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**Stop Press.....** In March 2007, the Change Corporation was a finalist for the Invicta new Business of the Year award and Lindsey herself was a finalist for the Entrepreneur of the Year in 2007 & 2008.

## **THE BREAKTHROUGH COACHING SESSION**

### **WHY CONSIDER THIS APPROACH?**

Sometimes in life there are blockages that stop us from achieving what we want to achieve. Until these are removed we cannot achieve the success that we deserve. We only get one life, so live it the way you want to!

We work with people who are stuck in their ways, with habits or behaviours that are having a detrimental effect on their life, career, health, relationship or finances.

For example, would it be valuable to you to:

- Remove that concern which has held you back many times in achieving your goal and living the life you desire.
- Realise your true potential, personally, professionally and financially
- Become the confident and influential individual you know is possible
- Manage your stress levels and put the joy and fun back into your life
- Make a quantum leap in your personal performance at work

Many of us find it hard to make the changes that are needed in our work and personal lives. The patterns and strategies we run are so unconscious that we know we have limiting beliefs about ourselves – we just don't know how to shift them. That's where the BreakThrough Coaching session comes in.

### **WHAT IS THE BREAKTHROUGH COACHING SESSION?**

The BreakThrough Coaching session is an intensive and rewarding solution. It works best for those who are committed to doing whatever it takes to shift their issue fast and get the results that they want. The session is different to traditional counselling and

coaching methodologies. Like the ice-berg, the purpose of the session is to work with what lies beneath the water level – for example, what you believe about yourself, your values and the strategies you use to run your life.

The session is results focused and works like a laser beam to pinpoint the cause of your current situation and assists you to break through into a new way of behaving and living your life. We use Neuro Linguistic Programming (NLP) as the key methodology for the session.

### **HOW DOES IT WORK?**

The BreakThrough Coaching session lasts between 6 – 7 hours. You are sent a pre-session questionnaire that asks you to consider amongst other things, what you want out of the session and how you'll know you have changed and got the outcome you wanted. We run the session from our offices in Sandwich or at an agreed location eg small hotel meeting room or at your offices.

The first part of the session is spent taking a personal history, followed by the intervention itself. We use NLP because it is results focused and it works on the structure of your issues rather than the actual content. The intervention typically involves releasing negative emotions from the past such as anger and hurt, changing the limiting beliefs you have made about yourself (unconsciously) and identifies new goals for the future. We commit to do whatever it takes to help you get your outcome.

You will be set some tasking at the end of the BreakThrough Coaching session to embed the changes that will have occurred. And, there will be at least one follow up session to ensure you have taken action and achieved the results you want.

### **WHAT IF YOU WERE TO TAKE THIS OPPORTUNITY FOR PERSONAL CHANGE?**

Just imagine that you are able to make the changes that you need to make in your life. Maybe for you that means becoming more confident and self-assured at work and increasing your personal performance in all areas of your work, or turning those high stress levels into a new enjoyment and calmness about your work or getting that relationship that has eluded you so far. Whatever the change, what would that be worth to you, to your company and to your family. We will assist you to get that result.

## **Testimonials**

*"After my BreakThrough Coaching session with Lindsey, the panic attacks I experienced every time I was asked to give a presentation at work completely disappeared."* Senior Transport Manager DHL

*"Since I had my breakthrough with Lindsey I can feel a definite shift in how I perceive myself and my relationships. I found Lindsey very reassuring and supportive throughout the day and think that my new positive thinking pattern is the only way forward to a happier way of life. I am very grateful".* June Cho

*"Thank you again for your time and I would just like to say that I was so impressed not only with your wonderful book, but also the professionalism and ability in your "therapy". A very heartfelt "thank you".* Nikki Forsyth