



# **The Ultimate Life-Changing Experience**



**Become the Higher and More Successful  
Version of Yourself IN JUST SEVEN DAYS**

**[www.Kezia-noble.com](http://www.Kezia-noble.com)**

Welcome To The ULTIMATE Course In Lifestyle And Seduction A Completely Personalised Experience

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**On the 7-Day Mastery Program** you will obtain skills and insights that transcend far beyond achieving successful results with women and dating. This unique program will help you to develop a super strong sense of confidence and self-worth which will translate into all other important areas of your life too.

Whether you're in a slump, or have been experiencing negative reactions and knock-backs for a number of years, Kezia and her team of experienced instructors will do far more than just show you how to get your life and self-empowerment back on track, they will show you how to get it moving in the direction of where you ultimately want it to be.

So, let's break down the experience and show you the real tangible results you will be getting each day.



### **DAY 1 : Experience a stronger new reality from the start.**

This is where Kezia unleashes her incredibly accurate diagnosis on you. The induction is a chance to help settle you into to your week with us, but more importantly, it's where Kezia gets to the root causes of your problems, identifies your underlying sticking points, and discovers your hidden strengths. This part of the course has been described as "spookily accurate" and is met with eye-opening astonishment. Don't be surprised if she seems to know you better than you know yourself.

You will then meet your first world-class instructor of the week, and work with him or her on the basic principles of meeting women in the day-time and overcoming approach anxiety. Because this is a completely bespoke course and each detail is custom-made to cater for your needs and expectations, we will encourage and push you out of your comfort zone as far as you feel it is tolerable on Day 1. We might get a little tougher on you as the week goes on if we feel that you are still holding on too stubbornly to your safety parachute such that it's affecting the speed of your progress.





**Email Kezia at [info@kezia-noble.com](mailto:info@kezia-noble.com) to  
arrange a phone call today.**

After going back to your accommodation to freshen up, have dinner, and reflect or make notes on all you have experienced and learned during the day, you will be ready for your evening session. You will be introduced to your nighttime instructor, who will go through the basics of meeting women in nighttime environments. This session, like all day and night sessions, will be practical which means you will be approaching and talking to women with the constant guidance and feedback of your personal instructor.

**NOTE:** All the sessions are divided into both theory and practical. Because this is a tailor-made program where every detail is designed to enable the fulfilment of your objectives we will let you decide how much theory and how much practice you think will be helpful within each session.

## **DAY 2: Significant discoveries and insights.**

By the evening of your second day on the program you will have overcome most of your approach anxiety. We have found that even those students who come to us with severe approach anxiety or strong feelings of worthlessness and low self-esteem have discovered by Day 2 a gateway to a more confident version of themselves. They feel that the shackles of approach anxiety have been lifted sufficiently for them to feel comfortable in taking action and grasping opportunities in areas they once thought were too uncomfortable or impossible to succeed in.

Day 2 is usually the day that students start generating far more positive reactions and responses from women, which as a result fuels their sense of self-belief even more. We are great believers in building up positive reference points as early on as possible - when you get results, we get results.

## **DAY 3: The Transition.**

Now on Day 3 you are going to be working on skills and techniques that are going to really help you make that significant transition from a man of need to a man of abundance. Day 3 is

often considered to be 'information overload' day. Don't worry, we will make sure that all the information is hardwired into your mind before you leave the course, but be aware that there will be a lot of ground to cover on this particular day. We will focus extensively on conversation skills and improving your mid-game, which includes:

- Transitioning techniques that will take your opening line to full-blown conversations.
- Becoming her main focus and priority within seconds.
- Micro-tactics that will stop the conversation from fizzling out.
- Deep connection methods.
- Cocky, cheeky and playful banter.



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- Light and effective teasing.
- Early escalation and flirting techniques.

Struggling to make impact and sustaining a conversation with a complete stranger is by far the most challenging sticking point that nearly every man faces, and one of the principal ways he can truly convey his character and strength is through his conversation and verbal communication. This is why we put such a huge emphasis on conversation skills on the Mastery Program.

#### **DAY 4: Let's have some fun with this.**

At this point of the program you will be approaching women in all scenarios with total ease. You will also experience a genuine sense of surprise at the amount of impact you are making on the people you meet and talk with and the



women you wish to seduce. You will also have fully understood how to sustain that initial impact through the art of conversation, humour, connection, body language, and presence.

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On Day 4, the majority of our students start getting the kind of results that only a few days before would have seemed impossible to achieve in such a short amount of time. Of course everyone has a different pace of learning, and it's very likely you might find yourself getting strong results even sooner, but this is exactly why it's so important for you to remember that Kezia and her team are constantly monitoring your day-to-day progress and adjusting the pressure and level of training you receive in order for the





alignment of your training structure and progress to be on point.

Day 4 is a good day to explore and have fun with your new-found powers and skills, and we encourage this massively. Experiment and have fun with all this and you will have a far more positive association with approaching and talking to women.

#### **DAY 5: Pushing yourself to the limit.**

Each instructor writes a report after every session they have with you, and Kezia and the team schedule a daily call to discuss your progress and find solutions and ideas to help you with any blocks you might still be encountering. It is at this point you will look over old progress reports and barely recognise the person they are writing about. We like to call this the 'eureka moment'.

This is the day where all your new-found skills, techniques, and insights become a reflex rather than something you need to think about. A lot of our students find that on Day 5 they often feel they no longer require constant encouragement and demonstrations from their instructors. However, be prepared that whenever we feel you're getting too comfortable, at that moment we will

push you even further out of your new-found comfort zone. We have lots to teach you, and on Day 5, just when you think you've learned all there is to learn, we are going to surprise you with a treasure trove of even more skill and knowledge than you had anticipated!

NOTE: Now although it's very tempting to stay up late past your session so you can enjoy all the benefits that come from your new skills and knowledge, I would strongly urge you to resist the temptation and instead choose to get some sleep. You don't want to be too exhausted, especially when there are still two more incredible days awaiting you.

#### **DAY 6: Advanced stage.**

By now you will have mastered the following:

- Complete eradication of approach anxiety.
- Effective mind management techniques.
- State control.
- The ability to see every negative as a potential positive by using the 'optimisation' technique to capitalise on situations rather than neutralise them.
- A healthy new mindset and outlook.
- Advanced conversation skills.
- Positive internal dialogue.



- Extensive skills to attract women in all day-time and nighttime situations.
- Advanced verbal and non-verbal flirting techniques.
- The ability to number close, kiss close and get instant dates.
- The power and insight to be able to read women and know exactly what they want at any given moment.
- A brand new game plan that supersedes the obsolete 'Nice Guy' tactics.
- Friend-zone exit strategies.

So what's left to learn at this point? On Day 6 we will be showing you potent sexual escalation techniques and the art of rapid seduction. We will also be sharing with you some more advanced mind management and inner game based applications that will reinforce the early boost of confidence you gained at the beginning of the course in order to give it more longevity. These techniques are extremely advanced and if we feel that your progression is particularly fast, then you will be learning these more advanced methods earlier on in the week. Remember,

Kezia will be making all the necessary adjustments to ensure that the training is precisely up to speed with your own personal development on the course.

At this point we will be getting you to think about your plans and long term objectives for when you leave the program, as we will look into this in more detail on the final day of your experience.

### **Day 7: Your Roadmap.**

The last day. By now you will be feeling physically tired but mentally you will feel **ELECTRIC**. On your last day with us, we will do a complete assessment on how we collectively feel you've done and most importantly we will show you how to keep pushing and developing the momentum of the success you achieved on the week once you have returned back home.

It's inevitable that you will want to spend the following week just relaxing and enjoying the warm memories of the incredible experience





you've just immersed yourself in, however, we don't want you to ever go back to Ground Zero! We want you to carry on experiencing success and inner fulfilment in your day-to-day life long after the course has been completed, and it's on Day 7 that we will show you how to do this by creating a clear roadmap that you can go back to time and time again to make sure you're still evolving and progressing towards your ultimate objectives and goals.

## Common questions:

### ***Do you only hold the 7-day Mastery course in London?***

YES.

Although I receive hundreds of requests to expand the 7-day course to other parts of the world, if I were to do this it would mean watering down the quality of the course and I have NO INTENTION of doing that. If you feel that booking a flight is a good enough reason to not

do this life-changing course, then you're not mentally ready to do it or you are still at the stage of finding excuses to stay in your comfort zone, in which case I advise you to come back to this decision at another time.

### ***When can I start ?***

We hold the 7-day Mastery course all year round. You can start on any date you wish to providing we have that particular start date still available. We always aim to accommodate our students, however we strongly urge you to sign up as soon as you are able to if you find your particular requested start date is available as we can get booked up very quickly.

### ***Does it matter if I'm too old / too young?***

NO.

We have helped men of all ages, our youngest being 18 and oldest being 72. Remember, the 7-day Mastery course will be custom-designed to





fit your specific sticking points, strengths, life-style, and goals.

***Can I pay a deposit now and pay the rest later?***

YES.

We have a flexible instalment plan set up for your convenience. Our only requirement is that the full payment has been made by day 1 of your course.

*Please feel free to discuss and set up your flexible instalment plan by emailing [info@kezianoble.com](mailto:info@kezianoble.com)*

***Where can I see evidence of the success of your previous students?***

I LOVE THIS QUESTION!

We have hundreds of video and online testimonials from our past 7- day students. Unfortunately most companies that offer similar courses of this nature have ZERO evidence to back up their claims and promises. Take a look at just some of our video testimonials for the 7-day Mastery Program here: [www.kezia-noble.com/mastery](http://www.kezia-noble.com/mastery)

***I might be a bigger challenge than you expect, can you help me?***

YES.

Nearly everyone who comes to us believes the same thing when they start, and it's students like you that make our job even more rewarding. No matter what your sticking points are, or how



helpless your situation may seem to be, and regardless of how many other companies or individuals have let you down in the past, we ALWAYS help EVERYONE who comes to us.

***Can I bring a friend?***

YES.

We have also provided a special discount for 'double 7-day Mastery course attendees'.

*Please email [info@kezia-noble.com](mailto:info@kezia-noble.com) for more information.*

***I'm already good with women, but want to become even better, is that possible?***

YES.

We can dive right in and focus on more advanced techniques and skills from day 1 - if you can handle it!

***I've heard you help men with more than just seduction, can I focus the course more on building up my confidence and social skills?***

YES.

We started the 7-day course in 2009, and used to focus primarily on increasing our students' success with women. Although this is still the major focus point of the course, because our 7-day course is completely bespoke and tailor-made to suit your requirements, we have the knowledge and vast experience to help you with more than just improving your skill set in attracting women.

We have helped many men become more confident in themselves, in their careers, and more socially outstanding. Many of the video testimonials we have received from past students mention the other skills they develop whilst on the course.



***Can you tell me a little more about the instructors I will be working with?***

You can find out more information about each one of our instructors here: [www.kezia-noble.com/trainers/](http://www.kezia-noble.com/trainers/)

Each one of my instructors (both male and female) have years of experience in helping men become more successful with women and other important areas of their lives. Each instructor is hand-picked by me, and they all have my seal of approval. We don't employ amateurs or inexperienced instructors to work with our students on the 7-Day Mastery Program, so be certain that you will receive the very best service throughout every moment of your course.

***I have some more questions before signing up, how can I speak to you about them?***

Email me directly at [info@kezia-noble.com](mailto:info@kezia-noble.com) and I or my program director will arrange a phone call to discuss all the concerns and last minute questions you may still have.

***My promise to you.***

We have helped all the men who have come to us achieve unimaginable levels of success with women. Our students have come from all over the world to attend the 7-day experience, including Australia, United States, Scandinavia, South America and the Far East. There are literally thousands of men out there who are now living the realities they have always visualised for themselves, and that's because they took action. They made the decision to find a real solution to their frustration, limitations and unhappiness. It takes courage to admit you want a solution, and even more courage to take action to really do something about your current predicament.

***[Here's the proof.](#)***

Please take the time to read and [watch the many video testimonials](#) from our past students.

*"Hey Kezia, here is some feedback about the mastery course: This was one of the most amazing experiences I have ever had. As you and your team know, I was fairly good to begin with, but I still wisent getting the models and super hot women that I really desired, but now thanks to you guys I can."*

*My favourite 3 trainers (apart from your self) were Mark J, Eleanor and Ali They really helped me so much, and I want to thank you for letting me spend extra time with them on the last couple of days. I also loved the venues I was taken in to the evening, as I stated I only wanted to achieve results with really hot women, and those places were full of them. It was great to get the women who were on the VIP tables to join me without having to spend any money on drinks like all the other guys were doing. I recommend this course to any guy out there who wants to get real results with any women"*

***- Keith, Glasgow.***

*"I am someone who really had nearly no experience with women. I had had a few girlfriends, but they were all girls I had met through friends and work. I really wanted to be able to have the skills and opportunities to attract girls anywhere at any time, both day and night. What I was most impressed with was the day game coaching, I never realised I could get so many women by approaching them in coffee shops, stores and even on pubic transport. Johnny, in particular was really great and showing me how to do this, and I believe he is a real asset to Kezia's team. I also really got a lot from Ali, especially from his rapid escalation techniques."*

*And how can I forget the ladies on the team? The wing girls as well as Kezia, gave me a really honest insight in to what women want and need from a man. There was no bullshit in this area; they didn't just give some re-hashed advice like the stuff in women's magazine. It was real detailed and honest feedback and advice that I really needed to hear."*



*I am a big fan of Kezia's work, and started out by getting her book and DVDs, which helped me a lot to begin with, but getting the actual practice with her dedicated team was what I really needed to help me do so well, as I am now."*

**- Dean, Los Angeles**

*"I was blown away by this experience. Don't kid yourself for one-second that you can achieve this much on your own. The instructors were amazing and their insight, encouragement and level of experience inspired me to tick all those boxes and fulfil all those expectations that I had been putting off for so long."*

**- Clarence , London.**

*"I really recommend this program to anyone who is serious about making a change. Whether the change is within or if it's external, doesn't matter in my opinion, as this course does both! I wanted to work on both my inner game as well as my outer game, and as promised, they did exactly what I asked them to. Thank you Kezia and the team for all your help, and special high five to Mark J and Hadassa. From day one I noticed a difference in my attitude. I always considered my self to be a logical person and who thought with his head and not his heart, which made me one of life's true sceptics. I was under no illusion at all that Kezia and the instructors would have their work cut out with me. However, my negative attitude that I had held on to for so long was immediately replaced on day one, and by day three I was experiencing real results that I once thought would be impossible to achieve" - **Christopher, Leeds.***

*"MIND-BLOWN! Thank you Kezia and team for the best (and at times toughest!) 7 days of my life. I'm now in a very happy relationship with an amazing woman, and I don't think I could have found such happiness if I hadn't taken action and done the 7-day Program"*

**- David, New York.**

*"This week, I discovered so much about myself and what I was really capable of. The trainers were exceptional and each one gave me valuable advice that I treasure even now. My favourite*

*trainers were Matt, Alexandra and Mark J. The only complaint I have is that I wish more people would take this program, even the men who are good with women should do this course! It covers so much more than just dating and attracting, such as valuable life skills that you will use time and time again.*

*Thank you for everything guys!" -**Mitch, Dallas.***



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## Ready to take action?

**But still have some questions such as:**

"Where will I be staying"?

"What clothes do I need to bring with me" ?

"When do I meet Kezia" ?

"What do I need to do in order to prepare before my 7-day mastery experience" ?

"Can I split the course in two" ?

"How flexible can the instalment plan be" ?

"Can you arrange transport for me" ?

If you still have logistical and practical concerns such as these, then let's arrange a phone call for you to speak with the program director on the team to go through any questions you still have. Just send an email to [info@kezia-noble.com](mailto:info@kezia-noble.com) with the best number to contact you on and we will arrange with you a convenient time to speak and hopefully get all your questions answered.

