

## A Little About Us

**Limitless Transformation is in the business of facilitating personal and organizational transformation for success!**



**Elizabeth Terry**  
Founder, Life Coach  
and Trainer

Founded in 2012 by Elizabeth Terry, former trainer with the Jamaica Tourist Board and consultant with International HR Solutions, she brings a wealth of human resource development experience.

Elizabeth Terry, NLP and Time Line Therapy® Master Practitioner, Coach and Trainer, Certified Passion Test Facilitator, speaker and expert in personal development, specializes in helping people to achieve their goals and get the results they want.

Elizabeth has over 20 highly successful years of project development, management, consulting and training experience. Armed with a Master in Business Administration, she received the PMP credential from the Project Management Institute in July 2012.

Awarded a Commonwealth Fellowship in 2015, she was able to hone her NLP skills with the Taylored Life Company, Birmingham UK. Her aim is to contribute to the socio-economic success of Jamaica and the Caribbean through mind-set change, with particular focus on youth.

Learn More & Register Online:



COACHING & TRAINING SERVICES

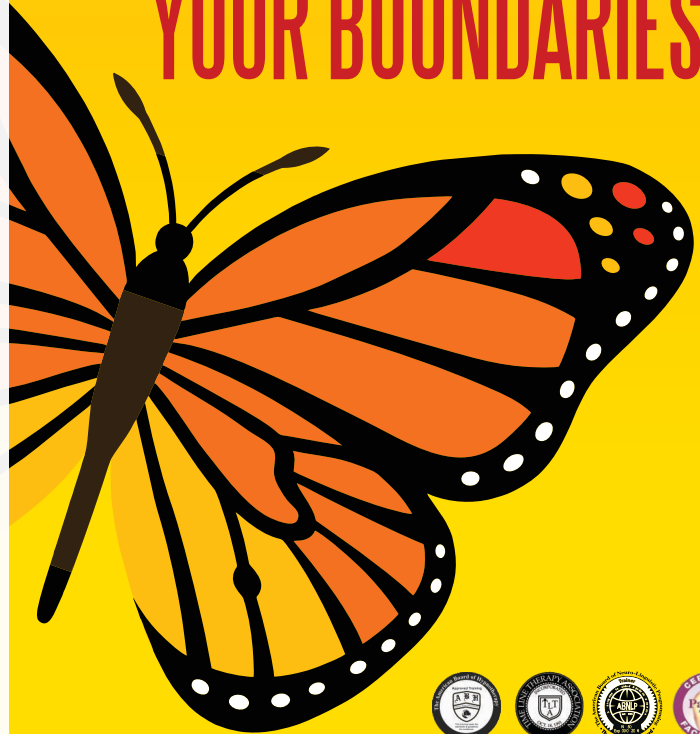
[www.limitlesstransformationja.com](http://www.limitlesstransformationja.com)

E-mail: [nlptrainingjamaica@gmail.com](mailto:nlptrainingjamaica@gmail.com)  
or call (876) 556-5177 for more information



**LIMITLESS**  
transformation  
COACHING & TRAINING SERVICES

# MOVE BEYOND YOUR BOUNDARIES



# What We Do

Our developmental workshops and coaching interventions are designed to help create a better you, personally and professionally.

## **Neuro Linguistic Programming**

Learn the art and science of using your mind to consistently get the results you want in any area of your life, and, to coach others to achieve the same through internationally recognized Practitioner and Master Practitioner programmes; Customized workshops and short courses for specific needs (including wellness, sales & service, communication, leadership, managing change) and particular target audiences, including youth, are also available.



## **Time Line Therapy®**

Quickly and effectively eliminate negative emotions such as anger, sadness, fear, hurt and guilt, as well as limiting beliefs that prevent you from moving forward; set goals and put them in your timeline so you can be certain of achieving them.

## **Coaching Skills - Individual, Online & Group**

Enhance your performance and that of your team; resolve issues and live your full potential!

## **Hypnosis**

Get your unconscious mind working with you for the best possible outcome; build confidence and tap into your own inner hidden resources.

## **Passion Test**

Learn how to easily identify the things that are really important to you and to align your life with your passions!

## A Must For Those Who...

- Want to make changes in your personal and/or professional life
- Have problems with anxiety and stress
- Want to remove unresolved issues from your past  
Feel de-motivated, stuck, without direction
- Need to learn how to set and achieve goals
- Would like to learn how to coach others and gain internationally recognized certification!
- In need of organizational interventions to improve performance, resolve conflicts, place the right people in the right jobs, manage change

Customized workshops for youth, parents and teachers are also available.

