

## Anything you want for yourself and your life is possible



If you feel as if life is tossing you around like sand in the surf, then you may benefit from having someone firmly in your corner, supporting you in making positive changes in your life, holding you accountable for keeping your commitments, and helping you to remove the emotional blocks that hold you back.

Anything you want - from giving up smoking to launching a business to creating wealth. Even creating new relationships, or recreating your existing relationships.

I can help you set powerful goals that pull you towards a future you really want, and help you remove negative emotions or decisions that are holding you back.

Whatever issues you are facing, you can count on me to support you making positive changes that will have a powerful, lasting effect on your life.

I have learned first hand the awesome power that comes with freeing the mind to pursue the path the soul is seeking to follow.

And I can help you follow your path as well.

For a free, confidential chat about you achieving your dreams and desires, call me on 09-277-7662.

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## Why would you use a coach?

In today's competitive environment, we often find it hard to stay ahead of the game when it comes to advances, rapid changes and potential growth.

As the world we live in moves faster and becomes more complex in nature, having a coach on your side to help you navigate your path to success is no longer a luxury, but a necessity.

The role of your coach is to mentor you and help you advance your life through practical tools, processes, systems, strategies, guidance and support.

Your coach is there for you and will help you achieve progress in business, career, relationships, finances and health. Call me today, and get the results you want in life with much greater speed and accuracy than ever before.



**Put the spring back in your step!**

## Leighshaw Consultants

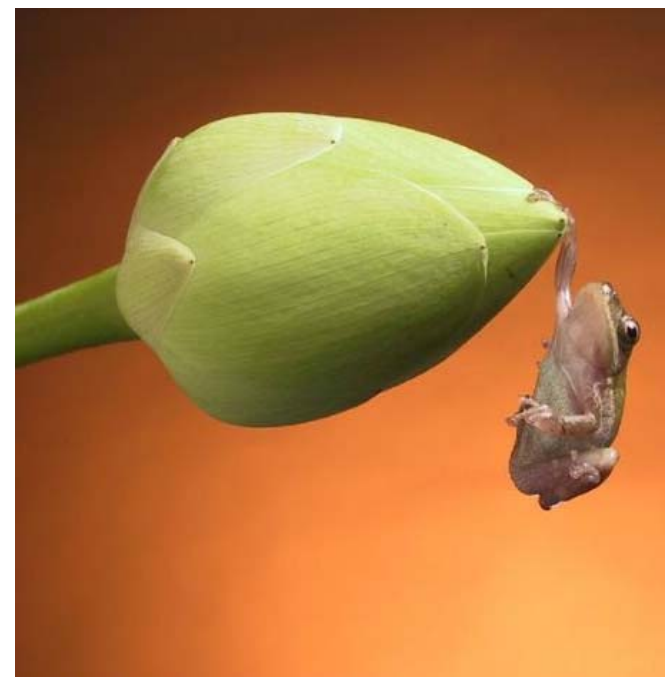
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## Just hanging on?



**You can create and live  
a life you love!**

Right now, as you read these words,  
your ideal future is within your reach.

Don't let it slip away.

## What to expect:

Sometimes people resist using a coach because they are unsure of what it will entail. They can be reluctant to commit to a process of which they have no experience.

So here is a brief outline of what a typical coaching relationship can be like.

Our first contact will most likely be in a phone call, around 30-40 minutes long. I will ask you some questions, and you are free to ask me some as well.

At the end of this call, we can decide if we would like to work together or not.

Our first appointment will be for one hour, and we will have a detailed look at your current situation and set some powerful goals.

People often overestimate what they can do in short time, and underestimate what they can do in a lifetime. So the setting of realistic goals is an important process.

Over the next few weeks, we will have regular 30 minute meetings to do some work removing negative emotional blocks, monitoring your progress and creating accountability. You may also need some anchoring work - giving you instant access to a state of confidence, power, flow and playfulness that really serves you.

Most clients find the process, although sometimes a little emotional, to be extraordinarily freeing - they are now achieving their goals and constantly moving forward!

The truth is, most of us don't need more knowledge - it's great to have but it does not make a difference.

What makes a difference is freeing the mind to follow your dreams. And it takes teamwork to make a dream work.

**I'll be there, supporting you,  
as you make the changes  
that make the difference.**

You are not on your own, there are many people on the same journey - even if they take different paths. **My role is to be your tour guide.**



**This is the light at the end of the tunnel.**

## How does NLP work?

I'll use processes that have been proven over time to work in accessing the unconscious mind. All learning is unconscious.

First you have unconscious incompetence - like before you try to learn to drive. It looks pretty easy, right? You have no idea how incompetent you really are. Then you start to learn, and you move up to conscious incompetence. Now you understand how difficult it can be to do everything you need to do to drive a car. Next you start to do pretty well, and you move up to conscious competence. You are driving well, but you have to concentrate pretty hard on what you're doing. Finally you reach the stage of unconscious competence. Now you drive competently without having to be consciously aware of everything you are doing all the time. The learning is now firmly embedded in your unconscious mind.

Using NLP, sometimes what I say or do may seem confusing to your conscious mind, but it is actually aimed directly at your unconscious mind. Just trust the process and revel in the results!

## What is NLP?

NLP is an acronym for Neuro-Linguistic Programming. This is the science of using language to re-programme the mind to reduce or eliminate limiting beliefs, negative emotions and free you to pursue your goals.

It was made popular by Tony Robbins and others, starting in the 1980s, and now it has been further developed by Christopher Howard - adding his unique understanding of hypnosis and quantum physics to create change in a fraction of the time it has taken in the past.

Your brain is the most fantastic biocomputer ever built, but it was programmed by a young child - YOU. You didn't have a user guide and you were too young to have a wider perspective. But you still did a great job, you got you to here and now.

However, I know, because you are reading this, that you are someone who has a burning need to be all you can be.

**Working with me means you  
can have a system upgrade  
and new software installed.**

To mix metaphors, it's like going from driving a Mini to roaring through life in a Ferrari.

I have done a lot of work on myself over many years, but the NLP work is what really made a difference for me. So I decided to train as a coach so I could make a profound difference for other people as well.

I trained with Chris Howard Training and I am on a never-ending journey of constant learning. I have a personal coach myself - that's how much I believe it matters! - and I am excited at what my life holds for me.

I also want you to be excited about every day of your life, about your career and your relationships. I want you to have excellent health and a healthy and growing bank balance. Everything you want for yourself and your life is possible through working with me.