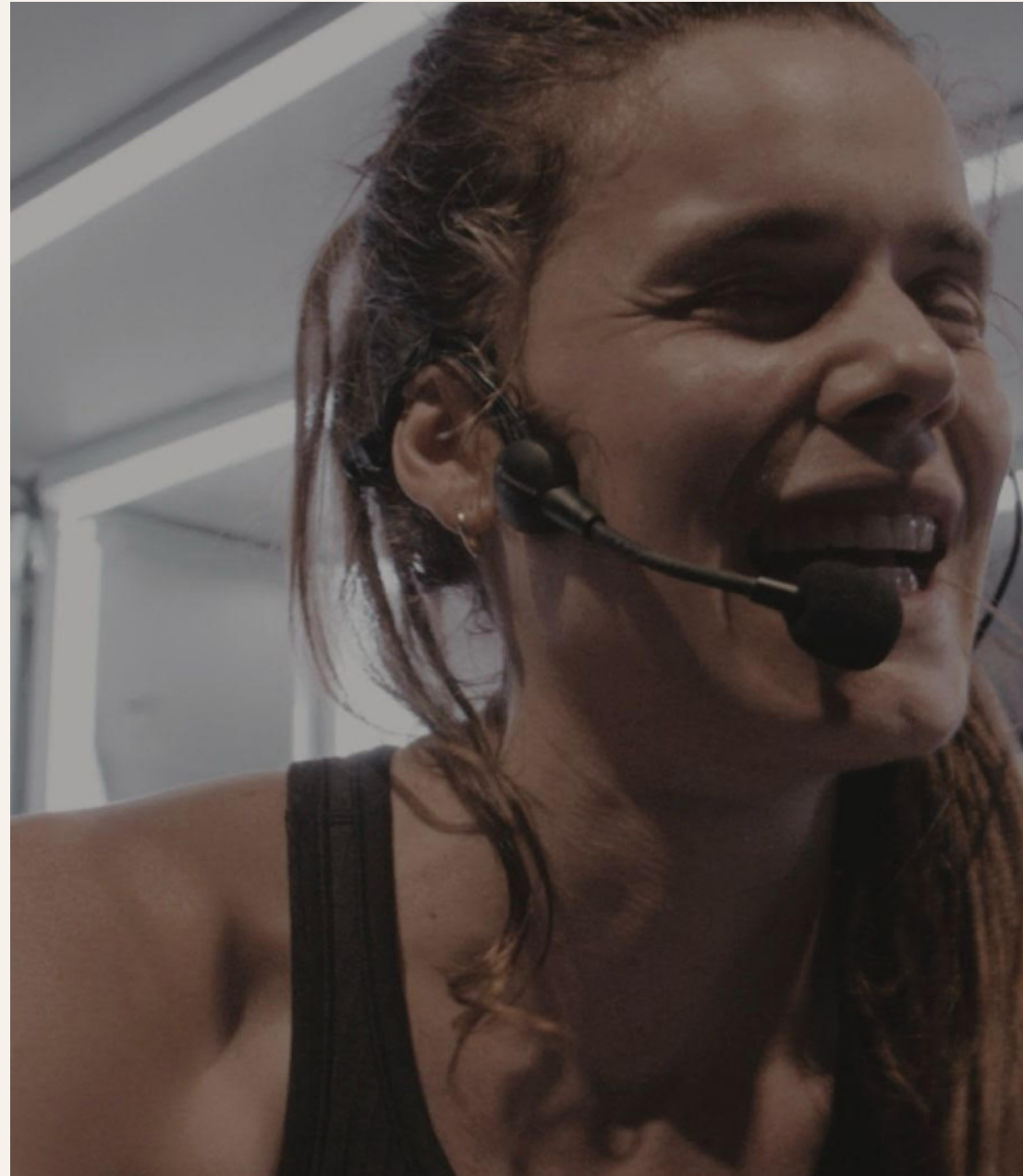




NAT BRISTOWE COACHING

EMPOWERING YOU TO CREATE THE LIFE YOU WANT.



WHO AM I?

I'm Nat, a Mindset and Empowerment Coach.

My mission is to empower you in transforming your mindset so you can live to your full potential.

How? By educating you on the power of your mind, providing you with impactful tools and techniques which will transform your life to one that lives into your values and goals.

MY STORY



In 2019, My life took a sudden turn. I went from living a healthy, busy life - to becoming bed bound and diagnosed with Chronic Fatigue Syndrome.

The condition had a significant impact on my health, and my ability to operate at my usual physical and mental level.

I was told there was no specific cure and that with time (up to 7 years), I would get better. Instead, I sought second opinions and embarked on a journey of research which led me to discover the power of the mind and, in turn, pursuing my career in coaching.

In January 2021, I enrolled in the Clique Certification Coaching Program. My strongest interest was around Neuro-Linguistic Programming (NLP) because of the immediate impact of creating positive behavioural change, and the undeniable transformative results. I deepened my learning by enrolling in NLP Practitioner and Master Practitioner Training with the Tad James Company which led me to become certified as a Trainer in NLP, Time Line Therapy® and Hypnotherapy.

These techniques transformed my life so profoundly that I found my purpose: educating others to understand the mind's power and ability to transform lives.

QUALIFICATIONS

- Certified Life Coach
- Master Practitioner and Trainer in NLP (Neuro-Linguistic Programming)
- Master Practitioner and Trainer in Time Line Therapy®
- Master Practitioner and Trainer in Hypnotherapy
- Certified Fitness Instructor & Personal Trainer



GROUP WORKSHOPS | YOUR INVESTMENT

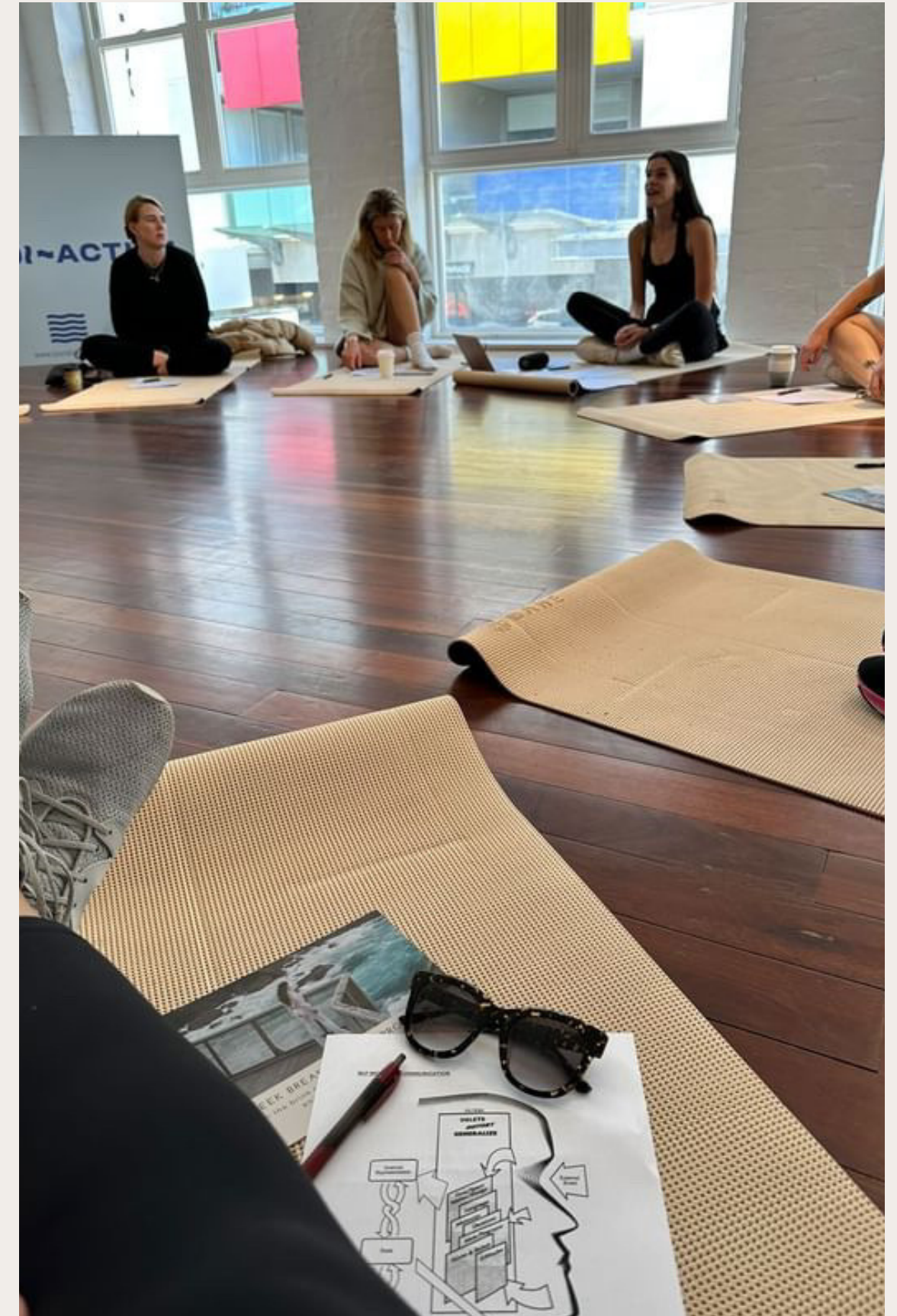
I offer 4 different types of workshops which can be tailored to work around your desired outcome.

Where: held in person or online.

Time: 90 minutes to 2 hours

Capacity: Recommended 10-15 to encourage group interaction (If numbers are 15+, please advise and I can tailor a workshop to accommodate)

Price: To be agreed on request



MASTER YOUR MIND: You will experience a visualisation technique, empowering you to show up as your authentic self, regardless of external factors.

- Understand the power of thoughts and their impact on your emotions and behavior
- Learn techniques to identify and challenge negative or limiting beliefs
- Create positive thinking patterns to enhance overall well-being
- Develop your self-awareness
- Learn a powerful visualization technique for personal growth
- Build resilience and coping skills to handle challenges effectively
- Enhance self-confidence through mindset training

FREE FROM ANXIETY: Understand the cause of anxiety and reframe your perception.. Leave with practical strategies for ongoing self-improvement & to not let anxiety define you.

- Discover the power of the mind-body connection and WHY we experience anxiety
- Reframe your relationship with anxiety
- Recognising anxiety as a process, not an identity
- Understand how to identify your fears, and what triggers your anxiety
- Tools on how to create focus
- Acquire techniques on how to manage anxiety & shifts in mindset

GOAL SETTING: Create compelling goals and lock them into your future timeline. Gain clarity on necessary, well-defined and actionable steps.

- Be led through SMART criteria to set achievable goals
- Learn visualization tools to support with action plan
- Experience a powerful technique to project goals into the future timeline
- Develop methods to provide confidence to push towards desired results

HYPNOSIS | STRESS REDUCTION: Discover the power of Hypnosis, and experience an induction cultivating relaxation, energy, and enhanced clarity.

- Demystify common myths and misconceptions about hypnosis
- Learn how hypnosis can assist you in overcoming fears, phobias and other physical, mental and emotional issues
- Experience a deep relaxation hypnosis session
- Gain greater clarity and focus on personal goals and intentions
- Discover actionable steps for personal growth and well-being

WHAT CLIENTS HAVE TO | WORKSHOPS

“Nat's empowerment workshop was fantastic!”

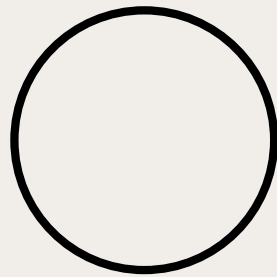
“You walk away with tools you can turn into immediate action.”

“The visualization technique was something I had never experienced and felt very easy when navigated through it by Nat.”

“The session definitely provided me with useful techniques to feel empowered!”

EMPOWERMENT COACHING | YOUR INVESTMENT

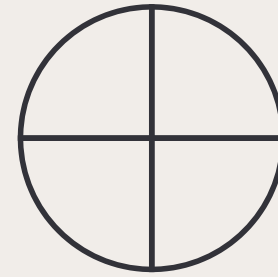
These 60 minute sessions are designed to gain clarity on what you want, identify what is holding you back, and to bridge the gap allowing you to unlock your potential and achieve your goals.



Discovery Call

This is a free consultation call to get clear on what you want to get out of our sessions, and to ensure we are the right fit for working together.

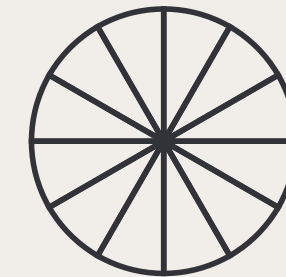
FREE



4 Sessions

Gain clarity on goals, identify limiting beliefs and start breaking through barriers

\$1,000.00 +GST



12 Sessions

Breakthrough experience. Gain clarity on goals, identify limiting beliefs. Let go of emotions and limiting beliefs from the past, SMART goals, Hypnotic Integration.

\$3,000.00 +GST

WHAT CLIENTS HAVE TO SAY | 1 ON 1

“My work with Nat has provided instantaneous, tangible and powerful results which have had positive repercussions in my personal, professional and familial life.”

“Working with Nat has been truly transformational...I have never felt better in my own skin and now have the body confidence I never knew existed, all without having to go on extreme diets or crazy exercise plans. If you want to love yourself unconditionally and embrace complete body acceptance, I highly recommend working with Nat!”

“Well turns out this was to become one of the most powerful things I have ever done in my life. It has changed my life in ways I never knew needed changing.”

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CONTACT

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