

My PERSONAL PROFILE

I am a performance coach with nearly 30 years of experience to draw up on, gaining my first coaching qualification back in 1977 as a Judo Coach and going on to work with some of the top Olympic and International judo competitors in the world.

Now, I am a qualified performance coach, and apply my experience in the pursuit of superior individual and team based performance in a business and personal context. I am a firm believer in the notion that a company's greatest asset is its people and am personally dedicated to assisting my clients to realise and release their true people potential through positive pro-active change(s) in behaviour leading to superior performance. I also believe that many people are not achieving their true potential because they are being held back by their own self limiting beliefs.

After seeing what top sports men and women can achieve with the right attitude and belief systems, I am convinced that most people are capable of achieving so much more than they do at present. I have therefore developed the **Positive Performance Programme** or the **3Ps Coaching**, as it's become known. What **3Ps** does is it takes people's limiting beliefs and unhelpful states and turns them inside out remodeling and reframing them into positives, enabling them to undergo major step changes in beliefs and behaviours leading to individual or team peak performance.

I am totally convinced that by harnessing the many techniques and strategies I have learnt in coaching sport along with the 'excellence modeling' tools I have acquired through my NLP Master Practitioner training with Richard Bandler & Paul McKenna, I have developed a truly powerful performance coaching programme that you can benefit from immediately and that programme is now available exclusively to you through **Positive Impact Coaching**.

I have gained my experience through working in a wide range of companies and in many sectors, both public and private. I have worked in manufacturing & civil engineering, in chemical & process industries, and in local government and further education. I have worked all over the United Kingdom and have worked extensively in the USA and Europe and count the following organisations amongst my clients:- Allied Signal & Aerospace Inc (USA), Corus Steel, ABB Cables (Ireland), Alcan Packaging Europe, Nestlé UK, Degussa Fine Chemicals BV, GEC, Alstom Transport, Hickton Pressings Ltd, European Gas Turbines, Kennametal-Hertel UK, BG Kazakhstan, Dexion Plc, GSK, Lloyd Triplex, ASML (Netherlands) National Starch & Chemical (USA), ICI Paints North America, Iggesund Paperboard, Arjo Wiggins, Karachaganak Petroleum BV (Kazakhstan) and Ingersoll Dresser Pumps.

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