

Bridget Clapham BSc. Hons. (Psychology), Dip Ed, RGN,

Master Practitioner in Neuro Linguistic Programming

Biography

Bridget has over 20 years experience in developing the skills and expertise of individuals through a combination of quality training and coaching interventions.

Following an early career in clinical nursing, Bridget chose to specialise in Education and worked with Healthcare Professionals. She worked with both undergraduate and post graduate learners as well as with managers and clinicians from medical, nursing and a range of other professional backgrounds within the NHS.

Her qualifications and experience in training and coaching, combined with study and specialism in Psychology led to a position of Senior Lecturer in Healthcare and Psychology, specialising in management and leadership development, stress management training and communication / interpersonal skills development.

Corporate work

Having worked in Education, for 15 years within the NHS and university sector, Bridget moved successfully into corporate and public sector training and coaching, setting up her own company, Synergy Consulting in 1998. She now works with teams and individuals at all levels and specialises in areas such as:-

- Improving performance – individual and team
- Programmes in Neuro Linguistic Programming and its applications in personal and professional life
- Managing change
- Emotional intelligence
- Improving work life balance
- Wellbeing at work
- Stress management
- Managing change
- Delivering presentations and public speaking with confidence
- Confidently working with the media
- Leadership and management development
- Team development
- Managing conflict and improving rapport and interpersonal skills
- Communicating assertively with managers, peers and teams
- Enhancing the quality of effective communication within organisations
- Coaching for managers at introductory and mastery levels

Neuro Linguistic Programming

Bridget has a fascination and passion for developing understanding of the powerful influence of the mind and its impact upon our everyday feelings, behaviours, capabilities and potential. This has led to her interest and increasing knowledge and expertise in areas such as Emotional Intelligence and in Neuro Linguistic Programming which is heralded as one of the fastest growing developments in applied psychology today.

Bridget is a Certified Master Practitioner of NLP. She regularly works as a member of the course team assisting Dr Richard Bandler (co founder of NLP) Paul Mckenna and Michael Neill, (Master Trainers of NLP) on a range of Society of NLP seminars including NLP Practitioner, NLP Master Practitioner, Hypnosis, and Coaching Mastery. She has been a member of the training team on

programmes to introduce NLP to Doctors and on the first ever NLP Practitioner Programme for Doctors and other Healthcare Professionals.

She has personal testimonials from Paul Mckenna and from Michael Neill and regularly runs programmes in NLP and its application for clients in business, healthcare and education sectors.

Education

In Education today, Bridget runs regular programmes for teenagers and for teachers and parents on various aspects of personal effectiveness. 2006 saw the formation of The Coach Yourself Company with a trusted friend, colleague and education expert, Helen Golstein.

Bridget and Helen work with individuals and groups and run Master classes in areas such as motivation, building confidence, managing pressure, study skills, and specialise in helping parents, students and teachers develop the Habits of Exam Success. They are currently writing a book on The Habits of Exam Success.

Therapeutic work

In addition to her corporate and public sector work, Bridget enjoys working with individuals privately to make changes that can have profoundly positive effects in their personal lives.

Many clients are referred by Paul Mckenna as Paul no longer carries a client caseload and he values her skills and the results she achieves with her clients.

Using a variety of techniques including from the fields of coaching and NLP, she works with individuals to successfully address issues and make desired changes in areas such as, self confidence, motivation, managing pressure and stress, weight loss, phobias, anxiety, stopping smoking and a range of health issues including cancer.

In summary

With a remarkable talent for helping clients to clarify the direction to enhance their potential for excellence and success, Bridget designs training and coaching interventions that involve working closely with clients to achieve desired outcomes. This enables individuals and teams to enjoy the process of moving forward through change with curiosity, enthusiasm and confidence.

Bridget's corporate and public sector clients include:-

- **Nokia**
- **Glaxo-Smith Kline**
- **Zurich**
- **Nationwide**
- **Natwest**
- **Accor**
- **Sacla UK**
- **The Magistrates Service**
- **Boehringer-Ingelheim**
- **Dupont**
- **Volvo**
- **AXA Financial Services**
- **Birmingham Midshire's Building Society**
- **Government Beacon and Leading Edge Schools**
- **The National Health Service**
- **GP Registrar Programmes**
- **Acuity Doctor Ltd**
- **Royal Bank of Scotland**
- **Cancer Research UK**
- **HM Government. The Cabinet Office.**

Bridget Clapham.
Keeping your success in mind.

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