

Truly successful people are the ones who open the door when an opportunity knocks.



ALICE FRASER
ENTERTAINER & ENTREPRENEUR

“The seminar instilled faith in me that anything truly is possible when you believe. If you’re passionate about something then I believe you were meant to do it but, sadly, too often in life we settle for less. The problem in life isn’t aiming too high, most people aim low and hit. We are ALL meant to have abundance in EVERY area of our lives and to live the life we were born to. It’s never too late to be the person you were born to be.”



CHRIS & ANGELA CASTLE
ENTREPRENEURS

“Life is not a practice run! To be able to listen to a group of professionals covering the five main areas of life is an incredible opportunity. It was so great to take a more in-depth look at the areas of our lives we needed to work on. We enjoyed it so much, we encourage all our friends and family to attend.”

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Live an **extraordinary** life!



11-13 AUGUST 2017

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A motivational conference for personal success and achievement.



8 YEARS HELPING PEOPLE SUCCEED IN NZ

ACHIEVE FINANCIAL FREEDOM

In any given year, 75% of those who retire in New Zealand retire broke.

You can become financially free today and prepare to retire wealthy by discovering the secrets of successful kiwis who have created and maintained their wealth.

SECRETS TO LASTING CHANGE

Dispel popular health myths. Find out what really fuels diseases that kill three out of four New Zealanders. Avoid becoming a negative health statistic.

DISCOVER SPIRITUAL CONTENTMENT

There is an overwhelming amount of research revealing that spirituality is associated with better health, more fulfilling relationships, and greater life performance. Learn how this often overlooked area of life can power boost your journey towards your success.

UNLOCK YOUR BRAIN'S POTENTIAL

Don't let stress, taxes, cell phones, TV, and relationships hijack your mental health. Learn how to weed out stress and lies that eat away at your happiness.

TAKE BACK CONTROL OF YOUR EMOTIONS

Pain, depression, anger, and anxiety can limit our lives and relationships.

Discover how to regulate your emotions rather than letting emotions control you.

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ATTEND ONE OR ALL OF THE SESSIONS AT NO CHARGE. PRE-REGISTER NOW:

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SPEAKERS



JOHN COWAN

After working as a scientist in neurophysiology, **John Cowan** worked in various roles with families and young people. For more than twenty years he has been a communicator, writer and broadcaster. He has a top-rated show on NewstalkZB, numerous other radio slots and is regularly on both TV1 Breakfast and TV3 The Café. Together with Naomi he has created a wide range of resources on parenting, life skills and mental health for The Parenting Place. He specialises in communicating tough topics with clarity and humour.



NAOMI COWAN

Naomi Cowan is CEO of Equip Mental Health Services. After a career in youth work, she has worked in mental health for more than twenty years, growing Equip to more than 70 staff, providing a wide range of services to people experiencing major mental disorders. She also serves on the boards of several organisations. Naomi has been presenting seminars with John since 1995 and is a highly sought after speaker in her own right, drawing on her huge wealth of experience gained from working with families.



DR. AMY MULLEN, GP

Everyone who knows **Dr. Amy** knows that she is passionate about helping people take charge of their health and thrive! She believes your health is not up to fate but in your hands. She has worked extensively with lifestyle programmes in America and New Zealand helping patients discover this for themselves. Her desire is to guide you in finding optimal health by addressing the root causes of illness, not just treating the symptoms.



VICTOR KULAKOV

Victor Kulakov is a motivational speaker and personal development coach who has worked in many countries and now lives in Auckland. He has a beautiful wife, Agnessa, and two boys, Nathan and Daniel. Victor's greatest passion is to empower people to fall in love with life, make positive changes, and enjoy success in all aspects of life.

WEEKEND SCHEDULE

Our carefully selected topics range from debunking traps and misconceptions in health and success, to blending in mindfulness, neuroscience, spirituality, and to keys to enhancing relationships and families. Our content aims to help you take back charge of your life with better awareness and balance in your day. And of course, we pack in a mighty dose of motivation and opportunities to meet others on the same journey!

FRI 11 AUG

7:10PM-7:50PM

UNLOCK YOUR SUCCESS CODE
VICTOR KULAKOV

A life of success, achievement and power is available to everyone. Discover how you can make instant changes and accelerate towards your own success. This session sets the tone for the whole weekend. Do make the effort to attend.

8:00PM-9:00PM

WORK, LIFE AND BALANCE
JOHN & NAOMI COWAN

You can increase both the amount you achieve and the amount you enjoy life if you master one major skill: understanding and handling stress! You can actually reach all your goals without having to sacrifice happiness, health, relationships or family. Learn how to avoid stress, increase your resilience to tolerate stress and how to process and recover from stress.

SAT 12 AUG

10:00AM-10:50AM

NOT A "KICK-BUTT" ROAD TO SUCCESS
VICTOR KULAKOV

Discover the four core abilities that enable the successful to achieve great results. Success is not an innate ability! These are the strengths you can develop making success come to you instead of chasing after it.

11:00AM-12:00PM

GROWING GREAT RELATIONSHIPS
JOHN & NAOMI COWAN

Put the spark back into your relationship so it can keep

growing. Relationships are one of the most important investments you can make in life. If you get them right, it will affect every other area of your life in a positive way. Practical ideas to make your marriage or relationship stronger and happier, including tips to get unstuck and work through the difficult times.

LUNCH BREAK
12:00PM-1:00PM

1:00PM-1:50PM

HEALTH MYTHS & FADS
DR. AMY MULLEN

Have you ever wondered, "Why is there so much controversy over health?" Find out more about the myths and realities of health and what you can do to achieve optimal health!

2:00PM-2:50PM

THE WINNER'S MINDSET
VICTOR KULAKOV

Why do so many fail while few succeed? Learn how you can harness the power of a positive mental attitude to dramatically improve the quality of your life.

3:00PM-3:50PM

DISEASE-PROOF YOUR LIFE!
DR. AMY MULLEN

Have you ever wondered why some people never seem to gain weight or get sick? Is it genetics? Are you stuck with the body you were born with? What if there was a way to disease-proof your life without spending huge amounts of time and energy? What would you give to allow yourself and your loved ones a lifetime of well-being?

SUN 13 AUG

10:00AM-10:50AM

THE MIND OF THE WEALTHY
VICTOR KULAKOV

Your mental attitude towards money determines the numbers in your bank account. Find out about the attitudes toward wealth that keep people from having it. Learn simple strategies of the wealthy to enjoy your own financial freedom.

11:00AM-12:00PM

THE COURAGE TO OVERCOME
DR. AMY MULLEN

Ever feel the pressure of 'having to' do it all' or 'keep it all together'? We will explore the ultimate obstacle to our forward progress and identity, and how to let go of the masks we wear.

LUNCH BREAK
12:00PM-1:00PM

1:00PM-1:50PM

WHAT ARE YOU MISSING?
VICTOR KULAKOV

Discover the spiritual dimension of success and achievement. Learn how this overlooked dimension can help you tap into a source of power that is limitless.

2:00PM-2:50PM

THE PURSUIT OF HAPPINESS
DR. AMY MULLEN

In our search for happiness, we have actually become more dissatisfied and unhappy in the process. How can we reverse this trend of decreasing happiness? Learn about the happiness drains that may be draining happiness from your life and what you can do to get rid of them.