

Based in UK, with associates in four continents, speaking eight languages, SCT unleashes your potential for smarter results. Biographies of all our trainers their experience, locations and languages and so much more can be found on the website: www.smartcoachingtraining.com.



KHDA/Actvet Certified

Wellness 1: NLP Foundational Training ; Mindful Meditation

“Wellness at Work” is recognised as a fundamental need. These three short courses are examples of what can be learnt in a few hours to improve the wellness of your work colleagues and increase the bottom line.

Smart Coaching & Training is offering these two public workshops delivered by SCT’s experienced trainers. Can be delivered on line and in person.



Wellness training in Birmingham, UK

Mindful Meditation

The aim of these workshops, which last between 30-60 minutes, is to help you understand & be able to practice mindfulness in your daily life. You will also learn how to meditate & experience how beneficial & powerful it can be. Western life is fast paced & not set up for peace & harmony. Allowing your mind to be free of clutter & thoughts is restorative & learning to be present really is the greatest gift you can give to yourself. You will learn various practices, techniques & exercises as well as having the opportunity to share your findings within the group, thus it becoming a shared experience & learning. Topics Include:

- ✓ How to Create Rapport, Rep Systems, Eye Patterns, Anchoring, Buying Strategy Elicitation
- ✓ The Timeline, Meta Programs, Handling Objections/Inoculation, Reverse Engineering

NLP (Neuro-Linguistic Programming) Foundational Training

For NLP provides personal & career development tools that are more effective than other self improvement approaches. During this training you will become familiar with many key principles of NLP & have the opportunity to explore & practice the techniques to see how effective they are at generating change. This is a two day training covering the core principles of NLP. Topics include:

- ✓ Rapport building
- ✓ Effective verbal & non-verbal pacing and leading
- ✓ Language patterns
- ✓ Timelines
- ✓ Strategy elicitation, utilisation & installation

These courses are sometimes run as open public courses but more often are run for companies who provide up to 12 participants

Your Trainer



Eric Moore is a coach, an NLP trainer, Master Hypnotherapist, Nutritionist, practitioner of TFT with experience in meditation and world healing practices, Meta-Physics, body and energy work, anatomical trains and Biomechanics.

Eric Moore is an outstanding trainer. He has fantastic communication skills, mixed with a high level of specialist knowledge and a witty sense of humour. He quickly builds rapport with all participants and can hold audience attention through the use of brilliant public speaking skills

Eric WANTS you to flourish, and develop the best version of yourself, for yourself. UK Sheffield Probation

This course was truly life-changing. I would recommend working with Eric to all. UK Social Care



Smart Coaching & Training Ltd

Whatsapp and UK +447788425688 +34 644773910 +971 5 566525970

info@smartcoachingtraining.com www.smartcoachingtraining.com

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