



## CONTACT

@thesophiabailey



Join me for 6 weeks of  
evidence-based brain  
training combined with  
timeless universal laws.

Training Details  
By Appointment

THE SCIENCE OF  
*Thinking Rich*





## THE METHOD

The Neuro Change Method™ takes you deep into research-based tools from most of the mind sciences including neuroscience, social psychology and philosophy.

It provides an understanding of the conscious mind's ability to influence the mechanisms of the subconscious mind to go to work for us in everyday life.



## THE OUTCOMES

Adapt and Recover From Established Biases

Use the Malleable Aspects of the Brain to Improve Health, Happiness, and Wealth

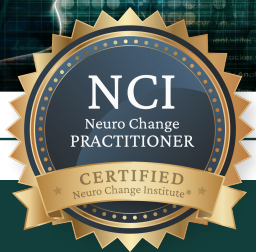
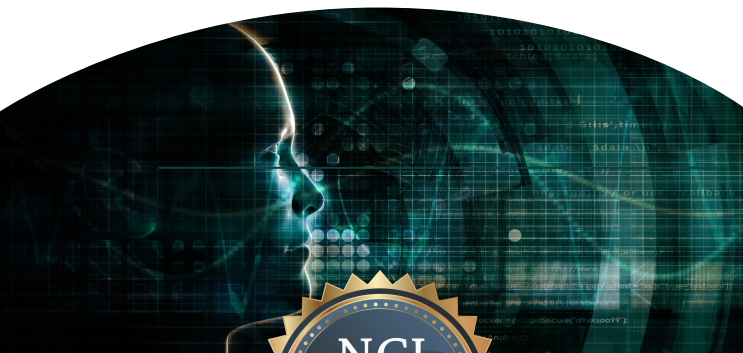
Allow a new version of yourself to emerge

Achieve Excellence in any Pursuit

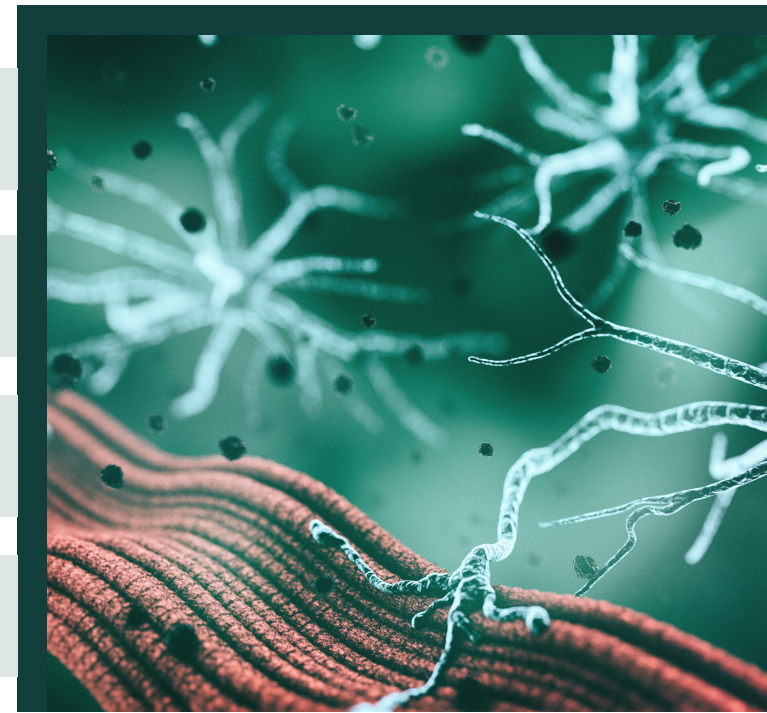
## THE INSTRUCTOR

**Sophia Bailey-Larsen** is a Certified Science of Success Instructor with the Napoleon Hill Foundation. After discovering the similarities between brain science and success principles, she decided to incorporate this in her training with incredible results.

As a Master Practitioner of the Neuro Change Method, Sophia will teach you how **The Science of Thinking Rich** can transform your life.



*Sophia Bailey-Larsen*  
WISDOM ON WEALTH



# CLIENT JOURNEY

**START**  
Next level  
consciousness,  
Purpose and FLOW  
STATE

The science of  
ultimate human  
performance.

**MODULE ONE:  
BELIEFS**

Aligning with  
beliefs that  
serve you.

When the will and  
beliefs are opposed  
the beliefs will  
always win.

**MODULE  
TWO:  
MINDSET**

**MODULE  
FOUR:  
SUBCONSCIOUS  
INFLUENCE**

Understanding  
Emotional  
Intelligence.

**MODULE THREE:  
NEUROSCIENCE OF  
EQ**

Theory of Mind and using  
MCII and choice architecture  
to modify behavior.

How  
mindset can  
be changed.

Selective tools  
from Social  
Psychology  
improve goal  
attainment

**MODULE  
FIVE:  
NEUROPLASTICITY I**

Creating a Blueprint  
for Neural Change

**MODULE  
SIX:  
NEUROPLASTICITY II**

**RESULT:  
A PURPOSEFUL LIFE  
EMPOWERED TO  
EXCEL.**

*Sophia Bailey-Larsen*  
WISDOM ON WEALTH





## PURPOSE AND FLOW

In this module you will come to realize that achieving your purpose is much easier when you move to a state of FLOW. 97% of people report that living on purpose is important to them, but 'Purpose Anxiety' is experienced by the majority. Let's start off PURPOSE READY.

## BELIEF

Discover how to align with beliefs that serve you. Beliefs and thought change.

We will explore with your existing limiting beliefs, then learn how to find and install beliefs that match your purpose

## MINDSET

Discover how your mindset can be changed by applying the tools for Neuroplasticity.

How your mindset can change by using evidence-based activities to alter your thinking and behavior.



## EMOTIONAL INTELLIGENCE

Emotional Intelligence is not an optional "extra" for leaders; it unlocks one's untapped potential.

Module three is closely interlinked with an understanding of how the brain works and the neuroscience behind it.

## SUBCONSCIOUS MIND

We will cover how to programme the subconscious mind to keep moving towards your goals, even when emotionally triggered.

Selective tools from mind sciences that lead to a higher probability of goal attainment.

## NEUROPLASTICITY

This is where all modules combine to help you master the potential of your brain.

Learn about the brain's ability to change and adapt to your goals.

You will discover the Blueprint for Neuro Change that experts apply to stay at the top of their game.

Finally you will learn to apply the tools for change using the brain's built in mechanisms that support lasting transformation.



*Sophia Bailey-Larsen*  
WISDOM ON WEALTH

## CASE STUDY - NADIA D ON COMPLETION ( 6 WEEKS)



"I would highly recommend The Neuro Change Method hosted by Sophia Bailey-Larsen. It is mind blowing and will absolutely change the way you think about your goals, your vision, your mindset and your brain. I joined this programme because for years I have been focussed on my goals from January until around October, but then I would stop focussing on my goals for the rest of the year and I wanted to find out why.

The duration of the programme is 6 weeks and each week my mind was blown with new information. After completing the programme, I have discovered why I stopped working on my goals in October and I am fully furnished with information that will allow me to carry out my goals daily and realistically for the whole year!! My mindset has grown. My vision has grown. I firmly know my growth for 2023 will be phenomenal thanks to Sophia and this programme.

Sophia is a fantastic teacher, who is engaging, has a beautiful heart and has a wealth of knowledge in this field. She is an inspiration and will show you how to deeply expand your mind. If you are thinking about joining this programme, please don't think, just join. It will literally change your life!!"

## CASE STUDY - NADIA D FOLLOW UP (7 MONTHS)



"September to December is usually the time that I withdraw and hibernate, but after all the work we did on the neuro change method and my clear mind, I'm ready to smash those 4 months!! I feel like many aspects of the neuro change method resonated more with me than anything else you have taught.

It has been on my mind all year and to be fair, this is where my mind has been much of the time (when it wasn't cluttered) - focussing on no longer procrastinating and not focussing on my daily activities and goals, no longer saying its too dark or too cold to go to the gym (and I have been going to the gym on Tuesday, Thursday and Saturday mornings, no longer wasting time and lying to myself, no longer getting pissed off by no achieving the goals that I didn't work for because I made yet another poor excuse.

For the first time ever, I'm ready for Autumn and ready to build that bus that is taking me to Alicante whilst throwing negative passengers off the bus.

I was going to restart the programme in October myself, but thank you, I'd love to join!"  
(and work on another goal)



## A GREATER SENSE OF CONTROL

"Taking the science of thinking rich course was truly transformative for me. I gained a deep understanding of how the brain works and its impact on behavior, empowering me to make informed decisions about my mental and emotional health.

This newfound knowledge has given me a greater sense of control over my life, leading to improved overall wellbeing and a sense of fulfillment in my daily life."



## ENHANCED COMMUNICATION AND BETTER DECISIONS

"After taking the science of thinking rich course, I saw a remarkable improvement in my critical thinking and problem-solving abilities.

I gained a better understanding of the complex inner workings of the brain, which helped me enhance my communication skills and make better decisions. Overall, the course provided me with invaluable insights that have positively impacted both my personal and professional life."



## THE SCIENCE OF *Thinking Rich*

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*Sophia Bailey-Jensen*  
WISDOM ON WEALTH

