

# Paul Wilson

## Hypnotherapist, Coach, Speaker.

I've always helped people throughout my career, in one way or another.

Becoming a hypnotherapist and business coach was a natural progression, after a 25 year career in the corporate world.

Whether I'm coaching individuals or a speaking to a large group of people, I always aim to achieve the outcome they're looking for. It's all about them, not me.

Check out the speaker topics below or contact me for something bespoke to your needs.



Currently in partnership with...

**Robin Waite, Lisa Johnson, Jo Howarth, Rossana D, Kitty Lai, Tracey Osbourne, Vivi Wilds, Brandon Thomas, Matt Richards and more...**

## Speaking Topics:

### **HYPNOTIC GOAL SETTING (15 - 45 MINS)**

We all know that as a business grows, there's always more to do. Trying to get it done can lead to overwhelm and frustration. During this workshop, I take the audience through a simple, exercise where participants will learn how to set important goals. I call it the "Jedi Mind Trick."

### **HOW TO DEVELOP A WINNING MINDSET (45 - 90 MINS)**

Everyone's heard about "MINDSET" but what exactly is a mindset and how does it impact the success of our businesses? During this keynote I'll demonstrate the power of our minds; how easy it is to manipulate, confuse and when they're ready, take control and thrive.

### **THE DEVIL'S TRIANGLE (15 - 30 MINS)**

Procrastination. Paralysis. Perfectionism. In this keynote I will share with your guests how the impact of The Devil's Triangle can play havoc with their business mindset and how to deal with it.

### **BOOKING INFORMATION:**

30 minute Keynote £450

50 minute Workshop £500

Half Day Seminar - (< 3 hours) £600

Full Day Seminar - (< 6 hours) £900

*Travel, accommodation and expenses are required for booking.*

For more detailed information on Paul's presentation topics or to book him for your next event, please contact us at:

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Email: [info@ahappyhead.co.uk](mailto:info@ahappyhead.co.uk)

Website: [www.ahappyhead.co.uk](http://www.ahappyhead.co.uk)

### **PRAISE FOR PAUL:**

Paul is an exceptionally capable and empathetic coach. he has an innate ability to relate to people at a very personal level and also maintain a distance and let an individual grow themselves.

He is particularly skilled at helping people "get out of their own way".

I believe this is both due to his skills and training in addition to his own character; he has a genuine desire and commitment to see people grow and thrive, living fulfilling lives and achieving personal contentment.

It was a privilege to work with Paul, at a particularly challenging time of personal career growth for me and I actively recommend him to everyone I feel can benefit. Always worth reaching out and talking to. Thank you Paul!

Mohammed M Hasan