



THE INSTITUTE FOR  
TRANSFORMATIONAL THINKING  
CHANGING THE WORLD ONE THOUGHT AT A TIME

# BE THE CHANGE

## WORKBOOK

A SPECIAL WEBINAR ON  
COLLECTIVE TRANSFORMATION  
with



ORA NADRICH & MARIANNE WILLIAMSON

[www.theIFTT.org](http://www.theIFTT.org)

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## ABOUT BE THE CHANGE

This luminary discussion between Ora Nadrich & Marianne Williamson covers the following three areas:

- + STAYING SANE IN A WORLD THAT SEEMS CRAZY
- + OVERCOMING FEAR AND ACCESSING YOUR INNATE POTENTIAL
- + THE WORLD CHANGING POWER OF TRANSFORMATIONAL THINKING

## ABOUT THE INSTITUTE

The Ora Nadrich Institute For Transformational Thinking is an educational organization dedicated to training coaches, teachers, leaders, counselors, healers, and facilitators in the transformational power of a mastered mind. We offer trainings, workshops, classes, and events to introduce techniques fundamental to the transformational thinking process - for participants to first experience in their own lives, and then to share with their clients, students, employees, and patients. The Founding Team of The IFTT were featured on the cover of Face The Current Magazine's March 2018 issue, the Transformation Edition.

The Institute For Transformational Thinking is dedicated to helping the collective shift toward compassionate, wise, effective thinking habits for the benefit of all - changing the world one thought at a time.

[www.theIFTT.org](http://www.theIFTT.org)





**ORA NADRICH** is the Founder and President of The Institute For Transformational Thinking. She is a Thought Coach, a Mindfulness Meditation Teacher, and the author of the groundbreaking book, *Says Who? How One Simple Question Can Change The Way You Think Forever*.

Ora's rare combination of insight, intuition, compassion, and charisma has made her one of the most effective and sought-after coaches in Los Angeles. Her work has been featured in *Women's Health Magazine*, *Reader's Digest*, *Conscious Lifestyle Magazine*, *Fast Company*, *Success Magazine*, *Spirituality & Health*, *Elevated Existence*, *NBC News*, *LA Yoga Magazine*, *Yahoo! Health*, and many more. Celebrated spiritual teacher and best-selling author Marianne Williamson counts Ora as a source of inspiration, noting, "*Ora Nadrach is a treasure. Her voice bears the passion of her own experience; she's able to reach deep into our hearts because she's culled so much wisdom from her own. When she speaks, I listen; when she writes, I read it; when she gives advice, I heed it. Her sparkle and power are not to be missed.*"

From a very early age, Ora has been a seeker of knowledge, with a particular interest in discovering how our thoughts work. Her three-decade psychospiritual journey towards this inner awareness eventually led her to establish The Institute For Transformational Thinking, designed to uncover both the pitfalls and potential our thoughts have in determining our destiny.

[www.OraNadrach.com](http://www.OraNadrach.com)



**MARIANNE WILLIAMSON** is an internationally acclaimed author and lecturer. For the last 35 years, she has been one of America's most well known public voices, having been a popular guest on television programs such as *Oprah*, *Larry King Live*, *Good Morning America*, & *Bill Maher*. Seven of her twelve published books have been *New York Times Best Sellers* and four of these were #1. The mega best seller *A Return to Love* is considered a must-read of The New Spirituality. A paragraph from that book, beginning "Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure..." is considered an anthem for a contemporary generation of seekers. Marianne's other books include *The Law of Divine Compensation*, *The Age of Miracles*, *Everyday Grace*, *A Woman's Worth*, *Illuminata*, *Healing the Soul of America*, *A Course in Weight Loss*, *The Gift of Change*, *Enchanted Love*, *A Year of Miracles*, and her newest book, *Tears to Triumph: The Spiritual Journey from Suffering to Enlightenment*. Marianne is a native of Houston, Texas. In 1989, she founded Project Angel Food, a meals-on-wheels program that serves homebound people with AIDS in the Los Angeles area. To date, Project Angel Food has served over 11 million meals. Marianne also co-founded the Peace Alliance. Marianne has dedicated her travel schedule during 2018 to the Love America Tour, articulating an evolutionary wave of new possibility as principles of higher consciousness are brought to bear on our politics.

[www.Marianne.com](http://www.Marianne.com)



## STAYING SANE IN A WORLD THAT SEEMS CRAZY

- + Nothing will change unless we change our limited thinking
- + Take responsibility for our own thoughts
- + Check in with our conscience, our thinking mind daily
- + Check in with how awake and present we are daily
- + Check in with our proactivity, and compassion daily
- + Ensure our thoughts are healthy, balanced, lucid, responsible, and sane
- + Use a daily practice of meditation, prayer, etc.
- + Acknowledge the dangers of maladaptive thinking
- + Self reflection is necessary and ongoing
- + Quiet your mind and observe your mind
- + Look more closely at our own thoughts
- + Know that our thoughts and actions reverberate out into the world
- + Meditating with others can be helpful



## STAYING SANE IN A WORLD THAT SEEMS CRAZY QUESTIONS

1. What can you do in your own life to remind yourself every day to check in with your conscience, your thinking mind, and your proactivity?

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2. What are some aspects of modern society that stand out to you as particularly unhealthy, unacceptable or crazy?

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3. In your opinion, what are some of the ways the world seems to be improving, healing or becoming more sane?

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## OVERCOMING FEAR AND ACCESSING YOUR INNATE POTENTIAL

- + Not losing sight of hope
- + Allow deep divine truth to shine through from within
- + Understand the source or origin of negative thoughts and unhealthy behaviors
- + Acknowledge your mistakes and learn from them
- + Question and challenge fear-based thoughts
- + If thoughts are not serving our well-being, we have no use for them
- + Don't let negative or fear-based thoughts undermine your potential
- + Cultivate positive, wholesome thinking that supports the best of who we are
- + Nurture and encourage our potential
- + Align thoughts with our deepest desires
- + Our thoughts need to support us realizing our full potential
- + Connect to love and compassion within
- + Pray, meditate and connect to your purpose prior to taking action
- + Be available to connecting to your truth
- + Start you day with your thoughts in alignment with your intentions and purpose
- + Check in with yourself daily to know what you are thinking, and how you are feeling
- + Open yourself up to divine spirit guidance





## OVERCOMING FEAR AND ACCESSING YOUR INNATE POTENTIAL

- + Ask yourself, "Who am I, and why am I here?"
- + Move into conscious awareness, and embrace the light
- + Be aware of your impulses, and practice control of them
- + Feel peace descending on you
- + When we turn on the light, darkness is gone
- + Stop and take a moment to receive the knowing
- + Every moment is a lesson we need to go through to grow.
- + Lessons are gifts. Aspire to know more
- + Trust that you are open to ride the wave of life's challenges
- + The psyche knows how to repair itself just like the body



## OVERCOMING FEAR AND ACCESSING YOUR INNATE POTENTIAL QUESTIONS

1. Name a few fears you once had that you have since overcome.

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2. How did you overcome them? Did you have a realization, a support system or some kind of new experience that helped you overcome them?

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3. What are some fears in your own life that disempower you or have prevented you from speaking your truth?

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## THE WORLD CHANGING POWER OF TRANSFORMATIONAL THINKING

*"Transformational thinking is what inspired all of the great visionaries to manifest what was in their mind, which we have the capacity to do too."*

*"We are that powerful. We can change the world with our thoughts. Each and everyone of us can be a Transformational Thinker, a Transformational Leader. We can help change the world for the better if we want to, if we choose to. These are conscious choices that we make."*

*"Rise to the occasion and live courageously"*

*"Show up now. show up and look at one another and say; I'm here, what can I do to help?"*



## THE WORLD CHANGING POWER OF TRANSFORMATIONAL THINKING QUESTIONS

1. Throughout history and today, who are some of the Transformational Thinkers that come to mind for you when you think of the term "world changer"?

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2. Take a moment to imagine a world transformed - free from violence, hatred and ignorance; radiating with truth, beauty and harmony. What are some of the changes you see happening?

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3. In what ways could you begin to express some version of those changes in your own personal circle of influence - your friends, family, and workplace?

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# THOUGHT COACH™ CERTIFICATION TRAINING FOUR WEEK ONLINE COURSE

My Thought Coach™ Certification Training Program was inspired by my years of success as a life coach. In my coaching practice, I discovered that no matter what area of life people find themselves struggling in health, finances, career, relationships, you name it - it is the thoughts we harbor around these things that are the most powerful in determining success or failure. I've developed a series of unique, fool-proof tools for transformational thinking and designed a training program so coaches, healers, and leaders can benefit from the techniques that I have seen touch the lives of so many people already.

It's a dream come true for me to now share it with the world, so you too can learn the transformational power of a mastered mind!



**ORA NADRICH**  
Founder and President  
of the Institute For  
Transformational Thinking



CLASSES BEGIN APRIL 2, 2018  
REGISTRATION OPENS MARCH 19, 2018

REGISTER TODAY AT:  
[www.BecomeACertifiedThoughtCoach.com](http://www.BecomeACertifiedThoughtCoach.com)



Immerse yourself in the world of new possibilities with the **IFTT Thought Coach™ Certification Training**. Learn how to apply original, step by step groundbreaking coaching strategies for your clients to experience transformational thinking, which can be used in all areas of their lives.

The course is broken down into four modules over four weeks. Each week you will receive a daily lesson email with videos, mp3 files, articles, worksheets and exercises. There will also be a live training call once a week.

Become certified in facilitating:

- + The Says Who? Method™ for Transforming Negative & Fear-Based Thoughts
- + The Release & Replace Technique™ for Building Positive Neural Pathways
- + The Thought Alignment System™ for Developing Action Thoughts & Affirmations

### MODULE ONE: MINDFULNESS



- + The Meaning of Presence
- + Establishing True Thought Awareness
- + Mindfulness & Meditation
- + Daily Discipline for Mental Wellness
- + Ethics for Thought Coaches

### MODULE TWO: THE SAYS WHO? METHOD™



- + Identifying the Different Kinds of Thoughts
- + How Our Thoughts Influence Our Lives
- + Transforming Negative & Fear-Based Thoughts
- + Automatic Thoughts
- + Tools for the Thought Coach™

### MODULE THREE: THE RELEASE & REPLACE TECHNIQUE™



- + Owning Your Thoughts
- + Thoughts vs. Feelings
- + Guided Meditation Scripts
- + Acceptance, Forgiveness, Compassion & Love
- + The Keys to Transformation

### MODULE FOUR: THE THOUGHT ALIGNMENT SYSTEM™



- + Putting Healthy Thoughts Into Action
- + Coaching Session Outlines
- + Effective Affirmations to Support New Habits
- + Building New Neural Pathways
- + Becoming a Thought Coach™







YOUR NAME & CONTACT INFO HERE

## TRAINING

### LIVE TRAINING CALLS

+ Weekly LIVE training calls with Ora Nadrich, founder & president of The Institute For Transformational Thinking.

### WEEKLY WORKSHOP VIDEOS

+ Clear, easy to follow video workshops in your email inbox at the beginning of each weekly training module.

### DAILY EMAIL LESSONS

+ Receive daily email lessons with articles, exercises, worksheets and more.

## CERTIFICATION

### BECOME CERTIFIED

- + The Says Who? Method™ for Transforming Negative & Fear-Based Thoughts
- + The Release & Replace Technique™ for Building Positive Neural Pathways
- + The Thought Alignment System™ for Developing Action Thoughts & Affirmations

### THOUGHT COACH™ TRAINING PROGRAM GRADUATION CERTIFICATE

+ You will receive an elegant, professional certificate in the mail upon completion of the Thought Coach Certification Training, for display in your office or home.

## TOOLS

### CLIENT COACHING TOOLS & WORKSHEETS

- + Client Coaching Worksheets
- + Coaching Session Outlines
- + Guided Meditation Scripts
- + Guided Meditation Mp3s

### COACHING BUSINESS LAUNCH KIT

- + Personalized Brochures
- + Personalized Business Cards
- + Client Intake Forms
- + Client Agreement Templates
- + Coaching Ethics Reference Guide
- + Coaching Business Social Media Guide





A guide for all seekers, students of transformation, and most helpful for coaches, therapists and people helpers!

**- RONALD ALEXANDER, PH.D.**

Executive Director of the Open Mind Training Institute  
Author of *Wise Mind / Open Mind*



Ora Nadrich is a treasure. Her voice bears the passion of her own experience; she's able to reach deep into our hearts because she's culled so much wisdom from her own. When she speaks, I listen; when she writes, I read it; when she gives advice, I heed it. Her sparkle and power are not to be missed.

**- MARIANNE WILLIAMSON**

New York Times Best Selling Author of 12 Books  
Former Congressional Candidate



Developed through her deep study of the ageless wisdom and an exploration of her own mind, Ora's Thought Coach Certification Training offers up methods and techniques that are almost deceptively simple to use, but powerfully effective for anyone looking to activate the power of their thinking mind. Ora is an excellent mentor and has coached me through my own journey of transformational thinking. I am so excited she has finally decided to offer this training!

**- BENJAMIN W. DECKER**

Director of Education at the Institute For Transformational Thinking  
Author of *Practical Meditation for Beginners*

REGISTER TODAY AT:

[www.BecomeACertifiedThoughtCoach.com](http://www.BecomeACertifiedThoughtCoach.com)

