

“ WHETHER YOU THINK
YOU CAN OR WHETHER
YOU THINK YOU CAN'T -
YOU ARE CORRECT ”

HENRY FORD

ABOUT ME

I am an experienced mind coach and hypnotherapist helping clients to improve their performance in business, sport and life by applying easily learned techniques designed to improve mental strength and fitness.

I have over 25 years experience coaching individuals and teams to achieve their optimum performance and can help you achieve the same.

APPOINTMENT TIMES

CLINIC

MONDAY 3PM - 8PM

TUESDAY 3PM - 8PM

THURSDAY 3PM - 8PM

FRIDAY 3PM - 8PM

SATURDAY 3PM - 8PM

FORUM HOUSE, STIRLING ROAD CHICHESTER, PO19 7DN

YOUR OFFICE OR HOME

MONDAY 10AM - 2PM

TUESDAY 10AM - 2PM

THURSDAY 10AM - 2PM

FRIDAY 10AM - 2PM

SATURDAY 10AM - 2PM

WEDNESDAY 10AM - 8PM

If you want to know more about my approach to mind coaching and hypnotherapy, please go to my website:

www.richardaveryhypnotherapy.com

If you have a particular issue you want to discuss or to make an appointment, please phone me on

07730 007326

or email me at

info@richardaveryhypnotherapy.com



WWW.RICHARDAVERYHYPNOTHERAPY.COM



RICHARD AVERY MIND COACHING

ACHIEVE
YOUR POTENTIAL BY
BECOMING MENTALLY FIT

MENTAL FITNESS & MIND COACHING

While many people attend to their physical wellbeing, they often overlook their mental attitude and fitness. Yet our mental fitness is just as important in defining our performance. Mind Coaching is a practical approach to improving mental fitness which, if used regularly, can help to:

- **IMPROVE** confidence and concentration
- **FOCUS** on the positive
- **INCREASE** mental toughness and emotional resilience
- **REDUCE** or eliminate negative thoughts

This in turn can reduce stress and anxiety and help you to relax and improve your performance.



Mind Coaching uses easily learned techniques to help you increase your confidence and concentration, encourage you to focus on the positive, manage any negative emotions and improve your mental attitude. You are then able to overcome things which are currently blocking your progress.

HOW CAN MIND COACHING HELP ME?

One of the most often overlooked areas of performance in business, sport and life is that of mental attitude. Mind Coaching can help you improve your mental attitude, increase your motivation, make you mentally fitter and much more.



SOME OF THE AREAS WHERE MIND COACHING CAN HELP

- Anger
- Anxiety and Stress
- Accentuating Positive Thoughts
- Becoming Your Own Best Coach
- Eliminating Negative Thoughts
- Getting into "The Zone"
- Lack of Motivation
- Locking in Good Performance
- Loss of Control
- Overcoming Fear (of failure, the unknown etc.)
- Overcoming Negative Performance
- Poor Concentration
- Poor Self-Esteem
- Sleep Issues
- Tired All The Time

There are also many other areas where Mind Coaching can deliver benefits.



WHO IS MIND COACHING FOR AND WHAT HAPPENS?

Mind Coaching is suitable for anyone who wants to improve their overall mental attitude and performance whether that be for business, sport or life in general. It can be delivered to individuals, teams or organisations.

The programme for individuals comprises one-to-one private sessions while the team/organisation programme uses a combination of group and one-to-one sessions.



The full programme consists of four sessions although tailored "one-off" sessions can be arranged to help with specific issues.

In the first session we will discuss your goals and ambitions and teach you some initial techniques to help start you on your journey to improved mental fitness. In subsequent sessions, as well reviewing your progress, you will be taught further tools and techniques and be coached on how to get the most benefit from them.