

THE THERAPIST



Lindy Shearer

Masc. (Psychotherapy)
BSYA (Mn)
NLP. Practitioner

Lindy Shearer is a Dynamic Life Change Consultant with her own private coaching practice. Lindy is a member of the Associated Stress Consultants, a qualified Master Practitioner in the subject of Neuro Linguistic Programming and a Life/Business Performance Coach.

As a dedicated practitioner in the field of personal development, Lindy has helped to change the lives of hundreds of people through her unique style of personal development work with her clients.

“Her skill got me very quickly to the core of why I held limiting beliefs. Powerful Stuff. Lindy has shown me a way to get to the emotional heart of matters.”

Body Awareness Life Coach, Glasgow.

P.Dean@zoom.co.uk



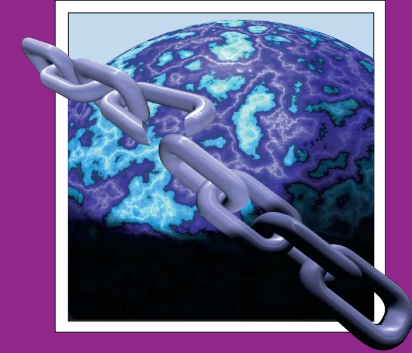
BREAK FREE
DYNAMIC LIFE CHANGE
CONSULTANT

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MASTER NLP. PRACTITIONER
LIFE & BUSINESS PERFORMANCE
COACH

**INVESTING IN
POSITIVE
CHANGE**

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BREAK FREE A LIFE CHANGING EXPERIENCE

There may be one or more areas of your life that require change. There are a few important questions to ask your self in relation to each area:

- What do I really want?
- How would my life change if I had it?
- What stops me?
- Am I willing to commit and invest in the change?

Identifying and establishing outcomes is a central and first step towards personal change. Every time you focus on what you can't do or don't want, you are creating a negative outcome.

Break Free can help you bridge the gap to achieving what you want

DYNAMIC LIFE CHANGE CONSULTATION

Your first consultation will be 1 hour and 15 minutes. A detailed analysis of your presenting issue will be discussed and will establish direction of your coaching sessions.

TREATMENT

Using developed techniques and exercises, which are tailored to your needs, the coach and client will access root causes of the presenting problem. Beliefs, values and experience will be explored and the process of positive change will begin.

WHAT DYNAMIC COACHING CAN DO FOR YOU

- Put you back in charge of your life with self esteem and confidence
- Help you to develop a compelling life plan to achieve what you want
- Identify the root cause of negative beliefs and change them
- Help you to release and heal emotional conditions from past experience
- Move you beyond self doubt and tap into your potential
- Raise your awareness and allow you to develop a profoundly positive self-image
- Support you in letting go of the past whilst generating the future that you really want

"Well, words escape me. I felt such an overwhelming sense of release. She is truly gifted and I'm sure will touch many people in the same way."

Carmen Mac Dougall www.cmacoaching.com

"Working with Lindy has vastly improved my self-image and Confidence in an amazingly short space of time. I have turned a major corner in my life that I would not have dared to peek around on my own."

Caroline MorazAstrologer www.star-maps.co.uk

NEURO LINGUISTIC PROGRAMMING (NLP)

NLP is a modern approach to communication and personal development. It is a powerful body of information about how the human mind works.

NLP offers a flexible approach which brings about a positive and fast change in individuals. This can modify your pattern of thoughts and beliefs enabling better behaviour and can generate a positive mind state in all that you experience.

For a consultation appointment please call 01780 763460 / 07979 621938 or email Lindy@breakfree.wanadoo.co.uk