



Transformation Life Coach Training – The Course Layout

“Our Transformation Life Coach Training Course is a Powerful Combination of Life Coaching Methodology’s, Transformation Coaching Techniques, Neuro-Science, Neuro-Linguistic Programming, Quantum Physics, Advanced Positive Psychology, Success Mind Set Strategies and much, much more...”

Our main Intention with our Transformation Life Coaching, is to CHANGE a person’s INSIDE world, so that the OUTSIDE world will change automatically!

If we desire change in our outer world, we must first change our inner world – our thoughts, beliefs and attitudes. The majority of people struggle hard in the outside world, to put the things in order, but unless you put your inner world in

order, again and again you come across the same problem in the outside world!”

The Basis of Life Coaching: Learn the fundamental assumptions on which we base our lives. These include:

- Fundamental beliefs that will allow you to begin to choose the empowering Mind Mastery model and leave behind the disempowering Mind Servitude model.
- Identify and take control of the intricate connections between your mind, emotions and your behaviour.
- The clearest and easiest models of how people learn, communicate, change, and evolve.

11 Proven Principles for achieving your goals used by all successful goal setters, which you can start using from day one. You will learn:

- The difference between goals you achieve and goals you do not achieve.
- Learn to set goals and *always* achieve them.
- Discover how to ask questions so that your goals or somebody else's goals become free from confusion or ambiguity.
- A Strategically step by step Goal Setting Formula to help yourself and your client to design and formula “Clear Goals”.
- A Powerful “**Goal Achieving System™**” that you can follow after you have set and formulated your goals. This will keep you on track and therefore, enable you to achieve your goals much faster. This system has helped so many of our Students, who have followed it by the letter while busy going through the Transformation Coaching DVD Pre/Home Study Course, to get the Funds for the Advanced Practical Training part, which is the second part of the course.

Discover how you will Create Instant Trust and Agreement with your Client with our 10 Proven Rapport Building Techniques

- Instantly switch into mutual understanding with your Client or anyone you choose.
- Increase your sensitivity to body-language and its true meaning.

- Use your Body Language in a specific way to get your Client to unconsciously Associate Positively with you and create Instant Trust and Agreement. Using this technique will help your Client to open up to you, so you can have a deeper meaningful impact helping them.
- Learn how to identify the use of your voice tonality to Build Rapport (Even on the phone)
- Create instant liking when communicating with friends, relatives and even people you don't know.
- Learning Rapport has been described as the ability to build a Bridge of Harmony and Trust between people.

Sub-Coding - The Secret, Encoding & Decoding Software that the Subconscious Mind uses to store and recall past experiences & mental conditioning.

(P.S. This is NOT Hypnosis. We do NOT use any Hypnosis in our Coaching)

Using this powerful technique, we can decode a specific memory, experience or mental conditioning. Once we have the code, we can then change it into a better more empowering code and encode the new more empowering code back into the Subconscious Mind. This technique can be used for the following processes and much more...

- Find out the inner encoding mechanism of your brain and take control of it.
- Get rid of unwanted or destructive behaviours, like anger outburst, junk food eating, comfort eating...etc.
- Help people to Stop Smoking.
- Learn to create a sequence of instructions to modify your disempowering beliefs.
- Deal with non-useful emotional responses to the world around you.
- Help your Clients to love and accept themselves for who they are.
- Move people comfortably through **obstacles** that are holding them back in their lives and during the coaching process.
- Reprogram someone to take action on a task, project, exercise program and goals...
Most people want to take action on their desired outcomes; however, most procrastinate or find excuses why they cannot do it now. This is not because they do not want to; the problem lies in the Subconscious Mind. You see; the Subconscious Mind is **NOT** programmed to take these actions; therefore, the person has to use a lot of Will Power to take these actions, and eventually they run out of Will Power and therefor create excuses that end in procrastination. By utilising this technique, we can change the programming of the Subconscious Mind, and rather get the subconscious on board (instead of Willpower only), thus making it very easy for him or her taking the necessary action. *(This will be a very valuable skill to have once you have decided to start coaching in the business world)*

- Get someone to like an action, they currently dislike or dislike an action they currently like doing, but does not really serve them.
- Help your client to really *dislike unhealthy* foods or drinks. Some people are eating specific foods or sweets regularly, which is either making them overweight, or it is affecting their health. Using this technique, we can reprogram the Subconscious Mind to totally dislike that specific (bad) food, which will cause them to never want to eat it again. Some people cannot even look at that specific food again. If you want to specialise in **health coaching**, this will be a very powerful technique in your toolbox.
- Get your Client to start *liking healthy foods*. This is a very powerful technique to help your Client to lose weight if they have a tendency to live on junk food. For example; you might not like eating Broccoli and you wish you did! Now, you can get the Coding of eating Broccoli and change it into the Coding of eating Chocolate!
- Help someone do a specific task easier, which they currently find hard or frustrating to do.
- Delete any Limiting Believe and Install a New Empowering Believe.
- Resolve any Trust issue with other people. (Some People do not even trust their own Subconscious Mind)
- Remember, any Obstacle that you encounter in your Client during the coaching sessions, can be resolved by using this powerful Decoding & Encoding Technique.
- And much more...
- **P.S.** If you really understand the Encoding & Decoding of the Subconscious Mind (*which we really make sure you do*), you will always get the desired results in your own life and that of your clients.

Learn This Powerful Transformation Coaching Technique called: **Bang Pattern™!!**

This technique will help you to do the following for yourself and your clients:

- Changing your client's current Self-Image at a Subconscious level into a **New Positive/Empowering/Confidant Self Image** in less than 30 minutes. To fully understand the effect of what our Self Image has on every aspect of our life, please read the book, "*Psycho-Cybernetics*" by Dr. Maxwell Maltz. Once you have read it, you will understand how powerful the **Bang Pattern™** technique really is, and what it can do for yourself and your clients.
- Change any unwanted behaviour into a new positive behaviour
- Installing completely new behaviours
- Change any unwanted habit into a new positive habit.
- Installing brand new habits
- **P.S.** To change or install any brand-new habit/behaviour into the Subconscious Mind will take the average person 21 – 30 days by doing it daily for a few times and therefor using

a lot of Will Power. Using the Bang Pattern™, we can program/reprogram the Subconscious Mind with that brand new Habit or behaviour within 25 minutes.

- Boost Confidence
- Boosting Confidence in specific situations where people normally have none. For instance, in Public Speaking, Sales, Presenting or approaching the Opposite Sex
- Installs and Ingrain a New Powerful Belief into your Clients Subconscious Mind.
- Installing a brand New Positive/Powerful/Successful/Confident **Attitude**.
- Changing the habit of negative thinking into a new habit of positive, outcome orientated thinking.
- Boost your Client, to start taking Action on their Goals.
- Stop overeating.
- Stop Procrastination dead in its tracks.
- Get any person Motivated on a Project.

A Sure-Fire Proven Transformational Technique, to stop All Inner Conflicts called Inner Conflict Therapy™!!

All of us have a constant, inner 'self-talk' going on. Have you ever noticed that there are two (sometimes more) different little voices in a tug of war with each other? For example, one voice says that you CAN do it, and another voice tells you NO you cannot; and therefore voices of doubt interfere with your Mind-talk and actions. This is what is call inner conflict. Have you noticed that one is always optimistic and positive about everything, while the other one is constantly limiting, sceptical or plain negative about everything?

For example:

"I am not good enough and will not make it!"

Versus

"I know I can do it and I am great!"



Now, with this tug of war continuously going on in our mind, it gets tough to achieve our goals and aims in life. It causes incongruence inside of us, **which stops us, from living our Full Potential.**

Inner Conflict Therapy™ is a very powerful technique that takes the client through a process where we finally silence, the Limiting Negative voice in the mind. Once the negative voice is silent, we become congruent and can easier achieve our goals and life purpose! To really understand what this will mean for yourself and your clients, just do yourself a favour and go and read all the testimonials on our *Home Page* and *Testimonial Page* again to see what it did for other people. This technique alone will totally transform your life for the better. Every time we take a group of people through our training, we get dumbstruck to see how people can change in such a short time.

“All our Clients and Coaches, Rave about this technique! This will be your most powerful technique in your Arsenal. Words above can’t describe what it can do for you once it silence your negative voice that is always holding you back to live the life of your dreams.”

Release all your Unprocessed Negative Emotional Charges from your past with this Powerful Transformation Coaching Technique called Negative Emotional Therapy™

“Gain total control of your life and take back control of your emotions and thoughts”

“Feeling in control over your Emotions, is the Ultimate Empowerment in Life!”



Negative Emotions being suppressed and unresolved, can create a lot of havoc in a person's life. When out of control, it can cause a lot of damage in relationships, work environment

and to the person's health. If left untreated, it can even cause depression. When we do not understand how our emotions could serve us, but instead only dwell in the Negative State of Emotions, we will ultimately stop ourselves from *Living Our True Potential*.

You will agree with me that you have had tens of thousands events in your life where you experienced some form of Negative Emotion. Life will always be filled with events that cause us to experience a negative emotion. Did you know that every time you experience a Negative Emotion and didn't deal with it right after or during the event, there is a Negative Emotional Charge (NEC) getting stored in your neurology at a Subconscious level? Each of the NEC's are still linked to specific events?

Most Psychologists and Psychiatrists try to pinpoint the highly charged events in a person's life by using Psychoanalysis to try and help a person get over it. This can be a very time consuming, strenuous and emotionally draining process to get over all the Negative Emotion Charges (NEC). You will have to go and visit every event in your life one at a time and talk about it - in the hope that you will let go of the NEC on the event.

Now, without getting too technical: All these Negative Emotional Charges (NEC) for a specific emotion like, for example, Anger, starts to form a chain like structure (called a Gestalt) in the mind/neurology from a very early age, and continues to grow longer as we continuously experience this specific emotion over and over in our life. Each NEC in the chain of Anger will be linked to a specific event. The longer the Chain of NEC's of a specific emotion like, for instance, Anger, the less control a person will have over their Anger when it gets triggered by some sort of internal or external stimuli. The same principle applies for all the other Negative Emotions like Fear, Sadness, Hurt, Guilt, Shame, Frustrations, Hate, Doubt, Anxiety, Jealousy and a lot more.

Negative Emotional Therapy™ is a quick and affective technique that can help any person to release all those Negative Emotional Charges (NEC) on the events from the past for each specific emotion one at a time. Once you released all the NEC's on all the major Negative Emotions, you will gain back control over your emotions instead of your emotions controlling you. This will also help you to stop thinking or living in the past and therefore, become more present in the moment, with a positive, optimistic outlook on your life.

Now if you can actually grasp what I just explained here, you will realise and see how powerful this technique will be in your Coaching Arsenal Toolbox to help yourself and your clients to live a more fulfilled happier life with a positive optimistic outlook on the future.

For a more detailed explanation of Negative Emotional Therapy™ click the link below:

<http://nlplifecoachingtrainingcourse.co.za/negative-emotional-therapy/>

Deleting any Negative or Limiting Belief with this Powerful Transformational Technique called Negative Belief Therapy[™]

Beliefs are the large subconscious framework of our behaviour and experiences. You can teach people new skills, and they can feed back the information perfectly, but if a person believes he/she cannot do that specific task effortlessly; they will automatically find a way to unconsciously keep the change from occurring.

One kind of belief is the belief that: **Something is possible**. This means that you believe that your goal or outcome is a real possibility. If you **do not** believe that something is possible, you will not act upon it and the usual response is hopelessness.

No belief in the possibility = Hopelessness

Another kind of belief is the belief that something is possible, and that you can easily do whatever it takes, to reach your goal. This means that you believe that you have the resources to accomplish whatever you set your mind to. Another version of this is when a person believes something is possible for others, but **not** possible for themselves. A person with these beliefs ends up helpless and does not take action towards their goals to better their life.

No belief in own resources = Helplessness

A third type of belief has to do with **expectancy**. What we expect usually comes true. If a person does not expect to accomplish their goals, then they will never take any action to head in that direction. Another version of this is the placebo effect. Studies have proven that when people believe and expect in a specific outcome (feeling good or better) from some form of drug, they will eventually experience that outcome. The studies were done on placebo tablets (sugar tablets) where the test subjects were told that this drug had a new improved formula, and it will help them to feel better. Here is a great video to watch on YouTube where a similar study was done.

<http://www.youtube.com/watch?v=EGDMXvdwN5c>

No expectancy = no action

In the Training Course, you will begin by discovering how to change any negative/limiting belief (even your own) into a compelling new one, using our very powerful Negative Belief Therapy[™].

It is very liberating to have the ability to change your negative/limiting beliefs or those of your clients. Is there something that you believe, that if you stopped believing it, life would

be better? What if you would believe in something else that can create more joy and passion in your life? If you could do this, how many beliefs would you change?

The Effect of your “Driver Focus Filter” in your life.

We all have this one dominating question which we ask ourselves daily, or even hourly. This one dominating question is called a **Driver Focus Filter** and all the information that you receive through your 5 senses go through this Filter for processing. Depending on what your current dominating question is, all the data first goes through this Filter where it gets Deleted, Distorted and Generalised according to the focus point in your question. The information that you consciously receive will then be the driver of your focus. Now, this may sound all good to you, but the problem is that most people ask themselves a negative or limiting question which actually impacts their lives in a negative or limiting way. To give you an example of what some people ask themselves regularly:

“Am I good enough?”

“Will I make it?”

“Am I equipped to do this?”

“What if it doesn’t work?”

“Can I do it?”

Now, these are all negative questions, however, don’t think because you are asking yourself a positive question that it is actually driving you towards what you want. In most cases, it is driving you away from what you want, because the end result and focus of the question is to doubt and limit yourself.

We will teach you how to elicit your current Driver Focus Filter and also how to change your Driver Focus Filter from one focus point to six different focus points, which enables you to see more of the things that really matter to you TODAY, and therefore, have a strong drive towards THAT. Things like Opportunities, Love, Gratitude, Wealth, Success, Health, Vitality... etc.

Discover the Power of what you can do for yourself and others with these 3 Transformation Coaching Techniques

- **Phobia Release** - Using this powerful technique, you can successfully get rid of any person’s Phobia in less than 30 minutes.
- **Trauma Release™** – You can use this Technique to release the Negative Emotional Charges from any Trauma that a person went through. For example; rape, molested, highjacking, car accident, robbery, gun pointed, almost drowning... etc.

- **Anxiety Eliminator™** - Using this very easy-and-fast-to-apply technique to get rid of any Anxiety you might have instantly, and at the same time influence the future event, as you would like it to play out.

Unconditional Self-Love Technique

Changing someone's current Self-Love to Unconditional Self-Love at a deep Subconscious Level. Most people love themselves only when they achieve something great or do something good. The rest of the time there is either no Self-Love, or a bunch of negative emotions towards themselves. This will totally destroy any kind of self-esteem or confidence that they might have or wish to build up. The major problem with not having Self-Love is that we cannot love other people unconditionally, unless we learn to love ourselves unconditionally.

Create The Future You Really Want, Today!

Yes, create the future **YOU** want:

- Understanding your own Subconscious Mind and how it creates your future.
- Learn how to visualize your future so it's more compelling, motivating and exciting for you...
- Learn how to program your Goals into your Subconscious Mind. Remember the Conscious Mind is the Goal Setter, and the Subconscious Mind is the Goal Getter! Get your Subconscious Mind on board in helping you to achieve your goals. You will see clear proof of this on your last day in the training😊.

Values - Conscious and Subconscious Value Elicitation Process

“Values Are Our Driving Force in Life.”

“We are driven by our highest values. Aligning your Subconscious Values to where you want to go today will help you reach your goals and true-life purpose much faster.”

- Learn how to elicit your own or someone else's Subconscious hierarchy of Values
- Learn how to change the hierarchy of Values in the Subconscious Mind for it to be in alignment with the Conscious Values.

- We focus only on our first six Values. Make sure your top six Values are what you really want in life, to move you towards your Ultimate Life.

Startling ways to control your; feelings and your State of Mind with Guaranteed results.

The proven powerful technique will let you:

- Be in command of your internal emotional state rather than being controlled by it.
- Set up a personal trigger or stimulus which can move you in a specific direction or state like happiness, confidence, energetic...etc.
- Discover how to free yourself or your client from an unwanted negative internal response to some past or present external trigger. To give you an idea; some people get a very negative emotional response when they see or hear a specific person. The person could have done something bad to them in the past and now when they see that person or hear their voice, all those negative emotions surface immediately. Some examples are; domestic violence or people that was sexually abused. These negative emotions will surface every time they are intimately with their partner. This also works miraculous with someone who was in a car accident – after the process; specific things like bright lights, trucks or anything else that was associated with their accident will no longer trigger him or her.
- Find out how to link your strong personal resources with your ability to access them *whenever* you want.
- Get rid of procrastination forever.

The Transformation Coaching System™

- During your training, you will go through the **Transformation Coaching System™** and experience the transformation first hand for yourself. In this way, you will be Free from all your own Limitation, Mental & Emotional Baggage to really help and empower other individuals.
- The Transformation Coaching System™ will guide you step by step on how to help yourself and any individual with any presenting problem and guide them to the outcome they desire. By following the step-by-step processes that we have laid out to you, you will be able to handle any problems your client might present to you with confidence.

Revolutionary Success Strategies & Life Empowering Coaching Fundamentals!

In the Success Strategies & Life Empowerment part of the training, we will teach you:

- Eighteen very powerful **Presuppositions Of Success**. These 18 presuppositions of success are the mind-set and strategies of the worlds greatest Coaches and Therapist in the past 40 years. By adopting these mind set and strategies by making it your own, you will become a very successful coach. All of them can easily be applied at work, at home and in any social environment, and therefore, become more successful in all areas in life.
- The **Power of Belief and Faith**; learn how to utilize it on a daily basis in your life.
- Learn how to start living from the **Heart**.
- Understanding the **Power of Intention** and how it can Empower your life.
- Learn how to use Neuro-Linguistic Programming to un-program yourself from old programming and old paradigms that is holding you back so that you can **start living Consciously every day**.
- Learn the basic fundamentals of **Quantum Physics** and how it can Empower you.
- Understanding the **Law of Vibration**, which states that “like vibration attracts similar or the same vibration” and how it affects every second of your life. Remember, our vibrational frequency gets determine by our Emotional State. When you are in a Negative Emotional State, you will attract per second, only things of a low order that match that negative emotional state. However, when you are in a Positive Emotional State, you can only attract things and situations of a higher order into your life. If you do not understand this Law, applying the Law of Attraction as you might have been taught, will not work. Learn how to start using the Law of Vibration to your advantage to create the life of your dreams.
- We will teach you everything about the **Law of Attraction** in relation to the Law of Vibration, and how it interacts with your Subconscious Mind. Most teachers and trainers of the Law of Attraction never explain this, because they do not specialise in the inner workings of the Subconscious Mind. The inner workings of the Subconscious Mind are our Speciality, and we are extremely good at it, period!
- Learn how to start thinking only **Outcome** base instead of Problem base.
- Understanding the **6 Core Human Needs** and how it affects our behaviour.
- The fundamental processes to follow, so you can get anything you want in life. And I mean anything, as long as you follow these principals.
- Help your clients to get to their ideal weight by reprogramming the Subconscious Mind.
- The Secret of how to have exceptionally high **Energy levels**.
- How to use Neuro-Linguistic Programming and Life Coaching Methodologies to Master the Law of Attraction in your favour. **Remember** the Law of Attraction is always working. You can **NOT** turn it off. It can work for you or against you. Master the strategies to get it to work for you.
- How to use our **Subconscious Reprogramming Coaching Techniques** to start tapping into your Powerful Subconscious Mind to unlock your True Potential!!!
- Blood *Ph* and Calcium - the effect it has on your health.

- As a Bonus in our training, you will learn a technique called **EFT (Emotional Freedom Technique)**. EFT has proven itself time and time over again worldwide as a very effective technique (therapy) to resolve stress, stress-related problems, emotional issues, health problems, limiting beliefs and much more... A lot of people have used it effectively in helping their bodies heal faster from cancer and other life-threatening diseases. I personally have used it to heal a 16-year-old back problem I was sitting with. It works on the principle of “tapping” certain spots on your body to open your Meridians (certain energy channels in your body) that opens the energy flow which enables your body to heal itself ten times faster.
- Positive thinking works in a way, but it is very slow, and it takes too long to see results! You will learn a new way of thinking called **Creative Thinking** that will Transform and Empower your life like no other method out there.
- The average person has about 70 000 thoughts per day, which makes it impossible to monitor. You will learn a very powerful method that will help you to monitor and therefore become more consciously aware, whether your thoughts are creative (*towards what you want*) or destructive (*towards what you do not want*). You can then change these thoughts instantly!
- Everything in your world is only based on your Perception. You will learn how to change your perception; so that you can change your Outer World and your Relationships with the people around you. We will also teach you how to become aware of your own perception about yourself and how to change it into a more positive Perception. Remember whatever you perceive yourself to be; you are projecting to the world, and the world will treat you only according to your own Perception about yourself.
- Learn how to empower yourself and other people by getting on the **Cause side of life**, instead of living on the **Effect side** of life, which is very disempowering.
- How to start Loving Yourself and everything else unconditionally.
- How to utilize the emotion of Love to live in Harmony with your surroundings.

Using Your Language Effectively & Using Language Patterns

“The words you use, meaning your language, indicates your intellectual attributes and your personal characteristics. Do you know when and how to use them effectively?”

In the ‘language and pattern’ module, you will learn:

- The words we use are chosen unconsciously, however, they have a special meaning for each individual.
- How to recognize what type of personality is hiding behind different types of words.
- Customising your speech for each individual to achieve instant acceptance and wavelength communication.
- Getting to the Root Cause of people's problems.
- How to assist someone into changing his or her mind.

- Reframe people's sentences back to them to help them make the relevant changes within themselves.
- Become more aware of subliminal commands that are used in advertising.

Uncover the Easy ways of controlling your mental sequence of internal processes to create specific results!!

Having the ability to control your cognitive sequence will allow you to:

- Discover and use the technique of sequencing for various internal processes to create a certain result and how to make the result successful each time.
- Discover and learn how people buy things and decision making strategies just by watching their eye movements so that you can use that.
- Sell based on your client's strategy rather than your own, for a more successful outcome.
- Find deep love and attraction strategies.

Representational Systems

We use our **5 senses** to internally represent the information obtained from the external world.

The representational system will help you:

- To become aware of how our 5 senses are represented internally in the nervous system.
- Discover how, what we see, hear, feel, smell and taste have an influence on our physical response (whether we are consciously aware of the process or not).
- The different preferences people have in how they use their 5 senses to process information internally. We will teach you how to match this in order to create Instant Rapport and Mutual Agreement.
- Identify and learn how the movement of the eyes reflects a person's real thoughts.
- Find out how to increase creativity, flexibility and learning by using eye patterns.

Life Coaching Fundamentals

- What Is Coaching?
- The impacts of Transformation Life Coaching
- The Value of Transformation Life Coaching in Business
- The Value of Transformation Life Coaching in a client's Personal Life
- What Kind of People want Life Coaching?
- Qualities in People who want Life Coaching
- How People Benefit from Life Coaching
- What is a Coach?
- Practicing what you preach as a Coach
- Discover & Defining Your Niche Market
- Mission Statement
- Life Coaching Business Model
- Getting Started with Your Client
- Listening Skills
- Backtracking (Aligning with your Client)
- Assessing the Client
- Getting Started
- Defining the Present State or Challenge
- Defining the Goal or Desired Outcome
- The Backbone of Coaching: Feedback and Feed-forward
- Developing a Plan of Action
- Well-Formed Outcome Exercise
- Eliciting a Well-Formed Outcome
- Accountability
- The 4 Fundamentals to Transformation
- The 3 Keys to Balance

Business and Marketing Recourses

- Starting your brand new profitable Coaching and Mentoring business from scratch.
- **Step-by-Step marketing program** to market your new business online and offline.
- **How to build your own professional website** just like mine by using this very easy to understand user-friendly software.
- **How to Search Engine Optimize your website** to get to the first page of Google in your particular Niche.
- And much more... Have a look at all the bonus courses that you will get in the "Breakdown & Price PDF".

You will learn NLP Modelling. In most “Trainings” this is only reserved for the NLP Master Practitioner Training Program (if they will ever let you do something like this).

“You get to do it all in this training.”

You will learn how to model someone who is good at something. Modelling in NLP means you study, elicit and observe what someone else is doing, then you install that same strategies in yourself so you can perform the task just as well as they are doing it. In this case, you are going model me breaking a 25mm wooden board with the palm of your hand. People studying martial arts normally train for months to learn this. You will model me and do the same process the following day. The key is only your mind-set and not your physical power. This will really show you how **‘Powerful’** the right **Mind-set** is and by applying this mind-set daily in your own life... **‘You WILL Achieve Anything!!!** You can click the link below to watch a video some of our Students doing it.

<http://nlplifecoachingtrainingcourse.co.za/board-breaking-videos/>