

When your mind is **FOCUSED**, you are able to create space for **AWARENESS** and **CONTEMPLATION**. This creates **FLEXIBILITY**, where you can view your 'problem' from different perspectives. It is in this **MINDFUL** state that you'll find 'solutions' that will arrive to you as **Sparks of Inspiration.**"

Transformational Change with an NLP & Hypnosis Breakthrough Day.

The concept of change

There are many times in our life where we change. From our birth to going to school, leaving education to starting in the world of work, becoming an adult, becoming a spouse or partner, becoming a parent, being promoted, facing redundancy, hardships or loss. Change is sometimes thrust upon us, blind-siding us. Those changes can launch us out of our comfort zone, or can drive us deeper within it, acting as our self-imposed safety bubble which ultimately tethers us and stagnates our growth.

Our choices define our reality and our future. Choosing to change can feel uncomfortable, a bit frightening, the unknown can be daunting. But choosing to stay-put is also uncomfortable. It takes bravery and determination to willingly accept the benefits of change in order to move forward. It's not always easy to take a pragmatic view of what's easiest but restrictive, and the alternatives- what's going to be difficult during transition compared to the reward or success at the end.

You might have lived your life full of restrictive ideas about yourself, imposing your own limits, believing genuinely held negative concepts about yourself, your abilities, where you fit into the world. You might recognise that you are not living your best life, not being ‘the best you’ and you might question what you are gaining from staying still, or what will you have to give up if you change.

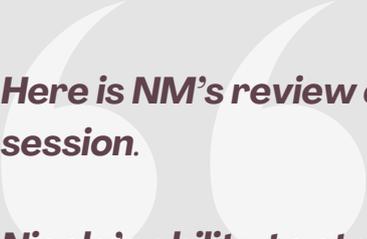
Knowing how and when to move forward

When you have chosen to challenge your limiting beliefs and accepted your compelling need to grow, your first step outside your comfort zone might be to explore the benefits of an NLP & Hypnosis Breakthrough Day.

NLP & Hypnosis Breakthrough Day Preparation

Prior to your NLP & Hypnosis Breakthrough Day, you’ll have a FREE 30-minute discovery call with me and we’ll explore what you want to achieve and whether you are committed to the changes that will inevitably ensue. You’ll be tasked to write about yourself, usually around 3,000 words. This is how I can tailor your day specifically to you, so it’s important that you write honestly, and send it to me at least 7 days before your NLP & Hypnosis Breakthrough Day. You’ll be provided with a worksheet to help you focus on where you want to make the biggest change(s). And I’ll use this to plan your personalised day.

“*I am what I am today because of the choices I made yesterday.*”
Stephen Covey



Here is NM's review of her breakthrough day & follow-up coaching session.

Nicola's ability to stay in the moment with me while allowing me to process what I'd just said or even thought but wasn't quite ready to voice yet is her absolute superpower. We did the coaching over teams, and it amazed me how much empathy could be felt through a screen. I felt held and heard from the start to the end.

Nicola used a range of coaching techniques; some I was familiar with and some I wasn't. Nicola made me feel safe to explore my feelings about my family and my goals for them and for myself.

My goals were to feel less scared about everything, less guilty about past events, those in my control and those I had no control over. Having undergone extensive PTSD therapy between 2022 and 2023, I still had a feeling of not being myself and not having any direction or hope. I felt invisible at work and overwhelmed and trapped at home.

Nicola guided me through the coaching and helped me reframe my own beliefs about myself and my current situation.

There were immediate changes in my approach after the coaching with Nicola but a few months later I had an amazing moment when I realised, I was living one of my goals. I was swimming in a pool in a health club I'd joined, with my family. We were all together, happy and getting healthy. A song came on 'Nelly Furtado – I'm like a bird'. I had the most amazing sudden sense of completeness. It linked back to a phrase Nicola had used in her coaching and hypnosis. One of my deeper hidden feelings I wanted to feel was free. Free to fly away and be me, not to fly away from my family but to really spread my wings and see where life took me.

Nicola is safe, compassionate, and highly responsible coach. I look forward to working with her again.



The booking journey

- 1) book in your free 30 minute discovery call
- 2) complete & submit your questionnaire and personal history
- 3) pay and arrange the date
- 4) attend and participate fully in your personalised day
- 5) reap the rewards and get to know your new self
- 6) attend your free coaching session 2-4 weeks later

Structure of the day

The day generally starts at 8.30. We'll have a couple of breaks throughout the day and a lunch break.

I will have planned your day, specifically for you, but we will look at the things you value in your performance, wellbeing and relationships. We'll look at your values, prime concerns and limiting beliefs and we'll go through a Time Line Therapy™. We will blast out any fears, anxieties or phobias and we'll end the day with some meditation and hypnosis, but if you'd rather, we can go through making your goals compelling and achievable instead. Ending the day at around 4.30.

Afterwards

Following the day, you might notice subtle changes in how you view the world and how you respond to it. You might notice more vivid dreams, or you might catch yourself reacting in a more positive way to circumstances which might have previously felt quite negative for you. Take some time to appreciate the new you!

As a fee complementary service, you'll also be booked onto an NLP Coaching session to review your progress after 2-4 weeks.

Testimonials

My clients have reported that they feel:

 Improved wellbeing as they are more connected to their true self and able to provide self-care without guilt

 Improved resilience and flexibility for problem solving

 Ability to let go of past traumatic events and emotions, being more peaceful

 More productive, able to focus on what's important and ignore the noise of what's not

 More positive about the future, their relationships with others and themselves

 They are able to achieve their goals more than ever before

“Life isn't about finding yourself. Life is about creating yourself.”
George Bernard Shaw

“We are what we repeatedly do.
Excellence, then, is not an act, but a habit.”
Will Durant

Prices

The total investment is £2,000. This includes the free discovery call, the personal history review, your personalised 1-2-1 breakthrough day and your follow up coaching session.

I guarantee that you will not be able to find this level of intense personal development at this price in the Lincolnshire area, given my skills, training and professional capability.

What are the consequences of your inaction if you choose not to proceed? What return on your investment are you wanting to bring into your life and does that outweigh this outlay?

Congratulations

A warm welcome to the new you! Now congratulate yourself on your bravery and look forward to your new goals coming to fruition.

Nicola

“Knowing others is intelligent; knowing yourself is true wisdom.
Mastering others is strength; mastering yourself is true power.”
Laozi