

Personal Breakthrough Experience *with Nikki Owen*



There are times in our life when we become aware that we are wearing a mask, 'putting on a brave face' or have created a defensive mechanism or invisible barrier to prevent ourselves from feeling scared, vulnerable and getting hurt. When this happens we exhibit behaviours that are not aligned with our authentic self and can cause further stress, depression and anxiety. That's why Nikki Owen, UK's Leading Expert in Corporate Charisma, developed an intensive one-to-one coaching approach designed to help any individual breakthrough their 'mask' by releasing negative emotions, limiting beliefs and resolving past traumas that will instantly increase energy, motivation and confidence.

A Personal Breakthrough Experience works simultaneously with an individual's unconscious and conscious mind to create an immediate positive shift that empowers the individual to achieve more of the results they want to achieve in their life.

What's included?

- 5 x hours face-to-face interventions conducted as one complete session
- 2 x 1 hour coaching intensives on Skype scheduled over 2 weeks following the initial session

At the end of these sessions individuals will:

- Possess real clarity about what motivates them at a deep level and know what factors are draining their motivation in their current job role
- Release negative emotions, destructive patterns and limiting beliefs that are sabotaging their wellbeing and ability to succeed
- Find it easier to deal and interact with others building stronger relationships
- Communicate their views with honesty and integrity in a way that compels the interest and attention of others
- Have improved resilience and mental toughness enabling them to deal with difficult situations constructively
- Feel a surge of balanced energy and feel comfortable about being their authentic self in every situation
- Recognise they have all the resources inside to achieve whatever they want

Logistics

Because this session is intense and often can stir up some unexpected emotions, we recommend that it takes place outside of the usual working environment. These sessions can be scheduled at The Charisma Team's Consulting Rooms, Harley Street, London or at a venue chosen by the individual. The initial session times are approximately 10am - 4pm (includes breaks) yet may run over based on each individual's situation. Individuals are asked to eat a light breakfast and avoid caffeine that day. (Caffeine blocks the integration of new insights that will be generated during the session.) A light lunch will be provided and at the end of the session individuals will be asked to eat a carb-based snack to help ground themselves before their journey home. Individuals are asked to wear loose fitting, comfortable clothing and bring a few layers. When people start working with emotional release techniques their body temperature can change and may swing from feeling hot to cold.

There are typically 3 moments when individuals will feel a significant change within their outlook; 1. At the end of the session 2. The following morning 3. Within 48 hours after their first session

Confidentiality

It is important to clarify that the content of these sessions are completely confidential. If an organisation is sponsoring this process for an individual, the content of the sessions will remain private and will not be disclosed.

Payment

The Personal Breakthrough Experience will only be invoiced at the end of the experience and based on the individual confirming they have gained a significant and measurable positive change. Therefore, payment should only be made if the individual is 100% satisfied with the impact of this process.

About Nikki Owen

Nikki Owen, UK's Leading Expert in Corporate Charisma, is a Master Practitioner and Certified Trainer of Neuro Linguistic Programming. Nikki is also a certified instructor of Hypnotherapy, Timeline Therapy and a Level 2 Practitioner in Reiki, Energy for Life, Emotional Freedom Techniques and Matrix Reimprinting. Nikki has dedicated over 20 years to the development of senior managers, leaders, entrepreneurs and executive board members within FTSE 100 organisations. Nikki delivers regular seminars at Shakespeare's Globe Theatre on Corporate Charisma and speaks internationally on this subject.

"What a difference someone can make in your life in a short space of time." Ian Hunt, Managing Director, Fibre Technologies

"Nikki is highly professional, caring, deeply kind and one of the most passionate and energetic people I've had the pleasure to work with." Martin King, Head of Relationship Management, Royal Bank of Scotland

"I don't know or understand what happened or why. Most importantly I felt a lot better, more resourceful and back on top of my game." Tim Holden, Managing Director, The Holden Group

"Nikki is simply amazing - a top notch coach." Niina Turunen, Global Learning, Shell International

To book this session please get in touch:

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