

Neal Anderson

COACHING HAPPINESS

6 STEPS FOR FINDING HAPPINESS WITHOUT A REASON

Happiness is a journey, not a destination. A fun and entertaining evening discussing ideas and principles that are the heart of the 8-week happiness program called Be Happy run by Dr Robert Holden - featured on Oprah and also famously tested by independent scientists for the BBC science documentary How to Be Happy.

The workshop brings coaching happiness to life and can count as valid CPD for many professionals. Open to all, it is particularly suited to trainers, coaches, therapists and individuals with an interest in releasing inner joy.

Neal and Kay are both certified by Robert Holden in Coaching Happiness and will offer practical ideas and suggestions to use for yourself and when coaching others. How much happiness and success can you really handle? How much are you entitled to? If you were to know, how willing are you to be happy?

True Happiness

Bust the myths of happiness and follow your joy.

#1 Happiness Principle

Discover what makes the law of attraction work.

The Forgiveness Principle

Release the past and create a better future.

Shift Happens!

Apply the happiness principles for positive change.

Happiness Contract

Learn how to raise your internal happiness set—point.

Happiness NOW

Remove inner blocks to greater happiness & prosperity.

"Dr Robert Holden's happiness training not only changes the way you feel; it actually changes the way your brain functions."

Professor Richard Davidson, BBC QED Documentary

Twilight Workshop 3rd September 2010

Practical suggestions and ideas to support people to connect with inner happiness.

Neal Anderson is a Neuro Linguistic Psychotherapist, an INLPTA Registered NLP, Coaching and Business Communications Trainer, and Accredited Practitioner of Outdoor Learning. With a background in engineering, management and development training he works as a facilitator, coach and therapist with individuals and organisations. Neal is passionate about helping people grow and develop with a sense of playfulness, warmth and realism.

Kay Cook has been supporting people to make positive changes to their lives since 1992 and has a private coaching practice in Kendal and Lancaster. Kay's approach is simple, down to earth and jargon free, and focuses on enabling you to achieve your goals with support and encouragement. Her main aim is to help you to understand, appreciate and value yourself in order to lead a fully authentic and fulfilling life

Book online at www.valleytraining.co.uk or call us on 07899 856518 with any questions.

Dates: 3 September 2011 6.30 – 9.00

Location: Central Kendal, Lake District.

Regular price: £25

Certification: Certificate of Training

