering interpersonal skills, workplace communication protocols, respecting individual differences, seeking and receiving feedback, conflict resolution, establishing professional relationships, active listening, responding to enquiries, handling difficult behaviours, professional integrity, transference and basic counselling skills.

Prerequisite: Nil

LEVEL 2 - PROFESSIONAL DEVELOPMENT WORKSHOPS

HISTOLOGICAL

This workshop covers basic anatomy and physiology from the histological perspective of each body system. Knowledge of the organisation of the human body from the chemical level, through to the cellular, tissue and organ levels will be covered in detail. The fundamentals of nutrition will also be covered including essential nutrients and substances necessary for normal functioning and the maintenance of life. The major nutrients of carbohydrates, proteins and fats will be covered in depth as well as water, vitamins and minerals. In addition you will learn to balance body systems from the cellular level to the organ level and nutrient bioavailability, nutrient deficiencies, nutrient excesses and toxicities.

Prerequisite: Level 1 - Energetic and Vibrational Workshops

MUSCULOSKELETAL

This workshop addresses the postural and structural aspects of the body. The structure and function of both the skeletal and muscular systems are covered in-depth. It covers muscle balancing for improved posture, health and performance, physical pain balancing using reactivity, and balancing of joints using both structural and energetic techniques. Additionally, this workshop covers techniques for dealing with structural problems such as scoliosis, frozen shoulder and carpal tunnel; as well as the complex structure of the head (cranial bones), neck and jaw (TMJ) and how they relate to the pelvis through the dura matter to give long-term benefits.

Prerequisite: Level 1 - Energetic and Vibrational Workshops

NEUROLOGICAL 1

The procedures covered in this workshop can make changes in behaviour patterns and responses simply and permanently. The focus of this unit is the central nervous system and it addresses the subconscious fight/flight responses as well as the causes of loss of brain integration to affect amazing results. The brain has many glandular tissues that secrete a variety of hormones and neurotransmitters, and in the workshop you will learn to balance basic physiological processes, instincts, drives and emotion all responses which largely dictate human behaviours and body function. In addition, the fundamentals of brain integration will be covered including deep survival switching.

Prerequisite: Level 1 - Energetic and Vibrational Workshops

LEVEL 2 - PROFESSIONAL DEVELOPMENT WORKSHOPS

ADVANCED ENERGETIC

This workshop offers a unique selection of advanced energetic corrective techniques. Completely hands on, it teaches complex energetic setup processes and information gathering. It also incorporates energetic sciences, including recent scientific theories and potential mechanisms for how energetic kinesiology can effect positive and long lasting change in people.

Prerequisite: Level 1 - Energetic and Vibrational Workshops

COMMUNICATION SKILLS 2

The focus of this workshop is to develop the skills and knowledge required to maintain effective working relationships, as well as manage, lead and develop individuals and teams in the workplace. You will develop leadership qualities and learn how to support a culture of effective communication as well as encourage trust and confidence in the workplace. *Prerequisite: Communication Skills 1*

OHS/BUSINESS MANAGEMENT

This necessary workshop provides skills and knowledge required to understand the OHS requirements such as infection control, emergency management, policy writing and ethical and legal obligations

Prerequisite: Nil



PRACTICE MANAGEMENT

Discover how to manage a health care practice for success. This workshop offers a fresh alternative to management and explores why every professional must take charge of their own life, reconcile their personal vision with that of the organisation and develop the mindset to achieve true success. It includes preparing a business place and an opportunity for kinesiology sessions designed specifically to shift subconscious blocks allowing you to find success in your career.

Prerequisite: Nil

LEVEL 3 - BUSINESS DEVELOPMENT WORKSHOPS

BIOLOGICAL

Understand the structure and function of the respiratory, cardiovascular and immune systems, which are all vital in the ongoing wellbeing of the physical body. It will involve the anatomy, physiology and pathology of these systems balancing techniques associated with them. The training will cover the heart, blood, circulation, lungs and respiration in depth. It also includes the body's immune system which protects our physical body from invasion, including the spleen thymus gland, innate defences such as the skin and the adaptive immune response

Prerequisite: Level 1 - Energetic and Vibrational Workshops

HORMONAL

Extremely popular, this workshop studies the structure and function of the endocrine system, which coordinates the functioning of all the body's systems and affects most body tissues. It will involve study of all the endocrine glands and the hormones they secrete and learning how to balance each of these glands as well as hormone production and secretion. The endocrine system is important in regulating your daily rhythms and sleep cycles, cellular metabolism, blood sugar regulation, levels of calcium and phosphate in the blood, stress levels and sex hormones. This module also includes balancing the primitive reflexes.

Prerequisite: Level 1 - Energetic and Vibrational Workshops

NUTRITIONAL

This workshop addresses the nutritional and biochemical aspects of the body. It covers the digestion and absorption of nutrients necessary for body metabolism, including the relationship of all ingested substances (water, major nutrients, vitamins and minerals) with the anatomy, physiology, biochemistry and pathologies of the body. The structure and function of the digestive and urinary systems are covered in-depth. This workshop focuses on how nutritional processes influence the cellular health of the body for optimum functioning

Prerequisite: Level 1 - Energetic and Vibrational Workshops

LEVEL 3 - BUSINESS DEVELOPMENT WORKSHOPS

RESEARCH SKILLS 1

A vital workshop for continuing the evolution of energy work. Work with a mentor on developing protocols, researching literature, designing evaluation tools, applying the clinical practice and presenting the findings. Research and methods for finding relevant research papers, including their evaluation will be a key component of this training.

Prerequisite: Level 2

COMMUNICATION SKILLS 3

Advanced and enhanced self awareness. Unlock compassion and the ability to remain fully present in business, with clients and your personal life. Learning the joy of living an effective life.

Prerequisite: By Application Only

WHAT'S NEXT?

Figuring out what workshop or combination is right for you is best done by having a chat with one of our team members. Once we know what your goals are we can design a timetable and payment plan tailored to your timeframe. Talk to one of our team today.

WHAT TO EXPECT?

We asked our past workshop attendees for feedback on our programs and what value they received. *This is what they said:*

- * Life Changing
- * Enjoyable and Fun
- * Interactive
- * Supportive
- * Flexible
- * Career Opportunities
- * Incredible friendships
- * Earning potential
- * Current
- * Challenging

STEP BY STEP

Our program structure is unique in that there are multiple intakes for each workshop on a rolling timetable. It is also possible for those seeking a full career change to take advantage of our cost saving packages and transition via RPL to a full Diploma or Advanced Diploma qualification in Kinesiology. As our scope increases so will the opportunities. We've learnt over the past 17 years of helping people that all great journeys start with the first step and once you walk a mile, you can see a mile. We promise that our supportive training environment will see your personal development expand allowing a new pathway to unfold. Now is the time to bravely let the journey begin and step into your future today.

OUR HISTORY

18 Years ago Nicolie O'Neill, founder of O'Neill Kinesiology College delivered her first integrated Kinesiology training program. 729 successful Graduates later, and still counting, O'Neill Kinesiology takes on its next phase of growth in the wellness industry by partnering with highly qualified service providers and trainers to expand and deliver this life changing modality. Energetic Wellness Centre is proud to be partnered with and exclusively delivering the world class O'Neill Kinesiology Diploma and Advanced Diploma in the state of Western Australia.



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