

# So you want to be a health coach?

1-day programme

Monday 28<sup>th</sup> June 2010  
9:30-4:30

## Are your clients experiencing the following:

- Fatigue and exhaustion
- Chronic or shooting pains
- Inability to relax
- Brain-fog
- Confusion
- Random exhaustion for no apparent reason
- Treatment for another chronic illness
- Allergies and food intolerances
- Wellwoman issues
- Physical Injuries

## Would you like to be able to coach your clients with health issues through:

- A structured framework
- The invaluable tools of EnergeticNLP
- The power of their thoughts and thought patterns
- How to manage their energy and remove energy blocks
- Their natural ability to ground – moving the focus on being “in your head” to being “in your body” and releasing energies
- Learning new perspectives

**Monday 28th June 2010**

Start 9:30am-4:30pm

**15, Crown Street, Redbourn, Herts, AL3 7JX**

Special price: £150+VAT (~~£250+VAT~~); includes a FREE copy of “You too can do health”

**BOOK NOW! To avoid disappointment. Max 10**

Book your place through [www.empoweringhealth.co.uk](http://www.empoweringhealth.co.uk)

This programme is ideal for Practitioners, Nurses, Councillors, Complementary Practitioners and anyone working in the health area. Providing a health coaching service alongside your other disciplines is a simple and invaluable service that empowers the client. And being able to maintain your energy whilst helping your clients and patients do the same, is an invaluable skill for you and your clients who are struggling with various health challenges

**Olive Hickmott** is a health, wellness and energy coach with a passion for helping people with chronic illnesses and/or learning difficulties. She is the author of 3 best selling books, *Recover your energy*, *You too can ‘do’ health!* and *Seeing Spells Achieving*. Olive is expert in helping help those with various chronic illnesses. She will share her experiences and some of the techniques of EnergeticNLP that will enable you and your clients improve their health.