



Hello and welcome to Octobers Newsletter!

Thanks to everyone who attended, it was a great night! I an commented on how brilliant everyone did, there were some big break throughs for people, that's for sure!! I would like to comment on how brilliant I an was, as always he makes perfect sense and gives out motivation by the bucket full!!

Here are some memory joggers from the evening:

- Which brain are you using – Bird, Dog or Human
- What do you think you know?
What do you feel you know?
What do you know you know?
How do you tell the difference?
Remember – if we are certain we are in control we are sending a very positive message to our brain, which will ensure we are in control!
- How do you speak to yourself? Would you speak to someone else the same way?
- I t's not the things that happen to us, it's the way we choose to think about them afterwards.
- What other people think of you is non of your business.
- Disassociate yourself – every time we remember something we change it a bit, by looking at it from different perspectives the memory changes and is not as strong.
- Remember Sean Connery or Brad Pitt can really make a difference...!!!

I f you would like to run through any of these techniques, please get in touch.

Other News

If there is a specific clinic you would like to attend please let me know ie, a Flying Phobia Clinic, Confidence 4 Kids Clinic, Confidence 4 Business Clinic. All ideas welcomed, when I have enough names I will get it arranged!!

On a personal note I am looking for people with fears and phobias around horses, be it going anywhere near horses, fears about riding horses, nerves at competitions or just to gain extra confidence when riding. To discuss your requirements please get in touch with me.

Thank-you for reading!

Caroline x