**Mindgift Introductory session: How can I find out if you can help me without obligation?**

Are you interested in finding out more about how we can help you but feeling a bit nervous, apprehensive or even scared about what that actually means?

**Your not alone**

**So we've made It easy** book in for one of our introductory sessions at just £40 for an hour, in our private coaching room based in Stockton Heath. We will introduce you to NLP and explain the difference from other approaches whilst offering you a few simple tips to take away.

There is absolutely no hard sell and the great news is if you do decide you want to work with us some more the £40 is refunded off your future package.

Hence it could cost you nothing to find out more and you may just change your life!

A win win wouldn't you say?

Interested?  [click here to drop us an email](http://www.mindgift.co.uk/contact/)

**Been trying to get fit, lose weight permanently, get more energy?**

A personal training package for 10 sessions, in our private gym, **(yes thats right no one else looking at you!)**

Just £300 (normal hourly rate £35)

**Package Includes:**

* FREE Half Hour Introductory consultation
* Full measurements including BP, Body Fat %, BMI
* Review of your food/eating habits
* Nutritional advice
* 2 x Fitness test
* Before and after photos
* Goal setting and consistent sustainable progress guaranteed

What our clients say about Paul expertise as a personal trainer:

*"I have worked with personal trainers before but its not just about fitness and physical health with Paul its as much about mindset and because he is also a qualified NLP coach the additional motivation/inspiration to achieve things you never thought possible is amazing and definitely a step beyond any other trainers Ive worked with"*

*Karen*

**Interested ?**[click here to book your free introductory consultation](http://www.mindgift.co.uk/contact/)