

Powerchange Coaching

It's taken us over ten years of empirical development to provide you with Powerchange's refined, easy-to-understand and ready-to-use coaching system, powered by Auto Response Psychology. It simply, cleanly, and honestly allows you to re-structure your own thinking and enjoy personal freedom to a much greater degree.

Powerchange Coaching is hard to describe, not least because there is nothing else like it currently available. We use powerful creative tools to change the way people think, not just what people think, so there is no need for phrases like 'keep working at it', 'trying harder' or 'having to keep reminding myself'. Once installed, it works, and is as permanent as you want it to be.

Auto Response Psychology™ is proving to be significantly more effective and more permanent than most conventional coaching techniques or therapies, and becomes a welcome part of your day to day approach to life. At the core is a selection of carefully crafted questions and statements that sponsor new patterns of thinking and draw out underlying thought processes. Giving attention to these, the coaching subtly transforms the landscape of your life and work, so that you KNOW you can, instead of hearing yourself say "no, I can't."

Powerchange Coaching, with Auto Response Psychology™ is now being recommended by forward-thinking GPs, teachers, business leaders and trainers who value its high levels of effectiveness and Powerchange's unthreatening relaxed style.

KNOW YOU CAN instead of 'No, you can't.'



Imagine having an appointment with a Powerchange Coach and finding that everything in your life will be different from here on.

That is regularly what our clients experience. It is as if what they learn in the session becomes a small key that unlocks a big door to a different future. No big mystery or emotional therapy session. No tears and recovery time. Just a different future.

"I was 54 when I experienced Powerchange for the first time... Straight away my life changed. The last 40 years would have been very different if I had discovered this as a teenager."

"Powerchange is so different in its approach from any previous intervention. It cuts to the core. It is dynamic, positive, always honouring at the very deepest level and it makes a huge difference in the way family members are able to relate to each other... I know of no one who is offering such extensive personal development coaching when it comes to working with parents"

"What I got from that day [of coaching] I did not realise until waking the next day. I realised I knew what I wanted to do with my life and exactly where I was heading, what career I wanted to take, and what kind of person I wanted to be."



Our clients include -

doctors, teachers, students, directors, managers, social workers, journalists, CEOs, young people, parents, counsellors, veterinary surgeons, and lots of non-professionals - who are learning to change their minds, feel great every day and **enjoy a much more fulfilling life.**

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Some of the reasons people decide to choose Powerchange

Our Coaches

With their working knowledge and experience of Powerchange materials, our Coaches are trained to identify what resources will benefit you the most. Their role is to find what you need and provide it. Usually that includes a simple but profound discovery programme called StepOne. We like to establish a high level of trust with those who we work with as the speed of change increases significantly for the client. This, along with our coaching resources, opens the door, not just to your own initial reason for coming to us but the underlying, more powerful aspects you may not have noticed before.

The tools

We now have something for everyone and everything. We coach people from aged seven upwards, with a multitude of backgrounds and history. The tools we use aid our focus when working with specific briefs with clients including injustice, relationships, success, communication, purpose, confidence, self worth, shyness, promotion, performance, achievement, and attitudes to the future. Then there are the mind and body specifics - recovering from major traumas and phobias, food and body issues, anger, frustration, disappointment and bereavement.

The places

We work in schools, homes, workplaces, our own offices, hotel lobbies, and executive boardrooms. Find a place two people can talk together without too much background noise and without being overheard, and one of the Powerchange team will be able to coach there!

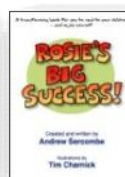
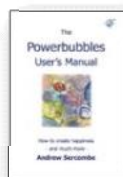
The appointment

A typical appointment usually starts with a phonecall or email, and what we connect up. The person explains how they got to hear about us and they want. We ask one or two initial questions and arrange a convenient appointment. The session starts with five minutes of paperwork and the coaching begins with a trust-building diagnostic conversation. It continues into a relaxed but powerful down-to-earth coaching session.

The session ends with a brief review and, if the situation needs more time (one session is often enough), we arrange a simple schedule of mutually

convenient further appointments over the next month or so. Sometimes we provide simple questions for you to take away and consider. We look forward to meeting up again.

A selection of the materials (left) and books (below) we have available exclusively for our clients, including programmes specifically for adults, teens, small groups and children.



What our clients say:

Dr Anne Scott: "Sometimes in life we want to make small changes, sometimes we want to make huge changes, and sometimes changes (small and huge) are forced upon us without us asking. Change requires courage. Powerchange has inspired me to access that courage and make changes in my life - so much so that I am now passionate to be the catalyst for change in others."

Steve Cox: "My life has changed since I came into contact with Powerchange. The help and support I have received has been instrumental in founding and establishing my business and in encouraging me to think bigger and better. Powerchange is an integral part of my vision for the future. Sometimes you need someone who believes in you. Sometimes you just need help to believe in yourself. Powerchange has helped me in both ways."



David: "My 7 year association with Powerchange has given me the ability and confidence to decisively make decisions on my life. At a time when major life-changing events required me to be in control, I was glad to have the flexibility of my Powerchange 'toolbox'. Powerchange was the catalyst for deep-rooted lasting change through my personal and spiritual growth. My colleagues and loved ones can see I live a purpose-driven life. I now have an inner sense of peace and hope which I carry in my every day living."

Michelle: "After years of searching for something but not knowing what it was, I discovered Powerchange and it changed my life, literally. I was absolutely transformed inside and out - and I've since found I'm not the only one!"

Another Steve: "Andrew skilfully guided me to the core of the issues I needed to realise and deal with, he enabled me to be still enough to see beyond the surface level and reach depths of insight that have really helped me. His challenging approach worked for me, whether this is his usual style or one adopted for me I am unsure, irrespective the chemistry was right. I strongly recommend the services of Powerchange for anyone wishing to understand themselves and their situation better."

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