

## Coaching for Success in Personal Change

Coaching for Success programmes with  
Bridget Clapham. BSc Hons (Psychology), RGN, Dip.Ed.  
Master Practitioner in NLP.

**Paul Mckenna recommended NLP Coach and Therapist**

With a background in healthcare, training and psychology Bridget has over 20 years experience in training, coaching and working therapeutically with individuals both privately and in corporate settings.

Coaching for Success programmes offer you the chance to identify and alter things in your life and about yourself that you want to change—

**“What would you choose to change about yourself,  
if you knew you could only succeed? “**

Through Coaching for Success, Bridget uses a mixture of coaching and where appropriate, therapeutic methods to help you achieve your goals. Her approach uses proven and advanced techniques from the field of 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 trained with Dr Richard Bandler (co founder of NLP) and Paul Mckenna and now regularly works as a member of the course team assisting Dr Richard Bandler, Paul Mckenna and Michael Neill (Hollywood life coach), a on a range of Society of NLP seminars including NLP Practitioner, NLP Master Practitioner, Hypnosis, and Coaching Mastery.

Paul Mckenna has many requests from individuals who want to work with him on personal change. He does not hold a client caseload but his team often refer clients to Bridget as he knows and values her work and expertise.



**Paul Mckenna has this to say!**

**“ Bridget Clapham is a very professional practitioner.  
She uses high level skills in NLP, Hypnosis and Coaching and has a talent for  
enabling people to make positive changes in their personal and professional lives.”**

**Paul Mckenna**

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**Working with Bridget on a one to one basis gives you personal experience and the toolkit of skills necessary to make these techniques work for you!!! A client's comment on working with Bridget :-**

**“Thank you so much for everything you have helped me with. Finding you was a real turning point in my life, and your methods sit so well with my own values. So many positive things have happened to me since we started working together that have mystified and surprised me, it has been a fantastic journey.”**

**Best wishes, Sara**

**Most clients, who follow the programmes advocated, achieve significant results within the timeframe of two to three 1:1 appointments. This makes the coaching/therapeutic relationship short but extremely effective!**

## **So, what results do people achieve working with Bridget?**

**Dear Bridget,**

**Thanks for all you've done for me. You have got rid of something that has been haunting me as long as I can remember and broken its hold over me.**

**You did this in a calm logical manner that was also fun and interesting it was reassuringly down to earth as well as surprisingly easy.**

**I would urge anyone considering seeing you to do so as you are a miracle worker.**

**Mark**

**Some examples, of many, from client case studies and testimonials. Other areas include pain management, working with people who have cancer and individuals who have OCD.**

### **BUILDING CONFIDENCE**

**Would you like to feel and be more confident around certain people or in certain situations?**

**“Presentations and public speaking used to be a nightmare. I knew my stuff but was so nervous and always believed I would mess up. Sometimes I would be so nervous I felt sick. The coaching sessions were so positive and the techniques taught REALLY effective and now I know how to be so confident and how to do really powerful presentations, there is no stopping me. I volunteer for them now!”**

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“As MD of the UK Division of an International company, I had attended a media training course to gain confidence in presenting, and media work. After the course I had lots of information about what to do but still couldn't do it as I was so anxious. I had some sessions with Bridget which were amazing.

She is inspiring and I now feel calm, confident and positive about media work and public speaking. I also enjoy it!! On a recent business trip to Italy there was a film crew at our event and I went and did a piece to camera—just because I could!

Thank you Bridget. You gave me the tools to turn this around and I am more confident than ever!!

In 3 sessions, Bridget literally turned my life around, from a very negative and largely unhappy person with little confidence, to someone with a much happier outlook on life, a completely different way of seeing things, much more confidence, and increasing daily....

I used to be continually tired and very low on energy – not any more, not even in the dead of winter! I am now able to turn potentially bad days into happy and satisfying days; I am starting to do lots of things (big and small) that I simply wouldn't have done before – because I've gained so much confidence, and because I can!

Before working with Bridget, I would have seriously struggled to imagine writing these words about the change in myself. It was a nice thought, but it didn't seem possible, and this is just a sample of what Bridget has helped me achieve.

Bridget's warm personality compliments her working methods beautifully. You are guaranteed a great time when you work with Bridget. It's also the best financial investment I've ever made. SJ

“I regained my confidence in one session with Bridget--- Having failed my driving test once I had no confidence or belief in myself about driving. I was convinced I would fail again. The session was amazing and my confidence was brilliant. My second test was a breeze and I passed!

I wish I'd known about this when I was doing exams at school. Thanks”

### WEIGHT LOSS...A SLIMMER YOU

Would you like to be slimmer and lose the weight that is still there despite all the diets you have tried?

Bridget regularly assists Paul Mckenna on his Weight Loss Seminars and has also helped him with the clients selected for the 2007 GMTV weight loss programme.

Paul has incorporated key ideas and tools developed by Bridget in his successful weight loss seminars and programme.

“I look and feel so different! After years of dieting, the system that Bridget has coached me in is so easy. In a way, I felt quite angry at first as I have wasted so much time and money on so many diets over the past years. The anger didn't last, as the weight started to come off, it soon changed to feeling great. The system really works, I'm losing weight and I have a whole new set of habits around food!!”

“I have lost 20lbs so far and being around food is effortless. Thank you so much”

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## MOVING OUT OF DEPRESSIVE AND ANXIETY STATES

“After suffering from depression and anxiety for the last four years after losing my mum and medication wasn’t working, I started to give up hope. Then I discovered how Paul Mckenna has helped people with similar problems and got in touch with his training centre immediately. They put me in touch with Bridget and I made an appointment straight away. It was an amazing experience, through the various nlp techniques, hypnosis and encouragement, Bridget has shown me a light at the end of the tunnel which I will forever be grateful for.

After just one session of 90 minutes, I felt like a big weight had been lifted off my shoulders and over the next few weeks, using the techniques, I improved dramatically.. feeling and being able to do things I hadn’t been able to do in a long time.

My friends and family have been amazed by the change in me and before my second session, I was noticeably happier, more confident and positive

I thoroughly recommend Bridget 100%.. she is an amazing lady and can really change your life!!”

*It’s been absolutely fantastic working with you and I would have no hesitation in recommending you – in fact having battled my life with depression and being generally an unhappy sort of person, I cant thank you enough for everything that you have put in place for me in getting both my mind and life back on track – all without medication.*

*You have given me more in 3 sessions than any other Doctor , Psychologist, Counsellor or the copious self help books I have ever bought over the years !! – Anybody struggling with their mind, depression etc need to see you first – as you are the only person who has looked at the underlying problem and put me back on track.*

*This life changing experience has helped me no end in turning my life around, planning for happiness. Using your simple but effective techniques has enabled me taking back control of my brain and how to ignore rogue thoughts and being more consciously in tune with `Positivity FM`. I now plan for and have more enjoyment in my life and happiness has returned.*

*Those around me ie family, friends and work colleagues have remarked at what a positive change they have seen in me –*

*Thanks again – I am extremely grateful for everything.*

*John.*

## CONTROLLING ANXIETY AND PANIC

Do you have levels of anxiety about certain situations that you want to eliminate?

“I had been having anxiety attacks for years, following a serious car accident. I wasn’t sleeping, kept bursting into tears and wasn’t able to even be a passenger in a car without being terrified. During the session, the panic completely disappeared and I felt such relief. Straight away, I was fine and felt in control again. The feeling didn’t ever come back—Thank you!”

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“We were burgled whilst we were asleep upstairs. Before my appointment with Bridget, I had been back to our house but I couldn’t sleep there, even though we had changed the locks and got an alarm. It was irrational but I didn’t feel safe. The anxiety went and I am happy to say I am sleeping peacefully at home again. Thank you so much”

“I had had panic attacks for 15 years following a series of car crashes. I saw many therapists over that period and none helped me. After one session with Bridget I felt relaxed and confident as a passenger and was able to travel in the front seat for the first time in 15 years. Thank you, this has helped me so much. My husband says he has the “old” me back again. That’s how it feels! We can’t stop smiling! “

### **WORKING ON FEARS AND PHOBIAS**

Do you have a fear or phobia that it is time to overcome? Bridget works with individuals who overcome problems with agoraphobia, claustrophobia, and a range of fears and phobias including spiders, heights, ladders, birds, aircraft and flying. Phobia is a serious and debilitating problem which defies logic and willpower. Most phobias are comfortably overcome with a range of NLP and Hypnosis techniques in one or two sessions.

“For 14 years-I was claustrophobic and hadn’t been able to travel in a lift... After one session I went straight into a lift, alone and went up and down about 6 times!!! Now I have the freedom to stay in any hotel- so go anywhere we want to on holiday which before wasn’t possible. Now I can also visit any public building or shop, knowing that I can confidently use the lifts—Thank you!!!”

“After years of flying phobia, I had one session and could smile and feel relaxed about airports and flying—I am actually looking forward to booking a short flight to test my new found calm!

“I had a phobia of vomiting and of other people vomiting. This had taken over all aspects of my life and I felt anxious and scared ALL the time. I had worked with other therapists before but nothing had helped. I had 2 sessions with Bridget and I feel completely different. I have got my life back and am enjoying life again. I use the techniques when I need to but I need to less and less. Thank you, thank you, and thank you.

“I had a phobia of spiders. Not any more!! Thank you, I never thought I’d say this but it was fun!! ”

### **HEALTH PROBLEMS SUCH AS M.E**

This lady had a 3 year history of ME

Hi Bridget

Sorry it’s taken so long to email you, but I’ve struggled to find a spare minute. I would like to thank you so much for meeting and working with me.

Everyone keeps asking what it was like and all I can say is that it was fantastic.

So what have I noticed the most? Well to start with I feel a lot happier and find myself laughing more, sometimes for know reason which makes me laugh even more. Friends and family say they can see a big change in me. They say I look happier and healthier and forgot how much I could talk.

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I'm still practicing the techniques you showed me on a daily basis, the more I do them the easier they are. I haven't had a bad day since we met and I hope I continue to feel this great. We plan to book a holiday at the end of August, can't wait.

Once again thank you so much for working your miracles on me.

Best wishes –

## **STOP SMOKING**

Would you like to become a non smoker? Are you determined and committed to a healthier you?

Whatever your reasons, Bridget will discuss them with you and establish your level of motivation to make this change. No- one can make you stop smoking, that is a personal decision and responsibility but working with Bridget will make this process easier and more positive for you.

“ Stopping the day before the first session was hard but I see why I was asked to. I REALLY wanted a cigarette by the time I got to the session. I didn't want a smoke by the time I left, something had changed and although I had some cravings- the techniques I learned really helped and for me, a second session was good reinforcement although I was already a non smoker by then!!

Thank you- you made it easier than I ever thought it could be.”

## **ADDRESSING AND CHANGING ALCOHOL HABITS**

"I had developed a destructive pattern of binge drinking that was leaving me ashamed, embarrassed and self-disgusted.

Bridget gave me a clear insight into how this pattern of behaviour had evolved and in the space of two NLP coaching sessions had provided me with a number of techniques to end my destructive habits immediately. I stopped after the first session and the second gave me tools to cement the new changes so they will be permanent.

The result has been amazing. Thank you."

## **BECOMING “UNSTUCK!”**

Are you stuck with something but don't know quite what the problem is?

“I was setting up my business and I wanted to feel more motivated as I couldn't get organised to do certain things. Through the coaching session, it became clear that motivation wasn't the issue; it was more around confidence and outcome setting. Being stuck on those things was what was affecting my “motivation” but I had been wasting time working on the wrong aspect. I was too close and couldn't see the wood for the trees. It only took one appointment to get me headed in the right direction again.”

## **OCD**

“Our sessions have made a huge difference to my life. I had seen many different psychologists and counsellors but nothing helped me like this. I use the skills that you taught me and I now feel free of the three letters that used to rule my life – My brain has new habits now and the old way I used to do things seems a distant memory. I am happier at

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home and at work and my husband says he feels he has “the old me” back again. It’s good to be back... Thank you!”

## **STRESS.**

Stress affects many people today and can have damaging effects on health, on relationships and on effectiveness both at work and in personal life. Bridget runs corporate training programs for managers and their teams in many organisations. She also coaches at executive and Director level. Many clients are referred to her by Paul Mckenna and by GP’s for help in managing pressure more resourcefully.

“Bridget summed it up by likening me to a hamster on a hamster wheel. I was exhausted and ill and although I knew I had to, I couldn’t stop. I couldn’t switch off and my son told me that he thought my job was more important to me than he was... that was my trigger to call Bridget.

Seeing Bridget changed my perspective and helped me take control of my life again. Just one session helped me to STOP, and learn how to feel calm, confident and in control again. My work life balance is in balance now, I have heaps more confidence and I am having fun with my family, I know my children and I am enjoying my job so much.

I recommend Bridget to anyone who is stressed and wants to change it...for good!”

“ I wasn’t sleeping and went to see Bridget because of insomnia. She helped me to see that not sleeping was just a symptom of the stress and anxiety that was filling my life although I had been kidding myself that it was the other way around. We had 2 sessions and I did my homework in between!! I now have email coaching from Bridget and have a whole lot of new habits!! I am now in control again, have more fun and a good work life balance. Relationships at work are better and projects are on schedule.... Oh and I sleep really well. Go and see this lady if you want to sort out pressure and stress in your life.”

So.....

“What would you choose to change about yourself if you knew you could only succeed?”

For more information about one to one coaching, therapeutic change or to make an appointment, ring Bridget on 01869 277348.

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