

# The Phil Parker Lightning Process Application Form

With Sarah Marshall

**Name:**

**Name you wish to be called if different:**

**Address:**

**Post code:**

**Tel home:**

**Tel mobile:**

**Email:**

**Do you wish to receive regular updates by email? Yes/No**

Have you applied, or previously applied, to another trainer/practitioner? (If yes, please fill include their name) **Yes/No**

**Are you ready to take the training?**

The lightning process is a training program. Our experience is that if people apply the lessons of the Lightning Process to their lives they can start to change old patterns of thinking which in turn influence their health and happiness.

With any training program the trainer can only take responsibility for training and coaching to the best of their ability, then the student must apply the lessons for himself or herself. If the student doesn't apply the training, then they will naturally see very little benefit.

If you feel doubtful, cynical or just want to give it a go to see what happens, then now is probably not the right time for you - wait until you feel that way, ask others who've done the process, see what else is available or you will probably be wasting your time and money.

**How the training is conducted.**

Much will be demanded from you over the three days of the seminar, but if you take on the challenge, which your trainer will assess you for in terms of your readiness, the rewards can be extraordinary.

Your trainer has a very demanding role during the seminars. They have to not only present the material but also manage and assist you as you go through that very challenging process. There are certain ground rules and understandings that will make the training easier for you and them.

Your trainer is completely committed to your success, as a result;

- They won't tolerate any behaviours that prevent you getting the success that you deserve.
- They will deliver no-nonsense, honest and essential feedback, do not mistake this as not caring.
- They will not always say what you want to hear.
- If what you are doing is going to cost you your success they will tell you even if it risks you being annoyed with them.
- That's how committed they are to you and your success.

**We recommend that you think long and hard before taking this training, does it sound like something that appeals to you, and makes sense to you, something you can commit yourself to? Yes/No**

You will need to fill in the training agreement which is included in the application form below that includes your role in the training.

## **1. Agreement**

Please read these statements, and if you agree with them please circle the AGREE word, we will not accept you onto the training program unless all the statements are agreed to. Our experience suggests you should only take the training if you agree to these statements:

**I understand that the lightning process is a training program and not a therapy or treatment. AGREE/DISAGREE**

The process or trainer will not FIX you. We will however teach you the strategies, which others have used to recover from their M.E. etc.

**I understand that learning the lightning process therefore does not guarantee me any results. AGREE/DISAGREE**

This is because it's a training program. We will train you in the same way as everybody else who's found this approach the key to moving their lives on. But we can't predict whether you will apply the training to your life or not.

**I accept full responsibility for the effects of applying or not applying this training program to my life. AGREE/DISAGREE**

**I recognise that the mind and body can powerfully influence each other. AGREE/DISAGREE**

**I am prepared to look at and challenge my beliefs about my condition/illness, my health and myself. AGREE/DISAGREE**

**I am totally prepared to do the sometimes-challenging work of starting to think very differently that's required to get myself back on track. AGREE/DISAGREE**

**I will deeply and honestly examine my beliefs AGREE/DISAGREE**

**I will be available for coaching at all times AGREE/DISAGREE**

**I will change anything that my trainer identifies as destructive AGREE/DISAGREE**

**I will be open to feedback of the trainer and my fellow trainees AGREE/DISAGREE**

**I recognise that I have blindspots that I don't even know I have AGREE/DISAGREE**

## **2. Personal Details and history**

**About you** (this helps us to ensure the course is suitable for your needs, gives a sense of who you are);

Sex: M/F

Date of Birth:

Occupation:

What do you hope to get from doing the course?

How would describe your problems/issues/illness- (include medical name/diagnosis if relevant):

When did your issues begin?

How did they start?

What effects has this had/how has this limited your life?

Write down the % from the ability scale (See [www.raincastles.co.uk/ability\\_scale.htm](http://www.raincastles.co.uk/ability_scale.htm)) that best describes your current ability -

I know someone personally who's used the Lightning process to recover their health **YES/NO**

### **3. Future**

When you have discovered a way to get well/resolve your issues, what will you put your energies into/what would you love to do with your life?

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

#### 4. Your beliefs around your health

How much do you agree with the following statements on a scale 1 -5 where 5 is "I totally agree":

<b>I want and desire to be healthy</b>	<b>1 2 3 4 5</b> <b>(circle the number)</b>
<b>I believe it is possible for me to be healthy</b>	<b>1 2 3 4 5</b>
<b>I have, or can learn, the capabilities to be healthy</b>	<b>1 2 3 4 5</b>
<b>It is an appropriate time in my life to be healthy</b>	<b>1 2 3 4 5</b>
<b>The gains of being healthy outweigh the gains of remaining ill</b>	<b>1 2 3 4 5</b>
<b>I am willing to change negative lifestyle patterns, thought processes and limiting beliefs</b>	<b>1 2 3 4 5</b>
<b>Once I know how, I then hold the responsibility to be healthy</b>	<b>1 2 3 4 5</b>
<b>I deserve (or I'm good enough) to be healthy</b>	<b>1 2 3 4 5</b>

#### 5. Readiness

What score would you give yourself out of 10 for your belief that you can recover using the Lightning Process?

I am determined to be the next success story **yes/no/maybe**

#### 6. The X factor

Please write down a few sentences on what you feel is needed from YOU during the lightning process to get the changes that the others have achieved.

#### 7. Payment details and Terms and Conditions

**Fee for Lightning Process training is £595.** Payment is by cheque (payable to Sarah Marshall) or cash only. **A deposit of £150 deposit is to be sent with your application.** This will be cashed once you've been accepted on a Lightning Process training course and your dates have been confirmed. **This is refundable up to 1 month before your sessions. Less than 1 month, your deposit can not be refunded in the event of a cancellation on your part;** this is because we run small group trainings with limited spaces; if you take up a space and cancel, no one else will be able to fill it once the course starts. However, if you cancel at short notice and we are able to fill your space your deposit will be refunded. **The balance of £445 is due at the beginning of the first day of Lightning Process sessions. Payment includes Lightning Process training over 3 days plus 3 x 20 minutes of follow up sessions.**

We reserve the right to terminate your training if we feel your continued participation would be unhealthy or unhelpful for you or another member of the training group. Your fees will not be refunded in these circumstances.

**Cancellation of seminars**

On occasion unforeseen circumstances may make it necessary for us to cancel a seminar and accordingly Sarah Marshall reserves the right to cancel seminars where appropriate. In such circumstances you will be given as much notice as possible and Sarah Marshall will either refund the full seminar fee or, if you request, move the training to an alternative date. Liability for any losses other than the seminar costs will not be accepted.

**Ownership**

All documents you receive as part of your training constitute an intellectual property and are not to be reproduced, sold or distributed in anyway.

**Certificate of Attendance**

From August 2008 onwards, on completion of the course you will receive an attendance certificate from your trainer. Phil Parker foresees that, over time, taking a Phil Parker Lightning Process™ training seminar will be considered a valuable component of an individual’s life and work skills. The certificate will act as a reference that you attended the seminar for personal development, which can then be presented to future employers as evidence of your Phil Parker Lightning Process™ training attendance.

**Data Protection Policy**

The Register of Lightning Process TM Practitioners is registered with The Information Commissioners Office and all information is held in accordance with the Data Protection Act 1988.

You can decide to have your attendance certificate logged, together with your name, certificate number and e-mail address with Lightning Process head office. This will:

Ensure that it can be replaced in case of loss.

Help us with our research and statistics.

Help us to check that you have received the high standard of care we expect from members of our register.

If you would like this option please check this box.

In addition to the logging of your details for the purposes outlined above, we would also like to occasionally inform you of relevant developments in the Lightning Process TM and its associated programs. This is an optional service. Your details will never be passed on to anyone else for any reason. Please check this box if you wish to receive occasional and relevant correspondence from us about this.

If you agree to all of the above conditions in this document please fill in and sign the following declaration.

I ..... understand and agree that once I pay my fees they can not be refunded, that I understand the statements I have agreed to and agree to adhere to the above conditions.

Signed:

Date:

Thanks for helping us speed up your application by filling this out. It may have been a lengthy process but this is to ensure you get the most out of your training.

Please send to:

**Sarah Marshall, 65 Duke Street, Darlington, DL3 7SD.**

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