



Are you are looking to
achieve a specific goal,
unlock your potential
or build your resilience?

Coaching

Coaching methods used by June

Through powerful techniques and insightful coaching tools, June will use a blend of NLP, MBIT coaching, Heart Math Coaching and Life coaching..

Neuro-Linguistic Programming (NLP)

NLP helps you to focus upon and structure well formed outcomes for success. You create your unique plan of action, taking account of resources which help you reach your goals. There are many interventions in NLP, and they all share a common strategy that features creativity, flexibility, adaptability and responsiveness.

mBIT Coaching (Multiple Brain Integration Techniques)

This powerful and insightful new field of coaching works with multiple intelligent states associated with the Head, Heart and Gut. It unlocks potential and maximises self-awareness, performance, confidence, purpose and communication. It also help with relationships, decision making, behavioural change and anything else want to progress. Advancing the techniques used in NLP, mBIT helps you get in touch with deep intuition and a higher sense of self.

HeartMath Coaching

This coaching enables the user to reduce stress and build future resilience. We cannot always change situations that stress us however we can reduce the effects of that upon us.

HeartMath is grounded in 20 years of psychophysiology, neuro-cardiology and biophysical research. Focusing on interactions between the heart and brain's electro-magnetic and chemical pathways, we use positive emotions to bring about mental and physical benefits.

Life Coaching

The aim of coaching is to experiencing more pleasure and success in life. This type of coaching works by examining aspects of life that you may wish to change. This may be boosting your motivation to make physical and health changes or developing your confidence and communication skills to make a career move. It can also help to create more satisfying personal relationships, improving and empowering professional relationships and gaining clarity.

June works in Leeds and from Regus Offices in Saltaire, Bradford. sessions are £60 - £80 per hour depending on therapy.

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