

Reed-Robbins

Performance Solutions



One to One
Breakthrough Coaching

0800 083 8013

www.reedrobbins.co.uk

One To One Breakthrough Coaching

Be, Do & Have

Whatever You Want!

We are highly experienced peak performance coaches with a proven track record of personal transformation. We excel at getting results, rapid change and incredible results.

We believe that when it comes to achievement, success and fulfilment, the only thing holding us back from whatever we desire, however big the goal, is our limiting beliefs and subconscious programming.

Occasionally the problem is down to your goals being incorrectly defined, too small or just not what you really want deep down. When what you want and what you believe are aligned, there's no limit to what you can be, do and have

When you change your thinking, the world changes instantly to reflect your new reality. Our job is to help you figure out what's creating your current results, change your thinking, rewire your subconscious programming with powerful and rapid interventions that help you feel more in control and get you to your goals as fast as possible.

We can work with any kind of outcome or challenge, whether its in your personal life, career, health or a personal challenge that affects all of the above. No obstacle is too challenging. Just ask!

You tell us your dream or the challenge to overcome and we will help you make it happen.

What Is Breakthrough Coaching?

Breakthrough Coaching is a rapid and intense one-to-one coaching programme designed to help you be, do and have whatever you want as quickly as possible. Working one to one with your coach, you decide on your outcomes and then explore and overcome the challenges and obstacles standing between you and your dreams. We aim to make the process as fast and effective as possible.

How Is Breakthrough Coaching Different To Coaching?

Breakthrough coaching is designed to help you achieve goals or overcome challenges that would be far beyond the scope of standard coaching. We can help you breakthrough anything that's holding you back, help you resolve difficult situations you're experiencing and help you find the personal resources to achieve anything you want. Unlike goals coaching, which provides steady, on-going support, enabling you to keep on track towards your goals longer term, breakthrough coaching is a short, powerful set of sessions, using tools and techniques designed to breakthrough your subconscious barriers. This way, you can achieve things effortlessly and in a very short space of time. If you're in need of a rapid and profound shift, then breakthrough coaching is for you.

Is Breakthrough Coaching Right For You?

- ✓ Do you want to achieve goals faster or without so much resistance?
- ✓ Is there one outcome that has eluded you despite multiple attempts?
- ✓ Do you want to remove the limitations that are holding you back?
- ✓ Do you want to reduce stress and anxiety and increase joy and abundance?
- ✓ Do you want to overcome a difficult situation you're stuck in?
- ✓ Are you frustrated in an area of life such as relationships, career progression, leadership, financial abundance, emotions?
- ✓ Are you ready for a breakthrough?

How Does Breakthrough Coaching Work?

You can choose between face to face and Skype/phone sessions.

We recommend that you plan for a minimum of 6 - 10 hours to ensure you are supported through the changes you want to make. However, you may find it takes only a few hours to make your breakthrough. It depends on the type of breakthrough and your readiness to change. We will start with a "discovery" where we elicit your goals and the root causes of your challenges and make a plan for the remaining time together. If you currently have regular goals coaching, you may choose to schedule a breakthrough session whenever you discover a particular block along the way that needs additional attention. Most people have an 8 hour session followed by three x 2 hour sessions.

Ask us for a free 30 min chemistry call now!



Your Coaching Team



JESSICA REED-ROBBINS:

NLP MASTER TRAINER, BREAKTHROUGH COACH & MOTIVATIONAL SPEAKER

Jessica graduated from UCL with a Masters in Mathematics and Computer Science in 2001. After discovering Performance Psychology and qualifying as a NLP coach in 2004, she started coaching and delivering training alongside her consultant position at JPMorgan. She quickly realised she had discovered her calling and left the City to start her own business. She has been helping people and organisations to perform at their best ever since. After dedicating herself to her work as a coach and trainer, she has now become one of only a handful of INLPTA NLP Master Trainers in the world.

Jessica designed our suite of leadership and management programmes and facilitates our train the trainer programmes, breakthrough coaching sessions and large motivational speaking events, including board breaking and fire-walking! Alongside her corporate work, Jessica specialises in conscious parenting, relationships and psychology for health & healing.

As your coach: Jessica will help you pinpoint what you really want and overcome any barrier in the way. She loves nothing more than a mission impossible so if you have huge goals or huge challenges to overcome, she'll help you get you there.



NICK REED-ROBBINS

NLP TRAINER, BREAKTHROUGH COACH & FACILITATOR

Nick is a certified NLP Trainer and specialises in providing rapid breakthrough coaching for organisations and teaching our NLP Practitioner & Master Practitioner programmes.

Nick experienced the transformative power of performance psychology and breakthrough coaching when he met Jessica in 2010. He had suffered from a type of PTSD for 20 years that had gone undiagnosed by the NHS and yet his problems were resolved in a few short sessions using NLP. This allowed him to embrace life at a new level and he rapidly transformed his entire personal life, his career, finances and relationships. As a result he became dedicated to helping others achieve similar successes. He retrained in NLP, gaining his NLP trainer's qualification with Tad James in the US. He started working with Jessica in 2011 and has been delivering leadership and management programmes as well as NLP trainings and breakthrough coaching programmes in the UK, Europe, Africa and the US ever since.

As your coach: Nick is kind, light hearted and highly perceptive. He has a big heart, combined with enormous skill, and an ability to get rapid results. He regularly achieves results with clients that other coaches haven't been able to reach. He sees the greatest potential in everyone he meets. Whatever your situation, Nick is the dedicated coach you'll be glad to have on your team.





Getting in touch...



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- Performance Psychology
- Influence & Persuasion
- Communication Skills
- Presenting Skills
- Coaching Skills For Managers
- Cultural Change Programmes
- NLP Training & Qualifications
- Engagement Programmes
- Leadership Programmes
- Management Programmes
- Motivation Events