



**The Brookhouse
Hypnotherapy Group**

is a national group of practices founded by Shaun Brookhouse. All members have been personally selected by him on the basis of their training, experience and commitment to their clients.

www.hypnotherapy.org.uk



Your Local
Professional Coach

Shaun Brookhouse

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Professional Life Coaching

Coaching, as practised by well qualified experienced coaches, is an effective process for change.

Coaching can be conducted face to face, on the phone or using technology such as email and instant messaging. It is available to fit your lifestyle



Brookhouse Hypnotherapy Group

Professional Life Coaching

What is it?

It is a process of

collaborative

learning and

empowerment

to reach your

potential

and achieve your

goals

and dreams

in a shorter

time frame

than you could

on your own

and with less

stress and

frustration

and self-doubt

than you would

experience

if you were

trying to do it

yourself

and with the

support of a

Who uses a coach?

Those on a career ladder who want to progress

People who are at a crossroads in life

Those who feel unfulfilled

People who know "there must be more..."

Anyone!

Frequently asked questions:

Will I be in charge; will the coach impose their goals on me?

You are in charge; the coach will work with whatever you decide

Will you be angry if I don't succeed?

No! Your coach will support you, and may offer constructive criticism, but will never judge you

Why would I have coaching from a Hypnotherapist?

Coaching is NOT therapy, but we believe that understanding therapy as well as coaching gives the best service! Your coach is fully qualified as a Professional Life Coach as well as a Hypnotherapist.

Is it for me?

Call your coach and talk about it! They will be happy to answer any questions.

What do you want to achieve?

Why choose coaching?

You may already know what you want to achieve or you may be uncertain! Here are some reasons why coaching may be your way forward:

- ✓ coaching can help you clarify your goals, and the steps to take on the way
- ✓ your coach can assist you to set goals that fit with your beliefs and values
- ✓ with coaching, you will be able to take more control of your life
- ✓ you can be confident in your coach's experience and commitment to you
- ✓ your coach will find the right mix of support and challenge to help you best
- ✓ coaching can be used in conjunction with any other processes
- ✓ with coaching you may be able to achieve far more than you thought you could, and far quicker!