

Minds Change

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State Change and Anchoring

Course Description

This course will teach you techniques to change your state of mind at will, allowing you to cope with day-to-day working life. It explains the mechanisms by which stress and nerves happen and the ways by which your mind can either work with you or against you. You will learn techniques used by sports psychologists to help athletes control their state of mind before and during competitions. Begin to use innate capabilities that perhaps you haven't yet harnessed. You will learn simple but stunningly effective Neuro-Linguistic Programming techniques and ways of thinking which will enable you to control anxiety build confidence and achieve your full potential.

What you will learn

When handling difficult meetings, going for interviews or delivering presentations, there is no substitute for hard work and preparation. That said, many people have had the experience of having planned and researched extensively, find that anxiety and tension on the day means that they do not perform in a way that reflects truly the preparation they have put in, or their capabilities. And in extreme cases people may experience the 'flight or fight response' where they begin to sweat, their mind goes blank, the heart races and they may even have tunnel vision. This response is appropriate for being chased by a tiger but everything you do not need in a meeting, interview or presentation setting. This course explains the mechanisms at work and how to use the minds' ways of working to have it support you.

- **Learn NLP techniques taught in business schools around the world to build confidence and enhance your performance.**
- **Control your nerves and eliminate fear.**
- **Discover your inner strengths and focus your mental energy.**
- **Learn visualisation techniques used by top sports men and women.**
- **Break the cycle of stressful thinking using highly effective strategies.**

Dorothy C. Le Grove BSc(Hons) BA PG Cert(Hyp) BSCH has a wealth of experience coaching for example, A-level students with exam nerves, senior business to managers overcome their presentation anxiety, Commonwealth games athletes control their minds for optimum sporting performance, and has helped business owners develop the confidence to stand up and sell their products. Dorothy trained as an Electrical and Electronic Engineer and after a period of working in hardware and software design for a defence company, moved to work in television at **STV**. At the age of 27 she was deputy head of a large sound and camera department. Over her career in television she has worked across America, Asia, and Australia on large budget network programmes. She is a Master Practitioner of NLP and studied at the University of West London where she graduated with distinction in Clinical Hypnotherapy. She is currently a business trainer and executive coach specialising in performance anxiety.