

## Emma Bradford

*"Change your thoughts and you change your world" Norman Vincent Peale*

### TESTIMONIALS

"NLP is an amazingly powerful tool for making positive change in your life. In the sessions with Emma, I exposed the very limiting beliefs that were keeping me from experiencing more of what I wanted in my life, happiness.

With her expertise and guidance, I successfully transformed these limiting beliefs which have since, drastically improved my life.

For the first time in my life, I am experiencing being in a wonderfully loving and committed relationship, and currently planning to open my own business, the very things I thought were so impossible before we started!

**I am incredibly grateful to Emma for her insight, teaching and guidance. The sessions are incredibly empowering, as you learn about what's not working in your life, and more importantly, how to effectively change it.**

I really feel like I have uncovered the secret to happiness and a contented life!"

**CG December 2013**

"I have had a couple of NLP sessions with Emma Bradford and during these sessions I was made to feel at ease. **I felt comfortable talking to her about problems I have been coming up against on a personal level and the way Emma responded to my answers helped me to try and approach these problems from a different perspective.**

With every problem I discussed with her I was give clarity on how to tackle and overcome these problems and achieve what I wanted to achieve! I feel that after the sessions I had a positive attitude to my goals and if I had any fears and doubts would have held me back before, were now easier to face and were not boundaries anymore.

I became a lot more proactive after my sessions and had a level of confidence which I didn't know was there. **The best thing about my sessions was that it was nice to know that all of Emma's intentions were sincere and she wanted to help make a difference to your life and attitude for the better.** It is great to know I have that support there available from Emma whenever I face challenges and problems which I feel I need a little guidance on how to tackle them.

I can happily say I would and have recommended Emma Bradford as a NLP practitioner to other friends who are also facing difficulties in their lives. After my NLP sessions I have gained confidence to listen to what I really want to do as a career and after four years of lacking confidence I have finally regained this confidence to start designing again. I intend to start sending my work out and achieving a job as a designer.

I now believe in my skills and capabilities as a professional and I do not think I would have ever been able to do this without the help and support I have had from Emma and my NLP sessions!"

**CW June 2012**

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"I really enjoyed my time with Emma. The NLP sessions were stimulating, challenging and ultimately rewarding. Emma has a way of helping you see things from a different point of view and she made me feel comfortable from the outset. I highly recommend the process to anyone who wants to make positive change in their lives."

*MJ November 2012*

"Working with Emma on my limiting beliefs has provided a way out of a labyrinth of emotions that were leading me down a difficult path. I recommend Emma Bradford as a caring, effective and inspiring NLP provider."

*ALE December 2013*

"I have really enjoyed my sessions with Emma. She is gentle, empathetic and never making you feel 'silly' for your problems, like I did myself. She has been patient and understanding, and nothing but respectful and kind.

Together we have worked on a life-long phobia of mine, Emetophobia. Through different techniques we have managed to decrease my anxiety levels, I have a more realistic view on it all, and I feel like I am on the way to being the one controlling the phobia, and not the other way around.

Apart from the work with the phobia, we resolved a limiting belief I wasn't even aware of. But through her asking me the right questions, and us doing some NLP exercises, I feel like I found answers I have been searching for years. I am looking at my future with new, optimistic, happy, hopeful eyes. Thank you so much Emma!

*KH February 2013*

"We conducted the NLP session via Skype; I was slightly concerned that this would hinder the process as I assumed it would be more effective face to face, however there was nothing to worry about, it seemed to be equally effective this way.

My practitioner made me feel at ease & reassured that everything we spoke about would be confidential & also that it was up to me how much I shared with her. She explained the various steps with clarity, allowing time for questions; if I was a little unsure at any time she helped by providing an example of what she meant. Even though the session was over an hour, I was engaged all the way through.

After this session I felt I had more clarity on the situation I was in & felt I had more control over it than I first thought. After looking honestly at the steps I could take for myself to better my situation it felt easier to stick with it & remember why I was doing it & what the potential outcome would be. This feeling lasted for quite a few weeks, however I feel to continue to progress more than 1 session would be needed, to help re-enforce how I felt during the session & just after.

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I look forward to the increased determination & clarity that that I'm sure the next few sessions will give. I felt confident & secure in Emma Bradford's teaching & approach & would most definitely recommend her to a friend because of this."

*EW July 2012*

"Emma's presence and listening skills are really what you are after when you go to someone for advice and help. I was able to relax and push myself into the change I wanted. Her exercises were really helpful and things shifted. I am really happy with her counselling."

*SK January 2013*

"Emma has a caring, sensitive and enthusiastic approach and is someone who I would definitely recommend to my friends. She helped me to identify areas in my life that I wanted to change, and through NLP processes stimulated me to seek clarity, meaning and purpose of the situation. Through seeing the personal benefit Emma has gained from NLP, she has inspired me to follow in her footsteps and continue to develop this fantastic skill set in my life."

*SB July 2012*

"Emma takes you through a series of tools and techniques to help you visualise your goals and transform limiting beliefs or negative emotions that are holding you back. The NLP sessions are well targeted for your own specific needs to enable you to gain the most out of the experience.

Thank you Emma for your advice and coaching. This has been a valuable experience for me and I now have greater understanding and self-belief to help me achieve my goals and dreams."

*FQ November 2012*

"Emma Bradford helps her clients to see issues from different vantage points through the use of NLP-based techniques. Her calm demeanour and the clear explanations of the exercises she uses allow clients to feel comfortable in one-on-one sessions with her.

As a result of working with her, I have one visual image that I did not have beforehand that helps me to understand what kind of balance I am looking for between work and leisure in my own life.

I would recommend scheduling a session with her to anyone who is curious about NLP techniques and the changes in perspective that these exercises can trigger."

*CS November 2012*

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"Emma has a very gentle yet determined and methodological way of working through issues in her work with NLP. I particularly liked the way she listened to me, and then found the exact tool that helped me to become clearer on my topic, resolve emotional issues and look into conflicts through different lenses. Emma is great on helping me take great leaps and progress in my personal issues."

*MS January 2013*

"Emma has facilitated NLP to me and I enjoyed the whole process. Her skilful communication and disciplined method have definitely been useful. She is objective, reliable and cares for the client, seeing the potential and walks through the different stages of the process."

*JW October 2012*

"NLP sessions with Emma have always proved to be very enlightening and fun! I was impressed at how resourceful she was, no matter what the challenge."

*BD December 2013*

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