

Evolve Your Self

with Nicki Eyre Transformational Coaching

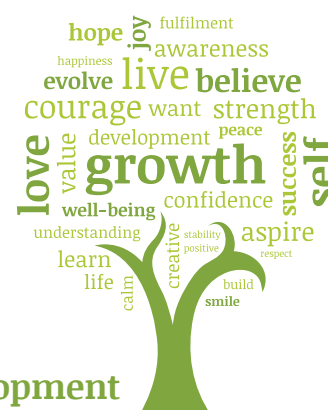
Does your heart truly soar at the start of each day? Or do you know at the deepest level that you need to make some changes, but you don't have the guts to do it alone? Is it time for a more creative approach to life? Maybe it's time to listen to not only your head, but also your heart and gut. Time to evolve yourself truly, deeply, and with meaning.

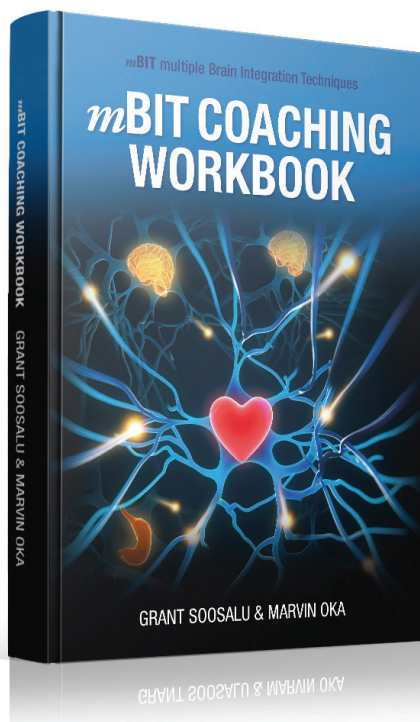
Intrigued?

The Evolve Your Self coaching programme uses mBraining to allow you to evolve in any way you want, and expand the sense of who you truly are, with the wisdom to know what to choose for yourself in life and work.

The Evolve Your Self programme is delivered by Nicki Eyre who is a Professional Certified mBIT Coach. She will support you to listen to the whole of your self and to:

- ♥ Raise your own levels of self awareness and intuition
- ♥ Improve self management and emotional responsiveness
- ♥ Increase motivation and have the courage to take action
- ♥ Gain clarity and confidence in decision making and problem solving
- ♥ Change behaviours that no longer serve you well
- ♥ Contribute to your health, wellbeing and vitality





To help you take ownership of your coaching experience, each client will receive a copy of the mBIT Coaching Workbook, an accessible tool to use between sessions. Each chapter is broken down to include:

- ♥ Background and information to support your learning and development
- ♥ Questions to help raise your own self awareness and understanding of the impact of your current patterns of behaviour
- ♥ Space for self reflection and identifying your own learning
- ♥ Opportunity to set your own outcomes for the next session

So, what is mBraining™?

It is the process of aligning and harnessing the power of your multiple intelligences (head, heart and gut “brains”) through a series of practical coaching methods and exercises: multiple Brain Integration Techniques (mBIT™). It’s bringing together the best of modern day science with the deep insights of ancient wisdom.

The latest scientific research shows you have three brains! You have complex, adaptive and fully functional neural networks or ‘brains’ in your heart, your gut and your head

Grant Soosalu & Marvin Oka: www.mbraining.com

mBraining™ builds on the practices of neuroscience, neuro-linguistic programming (NLP), cognitive linguistics, positive psychology and behavioural modelling to create an integrated approach that supports you to experience congruence between being, feeling and doing.

mBraining coaches you in aligning your three brains to achieve greater wisdom, success and happiness in a world of massive change.

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ARE YOU READY...

for what Grant Soosalu describes as “joyful exploration, curiosity, evolutionary change and flourishing”? What does your heart tell you? What’s your gut instinct?

Start dates for new programmes are published on the website, and run for 8 months, using a combination of group work and 1:1 coaching sessions.

Spaces will be strictly limited, so act fast to secure your place.

BOOK NOW – ONLY £640 (can be paid at £80 per month for 8 months with no additional admin fee)

TO APPLY contact Nicki Eyre: nicki@nickieyre.co.uk

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personal development

