



UMT[®] Course Evaluation

a course in personal development

UNESTAHL MENTAL TRAINING - by Ph.D, Lars-Eric Uneståhl

Content

Randomly collected course evaluations from more than 6000 students who have attended the Unestahl Mental Training® since it started in 1987.

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BIRGITTA H

This course has given me a new life.

In year 2000, I was injured in an accident and the outcome was a neck-injury. My life was totally changed at that moment, having led a very active life with a lot of sports, my own company and a lot of friends, to a life full of pain. I experienced pain in my neck and shoulders, trouble with my balance, sensitivity to loud noises and concentration difficulties on a daily basis.

I finally became so disabled that I had to be on constant sick leave, had to sell my company, lost a lot of my friends, my stamina, self-esteem and joy of living.

It felt like I had been thrown off a boat in the middle of the ocean without a life jacket or a life boat. All of my energy was used to keep my head above water. Sometimes I felt like stopping and just letting myself sink. It was precisely where I was ... at the bottom of my life.

A lot of boats passed me by. I waved and shouted out to them, but no one heard me. They all just passed by. Suddenly a warm summer's day in 2005, a boat came towards me slowly, threw me a life jacket and said, "You can take it easy now." It was Elene Uneståhl.

The life jacket is of course a metaphor- it was a CD that saved me! A muscular relaxation CD from which I learnt how to relax and within one and a half weeks I was able to sleep through the whole night for the first time in four years! It was so powerful! I called Elene right away and asked what more I could do to feel better.

She then recommended the UMT® course, which I took! Three years have passed, and I am on my way back into the business world. My neck pains have disappeared as well as the rest of the symptoms that were said to be for the rest of my life.

Every doctor that I have met through the years has said that I would not fully recover and that I just had to accept my pain and learn to live with it. I'm so glad that I didn't believe in these doctors and that I believed in myself instead, and that I invested in myself and took the UMT® course.

What was the first difference that you noticed, and when did you notice it? *That I could sleep through the whole night after one and a half weeks of listening to the muscular relaxation CD.*

What was most satisfying about taking this course?
That I re-gained my joy of living.

What is the most important change you have experienced in the following areas?

Work: *That I can work again and choose whatever job I want.*

Relationships: *I can make whatever friends I like. I don't have to isolate myself any more.*

Health: *That I'm healthy again and can choose how I want to feel.*

What have others said about the changes in you? *That I'm happy again, that I have got my energy back and that I can move more easily.*

When did you hear the first comment about the changes in you, and who said it? *My family! It was after I had been sleeping for the first time through the whole night and the feeling was - WOW - for all of us.*

Other aspects and comments:

I highly recommend, from the depth of my heart that everyone take the UMT® course! You don't have to be injured like me to be your best.

Best Regards / Birgitta H

CHRISTER

*You become more skilled in how to live your life and take responsibility and at the same time have fun.
You decide for yourself how, where and when you want to study.
There is nothing that compares to UMT® pedagogically.*

What was the first difference that you noticed, and when did you notice it?

After using the muscular relaxation CD I noticed that I was more content and relaxed in my everyday life.

What was most satisfying about taking this course?

A clear vision of how I want to live my life.

A greater joy of living.

Better self-esteem.

What my goal is in life.

What do you appreciate the most about the changes in you?

My joy of living!

What is the most important change you have experienced in the following areas?

Work:

More joy when I go to work.

Relationships:

I'm more eager to new create new relationships.

Health:

A happier Christer.

What have others around said about the changes in you?

More energy.

I sleep better.

More joyful.

More positive.

Easier to discuss things with.

More relaxed and content.

When did you hear the first comment about the changes in you, and who said it?

I think it was after 2 months. They said that I seemed more content.

Other aspects and comments

I'm so grateful to have had the chance to experience this change through UMT®. I will continue with it until I don't need it any more.

Best Regards

Christer

INGRID

It's the best course I have taken! The positive effects of the course last long after the course has finished. The mental training has become such an important part of my life, because it makes me feel so much better. When I feel better it also affects the rest of my family in a positive way - they feel much better too! For me, a mother with young children, the course is perfect. I decide for myself when and how to work with the UMT® course. If my children are ill on a particular day, I just continue with the course on another day.

What was the first difference that you noticed, and when did you notice it?

Using the muscular relaxation CD. I got rid of tension, headaches and muscular tension.

What was most satisfying about taking this course?

My self-esteem has become better, I think in a more positive way. I am also more content. My new way of seeing obstacles as something encouraging to be taken on in the best way.

What is the most important change you have experienced in the following areas?

Work:

I have looked forward to taking my UMT® course every day so that I can become better and can get back to work again.

Relationships:

I appreciate people that are different than I am. There is always something to learn from them; that I mean something to others - that I'm important! That I'm feeling so much better and that this has affected my family in a positive way. They feel so much better too.

Health:

That health is so much more - eating properly and participating in sports are important, but taking care of your mental state is just as important. Through the mental training CDs I have become much happier and content.

What have others around said about the changes in you?

That I'm more joyful, doing things that I haven't done before -I've taken a writer's course. That I have more energy.

Other aspects and comments:

That I CAN.. I try things that I haven't tried before. I learn about myself and from others every day. I am more content, more joyful and have better self-esteem.

Best Regards

Ingrid

CAROLINE

You will get a new life! You will change your values, thoughts, feelings and way of being to become the one you want to become, and it will feel natural. You will get a greater perspective on life, realize that you are part of something bigger and that you and your qualities are important and needed. You will become a better person and fellow human being.

What was the first difference that you noticed, and when did you notice it?

Better self-confidence and less jealous, I noticed these big changes after just four months of practicing the UMT® course.

What was most satisfying about taking this course?

Greater self confidence and self-esteem has made me brave enough to do the things I have always dreamt of. Being more confident has made me less crippled by my fear of flying and it makes me more independent when going abroad. I am more self-confident and that I follow my own path in life.

What is the most important change you have experienced in the following areas?

Work :

Greater self confidence. I've gained enough now to set the goals I have always dreamt about.

Aware of my capabilities, understand my co-workers a lot better.

Relationships:

Less dependent, less jealous. More bold, I'm not as afraid to take on new challenges, and I don't get discouraged by my own mistakes. I can appreciate myself and others much more.

Health:

Doing sports and enjoying it. Nowadays I think about what I'm eating. Becoming aware of how important laughter and joy is for my health.

What have others around said about the changes in you?

That I'm less jealous and more bold, that I stand up for myself. I set goals and reach them - and that I also search for new challenges when I have reached my goals.

Other aspects and comments:

The UMT® course is the best course I have ever taken! Life is a fun adventure – every day! Nowadays I feel like Pippi Longstocking – tough and strong.

Best Regards

Caroline

EVA

You discover your capabilities and yourself, and it is the most exciting thing I have ever done in my life. I'm able to feel content and calm in this stressful life through my own self-development. By changing yourself you can be a good example to others and together we can change the world.

What was the first difference that you noticed, and when did you notice it?

I could feel the difference when I was tense, while walking for example.

What was most satisfying about taking this course?

Just letting myself be me and appreciating myself better. I think differently compared to how I did before. I'm more open and the same time I feel more like me. If I get off "track", I'm now better at getting back on the right track through the resources that I have got through this course.

What is the most important change you have experienced in the following areas?

Work:

I will start my new job as a project manager and the project will last for at least a year.

Relationships:

I have got more friends now. I feel that I can be myself and that my friends appreciate me.

Health:

I lost about 23 pounds, feel great and participate in a lot of sports. But it is the psychological difference that is most important. I have the UMT to thank for that.*

What have others around said about the changes in you?

You look so full of confidence and stunning. This was about six months after the course. That I'm more calm.

Best Regards

Eva

ERIKA

*It makes you feel much better. You become a much better fellow human being, co-worker and parent.
The course will help you to use your potential and reach greater success in life.*

What was the first difference that you noticed, and when did you notice it?

My way of thinking changed. I became more positive. I understood how our thoughts can affect us and became more open to experiencing other ways of looking at life, for example I became curious about hypnosis.

What was most satisfying about taking this course?

I became more self-confident and developed better self-esteem – I believe in myself more. I'm more content and joyful.

What is the most important change you have experienced in the following areas?

Work:

I have become bolder – I started my own business.

Relationships:

I am more open-minded and more careful about who are my friends are. I want friendships to be on equal terms. This has led to both more meaningful relationships and losing some of my old friends.

Health:

Less anxiety and less afraid to become sick. I focus on the positive things around me.

What have others around said about the changes in you?

That I'm more positive, joyful and more open.

Other aspects and comments:

Both my mother-in-law and a close friend have commented that I'm more open and joyful. My friend also told me that I'm more aware of my relationships and that I got involved in relationships with other people on my own terms.

Best Regards

Erika

MAGNUS

*It really helps you to achieve positive changes in life.
And that you yourself pick when you have the time to study.*

What was the first difference that you noticed, and when did you notice it?

I was inspired from the first day. After about four weeks I noticed that I was more content and relaxed.

What was most satisfying about taking this course?

Believe more in myself, no guilt-feelings about being successful. I only think about what's coming ahead - the future. I don't dwell on the past.

What is the most important change you have experienced in the following areas?

Work:

I'm more efficient and more relaxed.

Relationships:

I'm more careful about whom I want to spend my time with. My closest friends have become more important and closer to me.

Health:

I think more about my health and what to do and what not to do.

What have others around said about the changes in you?

That I'm more joyful and content-this was mentioned to me after only four weeks.

Best Regards

Magnus

LEIF

It is for everyone who wants to develop themselves. The course demands that you are interested, motivated, and have the time. If you are not willing to prioritize yourself you will not achieve your best in developing yourself.

What was the first difference that you noticed, and when did you notice it?

I became more calm and secure.

What was most satisfying about taking this course?

I take care of myself better and believe more in myself.

I see possibilities differently than before.

What is the most important change you have experienced in the following areas?

Work:

I only take responsibility for the things that I can affect, and I feel better at the end of the day.

Relationships:

I realize that I have neglected some people, but I am aware of this now and working on building closer relationships with them.

Health:

I am more aware, and I can choose better.

What have others around said about the changes in you?

Nobody has said anything to me, but I have noticed that co-workers come and sit and chat with me more often.

Best Regards

Leif

JONNA

The course has taught me to take better care of myself.

What was the first difference that you noticed, and when did you notice it?

A feeling of inner control in spite of chaos at work and in my private life that I had around me. The feeling came to me when I read "Our Subconscious Centre of Force" by Freytag.

What was most satisfying about taking this course?

I listen to myself and use the feeling I get from asking myself questions when taking important decisions, instead of doing as I did before, i.e. analyzing everything to get my questions answered. This has led to a feeling of calmness, happiness and making better decisions. I take care of myself much better than before.

What is the most important change you have experienced in the following areas?

Work:

I quit my stressful job and began studying.

Relationships:

I spend more time together with my kids and husband.

Health:

I exercise every day.

What have others around said about the changes in you?

That I look stunning and that I'm so joyful. This was about two months after I had left my old job and had been using UMT® every day.

Best Regards

Jonna

BENGT

Nowhere else will you find a course that is so useful and adaptable to your day-to-day life. The course is unique with its combination of lessons, practical exercises, but overall it is your own 100 % effort put into it that will lead to your success. Being able to take the lessons when it's most suitable and at your own pace is the way to success.

What was the first difference that you noticed, and when did you notice it?

The two CD tracks containing courses in muscular relaxation yielded results immediately. I was able to relax and was aware when I was tense. The benefits were that I had more energy and was more alert.

What was most satisfying about taking this course?

On top of being more relaxed, I was also more caring to people around me. I also created positive affirmations in my "mental room", and it give me the strength to handle things in a more positive way.

What is the most important change you have experienced in the following areas?

Work:

I'm highly skilled within my working field and have the freedom to plan my own work. Since taking this course I have become better at prioritizing my time at work and reaching my set goals. I'm no longer ruled by coincidences and to always putting others wishes first.

Relationships:

I feel an inner security that lets me show my feelings in a more honest way and more openly. The outcome of the change in me is that people around me are more open towards me. I have also become more tolerant towards others around me. I'm more self-confident, and others are willing to share my experiences in the UMT® course.

Health:

Very positive! What I have experienced from taking the UMT® course is that it has yielded a very positive outcome. For instance I have not had a bad cold since I took the course, which was often a problem before.

What have others around said about the changes in you?

That I am more open and more interested in other people. That I seem so calm and relaxed since I began taking the course - and the results came almost at once.

Other aspects and comments:

I have read a lot books on this subject, and this course contains most of what I have read before. If I could suggest something it would be that you write more books about your methods.

Best Regards

Bengt

CARINA

You learn more about yourself, think in a more positive way and become more self-confident. I believe more in myself. I don't get worked up about small things and do not have any distracting thoughts.

What was the first difference that you noticed, and when did you notice it?

After listening to the CD and the tracks "muscular relaxation" I felt that I was more alert and did not need as much sleep as before.

What was most satisfying about taking this course?

I see myself as a resource to count on and others too. I'm better at saying NO when something does not feel right. That I have put all of this work into myself, and that I'm a much more relaxed and content person.

What is the most important change you have experienced in the following areas?

Work:

Others listen to what I have to say.

Relationships:

I spend more quality time with fewer friends.

Health:

I exercise on a regular basis, eat better and don't put my energy into things that are no longer important to me.

What have others around said about the changes in you?

That I'm more calm, joyful and relaxed. This was mentioned when I had been listening to the CD track where you work with your self-esteem.

Other aspects and comments:

I'm much better at listening to myself and standing up for myself.

Best regards

Carina

OLOF

This is the best course you can pay for if you want to put a 100% effort into reaching your greatest potential.

What was the first difference that you noticed, and when did you notice it?

It must have been the shakes in my hands that I had - they disappeared after five months.

What was most satisfying about taking this course?

By taking this course I have found my own path in life, and it has also become more clear to me what I'm going to do in the future. I'm so much more focused when I take on something.

What is the most important change you have experienced in the following areas?

Work:

More disciplined and I plan my time better.

Relationships:

My relationship with Anna has become even better.

Health:

I exercise on a regular basis.

What have others around said about the changes in you?

That I'm more disciplined and plan my time better and that I take more responsibility. This was mentioned after three months.

Best regards

Olof

ANITA

I believe in UMT®, because you can use the course on a regular basis and that it involves many senses.

What was the first difference that you noticed, and when did you notice it?

That I had more energy and was more focused in the morning. I noticed this after using the muscular relaxation CD.

What was most satisfying about taking this course?

I am more positive and content, don't get stressed out and that I stand up for myself. I don't get dragged into arguments.

What is the most important change you have experienced in the following areas?

Work:

I feel less stress and that I'm more direct in my leadership as a manager.

Relationships:

I feel that my relationships have become easier and that I'm more relaxed about people around me.

Health:

I exercise more often and don't get worked up about small things like before.

What have others around said about the changes in you?

That I'm more calm, joyful and content. My husband said that.

Other aspects and comments:

I feel that a lot of great things are happening to me and that I am developing after taking this course.

Best Regards

Anita

MAGNUS

It is a fascinating journey and an investment in the most important person in your life – YOU.

What was the first difference that you noticed, and when did you notice it?

That I became more calm and joyful.

What was most satisfying about taking this course?

That I have started this journey and investment in myself. That I reflect over the choices I make and that I have a choice.

What is the most important change you have experienced in the following areas?

Work:

Not applicable.

Relationships:

I have got new tools from the UMT® course to use, to understand and make relationships better.

Health:

I have got new tools from the UMT® course to use when I want to relax and recover.

What have others around said about the changes in you?

That I am much more calm and joyful.

Best regards

Magnus

BIRGITTA

You get to learn methods in the UMT® course that give you the tools to become a more content, stronger and happier person.

What was the first difference that you noticed, and when did you notice it?

I could suddenly sleep through the whole night after just one week, which was impossible before.

What was most satisfying about taking this course?

I can interpret reality in a more positive way. I have become a better person to others around me. I have the tools now that I can use to feel better. I enjoy life much more.

What is the most important change you have experienced in the following areas?

Work:

I now have a vision of what I would like to work with.

Relationships:

I feel that my relationships have become deeper and that I value the friends I have better. I choose to socialize with good friends.

Health:

I have become more healthy.

What have others around said about the changes in you?

That I'm more joyful and content and stronger but in a more humble way.

Other aspects and comments:

The UMT® course has literally saved my life.

Best regards

Birgitta

CECILIA

The courses' content is so challenging, rewarding and developing. A very good mix of theory and practice. The course integrates well in your everyday life. Practicing is crucial if you want to reach success.

What was the first difference that you noticed, and when did you notice it?

After three to four weeks I noticed that I became more relaxed. My muscular tension was much lower.

What was most satisfying about taking this course?

I enjoy life much more, and I am more relaxed and have better self-esteem.

What is the most important change you have experienced in the following areas?

Work:

I would like to quit what I'm working with today – commerce and do something else. I'm not worried at all - we will see what I decide.

Relationships:

I feel that my relationships have become deeper and that I value the friends I have more. I'm calmer and more joyful.

Health:

I have become more relaxed and can deal with things that worry me in a more relaxed way.

What have others around said about the changes in you?

That I'm more calm, more joyful and that I have lost some weight. This was commented on shortly after I had began taking the course.

Best regards

Cecilia

ULLA

It's an interesting course. A lot of interesting facts come up that you can apply to yourself.

What was the first difference that you noticed, and when did you notice it?

I look at things in a more positive way.

What was most satisfying about taking this course?

I have become more interested in spiritualism and I have done things that I just dreamt about before.

What is the most important change you have experienced in the following areas?

Work:

I take on and solve problems as they come up.

Relationships:

I care more for myself, and I am no longer involved in or bothered by gossip.

Health:

I have become more aware of how important it is to take responsibility for your own health.

What have others around said about the changes in you?

That I read a lot more now.

Best regards

Ulla

LENA

This course is personal development on a high level. To be able to use your inner mental capacity is amazing. Being a teenage mum, I often say to myself, I'm so glad that I can use the tools that I got from the UMT® course - like mental training to be calm and assertive.

What was the first difference that you noticed, and when did you notice it?

Less tension after using the muscular relaxation CD for three weeks. Before, I used to get all worked up before having dinner guests, now I just use muscular relaxation and my set goal for that day and it works!

What was most satisfying about taking this course?

I have better self-esteem, more joy and a better sense of humor. I have also lost my fear of dogs and of singing in front of others.

What is the most important change you have experienced in the following areas?

Work:

I give more to others and use more humor.

Relationships:

My relationships have become better. I'm more honest. When I say yes I mean it, and when I say no I mean it.

Health:

I have become more aware of my health, I eat better and I'm more relaxed.

What have others around said about the changes in you?

That I'm more calm, secure and use more humor. A student that attended one of my courses said that I had humor, which made me glad, due to my own belief that I was dull.

Best regards

Lena

KARIN

I became more relaxed and had less pain just two weeks after using the muscular relaxation CD that comes with the course.

What was the first difference that you noticed, and when did you notice it?

I noticed that I was more calm and secure and had better self-confidence and more self-esteem.

What was most satisfying about taking this course?

I listen more to myself, and I do what I think is important for me. The courses that are given at the Scandinavian Leaders University are really an education in living your life and making the best of it. I will attend more of their courses.

What is the most important change you have experienced in the following areas?

Work:

I'm working with the same things as I used to do before I became sick and quit my job. My intention is to keep myself healthy and develop and continue working with myself.

Relationships:

My relation with my husband is becoming better and better. I have got a better relationship with my sister-in-law.

Health:

I sleep much better; about six to seven hours a night. I exercise and take long walks on a regular basis.

Best regards

Karin

LENA

I have developed and it has been rewarding. I have learnt a lot about myself and at times it has been difficult to take in all the changes.

What was the first difference that you noticed, and when did you notice it?

That I was more spontaneous and positive.

What was most satisfying about taking this course?

I participate in life in a more joyful way, and I believe more in myself. I set goals that I reach, and I am more content and proud of myself.

What is the most important change you have experienced in the following areas?

Work:

I dare more, and I am not scared of making mistakes, I often ask myself, "What is the worst thing that could happen?" I take on more things at work both practical and theoretical.

Relationships:

I have more respect and have more patience with the rest of the family. I still need to work with my relationships.

Health:

I set goals and practice mental training where I see myself reaching my goals. It helps a lot.

What have others around said about the changes in you?

That I am more open minded, joyful and relaxed than before.

Other aspects and comments:

I have received a lot of positive comments from my family. My daughter told me that I react calmly in situations where I used to get worked up before.

Best regards

Lena

LINDA

I believe that this course gives you a simple and enjoyable opportunity to get to know yourself and find the calmness and joy in life that we are all looking for.

What was the first difference that you noticed, and when did you notice it?

I actually noticed how tired I used to be.

What was most satisfying about taking this course?

I have gained greater knowledge of myself, and I listen to myself and my body. I reach the goals that I set for myself, and I'm grateful for the calmness and joy that I have attained by using the UMT® course.

What is the most important change you have experienced in the following areas?

Work:

I am more focused.

Relationships:

I stand up for myself. I consider what is good for me. Before I used to adapt too quickly to others and what they wanted.

Health:

I take care of myself much better.

What have others around said about the changes in you?

That I more calm and confident.

Other aspects and comments:

Changes take time but they have been worth every effort.

Best regards

Linda

MONA

Life suddenly seemed so much easier to live.

What was the first difference that you noticed, and when did you notice it?

I became more positive and cheerful.

What was most satisfying about taking this course?

I stand up for myself and make choices that I stand for. I'm feeling much better and feel grateful for my body. My blood sugar has become better.

What is the most important change you have experienced in the following areas?

Work:

I quit my job at the county. I look forward to new challenges and I decide the outcome.

Relationships:

I stand up for myself.

Health:

Better blood sugar is the most obvious physical effect from taking the UMT® course.

What have others around said about the changes in you?

I'm more joyful and that my blood sugar has gotten better. My doctor wondered why my blood sugar had suddenly shown better levels.

Other aspects and comments

I'm much happier.

Best regards

Mona

ANNELIE

This course creates positive changes within you that will last forever.

What was the first difference that you noticed, and when did you notice it?

By using the UMT® I noticed that my self-esteem became better.

What was most satisfying about taking this course?

I have bought myself a house and a car and moved away from the place where I have been living for the past 25 years. My self-esteem has become better. I take more responsibility for myself. I feel more free and happier.

What is the most important change you have experienced in the following areas?

Work:

A new job; other work mates, things have become both more positive and more negative since we got a new CEO. I will look for another job.

Relationships:

I meet the friends that give me energy instead of the opposite.

Health:

I take care of myself much better and feel so much better. If I for instance work too much it affects me negatively, so I'm much more aware today.

What have others around said about the changes in you?

That I am more calm and confident and stand up for myself and my values. That I'm more open. This was about a year after I had begun taking the UMT® course.

Other aspects and comments

Others around me have become more interested in UMT® since I started using it.

Best regards

Annelie

LARS-INGE

*This course will change your life in a positive way. You can study at your own pace.
Take your time, the outcome of taking the UMT® is only for you and the effort you put into it will reward you.
The course is diverse.*

What was the first difference that you noticed, and when did you notice it?

I was less tense. This was noticeable after just using the muscular relaxation for two weeks.

What was most satisfying about taking this course?

My self-confidence has become much better, I feel more joy and relaxed.

What is the most important change you have experienced in the following areas?

Work:

More self-confident in my dealings with my colleagues and pupils.

Relationships:

I don't have to show off, or be sarcastic. I feel more secure.

Health:

Less fatigue, and I do not catch colds as often as before.

What have others around said about the changes in you?

That I'm more confident and calm.

Best regards

Lars-Inge

KAROLINA

*This course will open up new experiences and new ways of thinking.
The UMT® course has given me the tools to enjoy life much more and also how to handle setbacks better.*

What was the first difference that you noticed, and when did you notice it?

I noticed just after having been taking the course for a short period of time that my fatigue and dizziness had disappeared.

What was most satisfying about taking this course?

My self-esteem has become much better. I enjoy life much more, and my relationship with my family has become much better.

What is the most important change you have experienced in the following areas?

Work:

I have more positive expectations when I go to work, and I do not take on as much as I did before, which is good for me since I often felt tired before.

Relationships:

I have better, more joyful relationships with my family and friends.

Health:

I take care of myself much better and I feel stronger.

What have others around said about the changes in you?

Both my family and friends have commented on the positive change in me and connected it to the UMT® course.

Best regards

Karolina

AGNETA

*You see the positive differences at once. It's an easy course to take.
You quickly learn how to handle tension, stress and your self-confidence improves.
It's an interesting and enjoyable course to take.*

What was the first difference that you noticed, and when did you notice it?

I became aware of my negative inner dialogue and how tense I was. Taking the course made me more self-confident, calmer and more aware of myself and how I interacted with others.

What was most satisfying about taking this course?

That I enjoy life much more today.

What is the most important change you have experienced in the following areas?

Work:

As soon as I am finished with my maternity leave I will get another job. I have realized that it is not worth staying at a job that does not help you to develop.

Relationships:

I became much calmer. I listen to my children much better, and I choose my other relations more consciously.

Health:

I take care of myself much better.

What have others around said about the changes in you?

Both my family and friends have mentioned the positive change in me and link it to the UMT® course. That I stand up for myself and that I am more emotionally stable.

Best regards

Agneta

ANN-CHRISTINE

*The UMT® has helped me to become more self-confident.
The course also gives you tools to understand yourself and others better.*

What was the first difference that you noticed, and when did you notice it?

A short time after having taken the course I dared to do a lot more.

What was most satisfying about taking this course?

My self-esteem has become much better. I now like myself much more than before.

What is the most important change you have experienced in the following areas?

Work:

I dare more and the thought of changing my job does not give me any anxiety any longer.

Relationships:

I have become much more humble, accept others for who they are, and I appreciate that we are all different.

Health:

I am no longer frightened that my cancer will come back again. I enjoy life as I live it.

What have others around said about the changes in you?

That I am more self-confident and have better self-esteem.

Best regards

Ann-Christine

NILS-ÅKE

*The mental training has become a lifestyle for me, It encourages me every day.
To be able to find your “spiritual room” for relaxation is a positive way to relax from the stressful life
we all have around us. Studying at your own pace is a nice way to reach your best results.*

What was most satisfying about taking this course?

I began to think in a more positive way. I work as a teacher and the outcome of the course affected my work in a way that was good for both my pupils and myself.

What is the most important change you have experienced in the following areas?

I choose to become relaxed and I use my “mental room”. Now and then and I notice positive results both when I play golf and football. That I can use triggers to reach relaxation in my mental room.

What is the most important change you have experienced in the following areas?

Work:

I train my pupils to find their mental room and how to relax.

Relationships:

I think more positively and comment less about negative things.

Health:

I use my triggers to relax whenever I feel stressed.

What have others around said about the changes in you?

That I am more positive and relaxed.

Best regards

Nils-Åke

MARIE

*This course is a good way to get to know yourself
and learn how to enjoy your life better.*

What was the first difference that you noticed, and when did you notice it?

I began to change as soon as I started the course, I was 100% focused.

What was most satisfying about taking this course?

I have grown as a person. I enjoy life much more and feel more self-confident.

What is the most important change you have experienced in the following areas?

Work:

I quit my job as a stewardess and started my own company. I had been working as a stewardess for twenty-one years.

Relationships:

My relationships are much deeper.

Health:

I feel healthy and happy.

What have others around said about the changes in you?
That I am more self-confident and have better self-esteem.

Best regards

Marie

CHRISTINA

*It's a useful course in how to find yourself, get better confidence and become more relaxed.
The course gives you the tools for how to feel more secure and live your life better.*

What was the first difference that you noticed, and when did you notice it?

I feel more confident.

What was most satisfying about taking this course?

I have let go of negative things in the past. I enjoy life more and I share my joy with others.

What is the most important change you have experienced in the following areas?

Work;

I study at my own pace and I don't get worked up by time limits.

Relationships:

I value my relationships much more and have let go of non-fulfilling relationships from the past.

Health:

I feel much stronger.

What have others around said about the changes in you?

The course has given me the tools to handle obstacles and I feel I have more confidence.

Best regards

Christina

EVA

This course gives you perspective and tools to use to make your life better. Sometimes life forces you to stop and look around you, e.g. like during a crisis. But not everything ends up being a crisis, so to be given the opportunity to reflect about myself and to have the tools to be able to make a change was a privilege for me.

What was the first difference that you noticed, and when did you notice it?

I started to enjoy being alone. I didn't need to have people around me twenty-four seven.

What was most satisfying about taking this course?

I look for quality rather than quantity. I set fewer but better goals.

What is the most important change you have experienced in the following areas?

Work:

I appreciate quality and I have found myself a female mentor. My company is doing well without my having to work a lot.

Relationships:

My relationships with my parents have become better, especially with my dad. I have looked through my address book and given up some of my old friends.

Health:

I feel more healthy and get exercise on a regular basis.

What have others around said about the changes in you?

My sister told me that I accept others much more and that I don't have to have everything my way.

Best regards

Eva

JOAKIM

*This course has changed who I am. I feel now that I have got the tools to develop myself.
To be able to take this course at your own pace is a privilege.*

What was the first difference that you noticed, and when did you notice it?

My back aches disappeared after a couple weeks of listening to the CD track about muscular relaxation.

What was most satisfying about taking this course?

I am more positive and calm. I enjoy life so much more now that my back aches have disappeared.

What is the most important change you have experienced in the following areas?

Work:

I have started my own company. I coach executives and also groups at the same company. I want to help everyone to reach their full capacity through NLP.

Relationships:

My relationships with my children have become better.

Health:

I am more healthy and do Qi gong, eat healthy food and do mental training on a regular basis.

Best regards

Joakim

MARIA

Everyone can grow and develop from taking this course.

What was the first difference that you noticed, and when did you notice it?

I am more content with myself and with others.

What was most satisfying about taking this course?

That I have taken control of my feelings. I am not so affected by my thoughts.

What is the most important change you have experienced in the following areas?

Work:

I dare more. I set more encouraging goals.

Relationships:

I cooperate better with others. I appreciate myself more.

Health:

I feel much calmer, and I sleep better.

What have others around said about the changes in you?

That I listen better; that I am more humble and more joyful.

Best regards

Maria

CHARLOTTE

Thanks to the UMT© course I take care of myself much better, feel more relaxed and I have become more positive about myself and others. The UMT® course has given me new strategies to handle myself. It gives you the tools you need to change your own life.

What was the first difference that you noticed, and when did you notice it?

That I learnt how to relax and how easily I relaxed after practicing with the muscular relaxation CD.

What was most satisfying about taking this course?

I became more calm. My self-confidence and self-esteem grew. That I accept myself and have nice inner conversations with myself, I don't judge myself so harshly.

What is the most important change you have experienced in the following areas?

Work:

I search for more valuable things and look for new encouraging goals.

Relationships:

I appreciate my friends and relatives much more.

Health:

I feel much better. I'm calmer.

Best regards

Charlotte

MARIANNE

It has given me inner strength and confidence. I feel more calm and content. I sleep better and I feel less tension. The UMT® course has given me valuable tools to use when I need to calm down or have more self-control.

What was the first difference that you noticed, and when did you notice it?

I slept better after using the muscular relaxation CD for two months.

What was most satisfying about taking this course?

That I sleep better and am more relaxed and content. And that I feel that my self-confidence is improving.

What is the most important change you have experienced in the following areas?

Work:

I have become more convinced that I want to change my profession.

Relationships:

I have become more joyful and appreciate my family, and listen more to my family members.

Health:

I feel much better and have less pain. I do not use painkillers any more on a daily basis like I used to.

What have others around said about the changes in you?

That I glow, and that I am more joyful and content.

Other aspects and comments:

All of my goals are set and my dreams have come true. I am so grateful to have been able to take this course and especially for the mental training that has helped me during my sick leave and rehabilitation. I am back.

Best regards

Marianne

GULL-BRITT

It's all about the meaning of life. Every living soul should get the chance to learn to love themselves. If you don't know how to love yourself you can't live a full life. It's also important for the next generations. You pass it on to your grandchildren. It is so important.

What was the first difference that you noticed, and when did you notice it?

My self-confidence became so much better. I realized that I had been putting myself down for so long. After having worked with the track "self-esteem" I felt that I was more proud of myself.

What was most satisfying about taking this course?

That I stand up for myself and won't let anybody walk over me again. I speak up for myself - express my opinion.

What is the most important change you have experienced in the following areas?

Work

I am unemployed.

Relationships:

I stand up for myself, which is not always appreciated.

Health:

I feel much better due to having more self-confidence and better self-esteem.

What have others around said about the changes in you?

That I stand up for myself.

Other aspects and comments:

Be honest towards yourself and others.

Best regards

Gull-Britt

CAMILLA

*You can practice the course at your own pace and easily integrate it in your Day-to-day life.
You get life-long skills.*

What was the first difference that you noticed, and when did you notice it?

I noticed how tense I was, and that I felt better when I used the relaxation CD.

What was most satisfying about taking this course?

That I feel much more calm, content and relaxed. It is also noticeable within my profession. I think more positively.

What is the most important change you have experienced in the following areas?

Work:

The course has made me stronger within my profession as a masseuse and teacher. I practice and teach others the skills of mental training and it is much appreciated.

Relationships:

I have become more joyful and appreciate the ones I love around me and let go of the relationships that are not good for me.

Health:

I feel proud about myself and my strong and healthy body.

What have others around said about the changes in you?

That I looked more slim and healthy. That I am more joyful and mentally stronger.

Other aspects and comments

I will continue investing in myself. This course has opened my eyes.

Best regards

Camilla

