

Emma Bradford

"Change your thoughts and you change your world" Ghandi

Corporate Group Training:

Want to improve your team's morale and productivity?

I provide bespoke, interactive and practical training programs based on all or some of the following...

Reduce Internal & External Conflicts:

- What is Rapport?
- How to build Rapport so to help customers feel at ease & improve work relationships
- Discover how to resolve personal, inner conflicts that affect work productivity

The Power Of The Mind:

- What is the RAS and how does it affect us?
- How limiting beliefs and negative self-talk can affect us emotionally, physically and mentally in all areas of our life especially in the work place

Remove Sabotaging Beliefs:

- Learn tools to challenge and remove limiting beliefs
- How to let go of those negative voices and fears holding you and your team back

Emotional Control:

- Discover how to create positive emotional states for both individuals and the team using anchors
- How to remove unhelpful emotional reactions to certain triggers helping individuals to have more emotional control at work

Break Out Of Comfort Zones:

- Building confidence and self-esteem for increased career success and understand the difference between the two

Communication:

- Enter the world of Quantum Linguistics and how it can benefit us
- Discover how language can affect us emotionally, mentally and physically
- How to communicate with others for the best outcome for all using positive language

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Goal Setting:

- How to set SMART goals
- Self-Motivation Tips and how to maintain motivation
- Discover whether you are motivated *Towards* or *Away from* and how this can affect your work

Learning Types:

- Discover personal representational systems and how this can affect your learning style
- Learn how to discover clients representational systems and how this can increase sales and business

Mindfulness:

- Create more harmony and peace within your team as whole as well as individual employees, using practical NLP and Self-Awareness tools.
- Discover life techniques that can be learnt and used whenever and wherever, helping you and your team deal with stress, pressures and deadlines more efficiently.

Corporate 1 to 1 Coaching:

Creating powerful insights and shifts with one to one personal NLP coaching sessions...

- Individual attention focusing on specific issues affecting work productivity and team work
- Remove personal limiting beliefs through powerful Timeline techniques
- Set personal goals affecting work productivity, with a step by step guide how to achieve them
- Let go of past hurts that may be holding back individuals in the work place
- Resolve inner conflicts and self-sabotaging behaviours and habits
- Understanding phobias and how to remove them
- Boosting Self Esteem and Confidence at work

And much more!

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Workshops, Retreats & Events:

Want to provide practical, interactive and thought provoking workshops at your retreat or event?

Looking for a guest speaker on NLP & the Energetics of Food?

I provide bespoke, interactive and practical workshops and talks from full day teachings to one hour talks and classes. Example topics commonly provided are...

Food & Emotions: Creating A Loving Relationship With Ourselves & Food

- Discover the hidden meanings behind food cravings & how to reprogram your mind
- Understanding the foundations of Food Energetics & how we can benefit

Letting Go Of The Inner Critic: Tried & Tested Tools To Increase Self Compassion & Acceptance

- Discover how to detach from the inner critic and connect with your compassionate self
- Common inner conflicts uncovered and how to resolve them

The Extraordinary Power Of Words: How They Affect Us Emotionally, Mentally & Physically

- Practical exercises to physically and emotionally experience the effect language can have on us
- Discover words that empower us and which words disempower us

The Power Of The Mind: How Your Mind Affects Your Reality & How To Affect Your Mind

- Practical exercises demonstrating the power of mind/body connection
- Understand how the mind works and how to use it to our advantage

Mindfulness: Discover effective tools and techniques to create more peace within

- Understand how to deal with the inner critic, let go of unhelpful emotions and how to communicate with your unconscious mind to experience positive change.

And much more!

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