







Neuro-Linguistic Programming (NLP) and Matrix Therapies Practitioner Certification Training.

Would you like to learn strategies, techniques and tools for empowered emotional resilience, gain clarity and confidence with decision making and exponentially improve your communication skills?

NLP has often been referred to as a “toolkit and user manual for our mind”. It is a transformational personal and professional development program that is based on the most effective tools in psychology, hypnotherapy and neuro-science. You could Become a Certified NLP Coach and use your skills to transform your life and the lives of others.

NLP CAN BE APPLIED IN THE FOLLOWING AREAS:

-  Coaching, therapy and counselling
-  Education and training - Accelerate learning and enhance memory
-  Personal development - resolve unresourceful emotions and behaviour patterns
-  Business - enhance communication, rapport and negotiation skills
-  Sports – enhance performance and outcomes through mindset training
-  Parenting – learn effective ways to communication with children

Trainings are 49 hours of in person classes and run twice a year. Please be in touch for more details.








About Jess Karnaghan

Jess worked for over thirteen years in a career in emergency response. She has supported, counselled and guided many people through emotional crisis, stress and anxiety and is passionate about helping people breakout of disempowering patterns or unhelpful behaviours to live their most fulfilling and rewarding life.

She uses a unique and holistic combination of mindset re-wiring, subconscious clearing and energy alchemy that will empower you to resolve what is holding you back from your highest potential.

Jess has the following qualifications:

-  Diploma of Life Coaching
-  Trainer of Neuro-Linguistic Programming and Matrix Therapies
-  Passion and Purpose Coach
-  Advanced Crystal Dreaming Practitioner
-  Ignite Your Spirit Therapist
-  Reiki Master

For enquiries or bookings contact
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Email jess@resolveandevolve.com.au
or book through the website
www.resolveandevolve.com.au

Resolve and Evolve

with

Jess Karnaghan








Holistic Life Coaching Combining NLP, Matrix Therapy and Intuitive Insight.

Feel stuck or lacking clarity in an area of your life and can't seem to move forward? Sometimes to evolve into our full potential we need to resolve the old beliefs, trauma or experiences from our past – and that's not always easy to do alone! Jess can help you discover your "blindspots" of growth and guide you as you resolve them.

Her perspective on being a Holistic Coach is to honour the interconnectedness of mind, body and spirit in your personal circumstances to facilitate a personally tailored program of transformation for your needs and desires.

Through Holistic Life Coaching you can:

-  Gain clarity on what you want and clear subconscious resistance to receiving.
-  Remove habituated negative thoughts, parental programming and self-sabotage behaviours.
-  Identify the source of your limiting beliefs and implement empowering ones.
-  Clear relationship issues, money blocks or barriers to success.
-  Be guided through resolving emotional pain and triggers from the past that currently contribute to anxiety and stress.

Initial session duration: 1.5 hours
Initial session price: \$110





"Jess I really can't thank you enough!! I can't stop thinking about how great our session was and I have felt a massive shift in my anxiety and feel so calm and peaceful. I feel like you are exactly who I've been searching for to help me up level my life." – Sarah W.



Energy Healing Combining Chakra Balancing, Crystal Healing and Sound Healing.

Allow yourself to feel renewed as you relax in a chair or massage table. Jess will facilitate a "reading" of your energy field to identify any congested or depleted areas. Soak up the healing vibration of the crystal singing bowl and solfeggio tuning forks as your seven main energy centres called Chakras are rebalanced and revitalised. This process will support you in shifting and releasing any heavy or stuck energy so you can experience more well-being, clarity and vitality.

Through Energy Healing you can:

-  Transform the subtle energetic patterns within your body and restore your cells to a balanced vibration and optimal blueprint of health.
-  Soothe and heal emotional wounds as your body moves into a deep state of relaxation and balance.
-  Experience relief from pain and physical dysfunction
-  Feel more peaceful, calm, centred and rejuvenated.

Duration: 55mins
Price: \$80




"I've had several healing sessions with Jess and each has been beautiful. Her unique skill set and gifts have helped me to process information and experiences in a way that has been transformative." – Linda R.

Crystal Dreaming A safe inner journey to uncover your full potential

Crystal Dreaming™ is an advanced crystal healing modality.

A unique mandala of crystals are placed around your head, focusing high vibrational energy to activate your pineal gland. This triggers a shift in your consciousness into an "altered and expanded state." Jess will then guide you on a shamanic journey where it is possible to experience deep emotional, physical and spiritual healing. Your unique experience can bring clarity of purpose to your life and present you with the opportunity to consciously activate and align with your mission, blueprint or life plan.

Through Crystal Dreaming you can:

-  Resolve core wounds or negative beliefs and feel liberation as you gain insight into unhelpful habits.
-  Gain understanding on how a past life experience may be affecting your current situation or physical issue and release deeply engrained cellular memories or trauma.
-  Connect with your personal spirit guides to help you access your deeper wisdom and intuition to align with your highest potential.

Duration: 1.5hrs
Price: \$130

"I had a Crystal Dreaming session with Jess. It was a powerful journey and I'm happy to report the large lump under my arm that has been there for months is gone, with no tenderness or soreness." – Carol P.

