

## WHY LIFE COACHING?

Have you ever tried to make a change like overcoming a fear, losing weight or achieving a significant goal - and failed? It's frustrating and deeply disappointing. You feel stuck, like nothing will work. And it can seem like a mountain to climb.

Do you want to continue struggling the same way using willpower or do what everyone else is doing – or experience the thrill of a third way: something that really works?

Coaching offers these proven benefits to you:

- 1) Make sure you don't miss out on getting what you really want - by taking decisive action when you feel motivated
- 2) Don't lose out by letting things get worse
- 3) Overcome disappointments and failures as they happen, so you can stay motivated and keep going
- 4) Quickly break down your goal into the next most productive step
- 5) Experience a sense of power
- 6) Develop greater independence and spontaneity
- 7) Have the support of a professional who believes in you, and who can help you develop your potential
- 8) Make sure you don't make serious mistakes that cost you more money or time you can't get back

Don't miss out. Call now on 07771 554782.

## CLIENT TESTIMONIALS

"In the past two months, I am like a different person. I have become more confident in myself, more relaxed and can cope with stress much more easily. I can't believe how relaxing your sessions are and how far I've come." - Louise Fricker-Billing

"Hi Richard, I just wanted to let you know that two weeks on the non-smoking is going great guns. All my cravings are gone, I feel so much healthier and I never want to pick up another packet of cigs! Thanks for your help." - Mark Templeton

"Since I first started coming to see you I have now lost a stone in weight but more importantly for me I managed to get through an incredibly stressful time over the last few months without binging." - Lisa Brown

"The fear [of flying] has completely gone and I feel so much more optimistic. I can't believe how this has knocked on so positively into other areas of my life." - Rhian Edwards

"Richard, this session was conducted one week before one of the most difficult exams I have done, and passed the exam [to be a fully certified driving instructor] first time. Although at first I was sceptical you proved me wrong (e.g. I saw you before to stop smoking), many thanks Richard. What most impressed me: How comfortable and calm both sessions were, and both sessions worked exceptionally." - Peter Stacey

## Richard Haggerty

**Certified and Registered:-  
Master Hypnotherapist,  
NLP Master Practitioner,  
NLP Trainer,  
Life Coach**

**Based in Cardiff**

**AS FEATURED IN THE SOUTH  
WALES ECHO, THE WESTERN  
MAIL & ON BBC RADIO  
WALES**

# LIFE COACHING

## TELEPHONE

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## WHAT DO YOU REALLY WANT? WHAT'S MOST IMPORTANT TO YOU?

Do you know what you really want but find you just feel too overwhelmed to take the first step? Do you begin projects with enthusiasm only to find it peters out? Do you find you get lost in the details? What stops you from succeeding? Coaching can help.

## DO YOU WANT TO LOSE WEIGHT?

What will happen to your body and self-esteem if you keep putting on extra pounds? Would you be surprised to know I can help you break cravings - and easily establish positive new habits?

*"I've been losing 2 lbs every week since I started. I am feeling much more confident and positive in my ability to lose weight. I was surprised that even after only 1 session new habits were beginning to form."*  
- Julie Joannou

## BLUSHING AND PUBLIC SPEAKING

Do you feel helpless about how you react in front of people? Are you losing sleep because you feel so tense in groups? Would you like to *stop feeling panicky* for no reason? This proven course can help you give talks or presentations with confidence.

## CALL NOW FOR A FREE CHAT

I have over 12 years' experience to help you remove blocks to your success. Don't delay, call today on 07771 554782!

*"I stopped smoking and feel so much happier. Since seeing you Rich, I've also rekindled a sense of childhood playfulness and ability to have fun that I thought I had lost. My overall sense of relaxation is much increased, so have my happy feelings and ability to focus. I just don't have that sense of tension in my stomach that always seemed to be there any more."*

- Mel Plati, Artist, [www.melaneia.com](http://www.melaneia.com)



**Call Now on  
07771 554782**

*"My first course was to gain more confidence. Instantly, I felt the benefits, with this increasing over the sessions. I was so*

*impressed with hypnotherapy that I then went on to the course for stopping smoking. I am now a non smoker. I'd previously tried to quit on numerous occasions, but with hypnotherapy, something kicked in and I have quit for good. What most impressed me were the relaxation techniques, the speed in which it worked."*

- Emma Thomas, Student



## HOW CAN COACHING HELP YOU?

Professional life coaching is a powerful, proven way of helping you overcome a range of problems and achieve goals that are meaningful to you. It can help prevent you losing out on opportunities.

You might not realise it yet, but booking coaching may be the best thing you have ever *felt motivated* to do. As you look back with increased confidence and a sense of relief that you have stopped things going from bad to worse through inertia, you know you won't miss out on what's most important to you. Imagine how incredibly valuable sessions could be to you.

As well as helping you gain relief from fears, worries or procrastination, coaching can also help you achieve goals like losing weight, quickly and easily. Picture yourself fitting comfortably into a new outfit or smart suit, and *feeling confident* in front of friends and colleagues.

You don't want to make unnecessary mistakes, but you do have goals that seem like mountains. You've also had outcomes that you've delayed taking action on or where you've lost your way. Rather than paying the price in wasted time and money again and again, think about how having professional support to help you finally make it happen.

Now, I can almost hear your mind saying, "I am interested in finding out more. What should I do now?" Call now on 07771 554782 in confidence for a free informal chat and to ask any questions you have.