



Helping you to achieve healthy and wealthy relationships, career and life

Are you as successful in business as you should or could be?	Yes	No
Are you as good at running your business as you are at doing dentistry?	Yes	No
Are you prepared to tolerate running an ailing business?	Yes	No
Are your team instrumental in running an awesome business?	Yes	No
Have you got a clear vision for your business?	Yes	No
Are you sufficiently motivated and focused to achieve your goals?	Yes	No
Does your business function like clockwork?	Yes	No
Is your team always efficient, hard working harmonious and fun?	Yes	No
Do you provide the best possible customer service at all times?	Yes	No
Are you completely free of physical, emotional, and psychological problems?	Yes	No

If you answered No to any of these questions and you want to change that to a Yes, one of our coaching and training programmes will help you.



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Healthy and Wealthy Coaching and Training Programmes

Healthy and Wealthy Foundations™

This programme is a combination of coaching and training for business owners who have realised that they are not as successful as they want to be, or have realised that they know about the service they offer and not how to run a business. This programme will show clients essential strategies they must follow to create the successful business of their dreams. Areas that will be covered include;

- Creating a compelling Vision
- Effective and efficient time management
- Complete financial control
- Consistently reproducible world class customer service
- Excellent and harmonious teamwork
- Ethical, effortless and efficient selling skills
- Impressive, effective and inexpensive marketing
- Fully functional formulas and systems
- Inspirational leadership
- Work-life balance

Healthy and Wealthy Foundations for Your Team™

This programme is designed for the teams whose business owners are participating in **Healthy and Wealthy Foundations™**, so they understand why changes are being made and become part of creating a successful business.

This programme will assist clients in:

- The rapid implementation of successful strategies
- Involve the staff in the implementation, increasing their job satisfaction and reducing business owners work load
- Creating a business which is efficient, successful and the whole team is working harmoniously

Healthy and Wealthy Training Programmes™

Healthy and Wealthy offers training programmes which include:

- Introduction to NLP
- NLP Practitioner training
- NLP Practitioner training for healthcare professionals
- NLP Master Practitioner training
- NLP Master Practitioner training for healthcare professionals
- Advanced communication skills
- Advanced communication skills for healthcare professionals
- Introduction to coaching skills for business owners

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Surviving and Thriving in the Credit Crunch™

Have you

- Noticed your appointment books becoming gappy or are worried they are going to?
- Noticed that your average patient spend has gone down, or you are worried that it will?
- Noticed that patients are putting off their treatments?

This introductory seminar will give you and your team an insight into things that you can implement immediately to ensure your practices remain busy and prosperous during an economic downturn.

Top 10 Habits, Essential for a Successful Business™

Have you:

- Bought a practice or are thinking about buying one and realise that you do not have the skills or training in business management you need?
- Do you own a business and find yourself working long into the evenings and weekends trying to keep on top of everything?
- Are you a business owner whose team seem to be pulling in different directions rather than working together harmoniously?

This introductory seminar that will introduce you and your team to the top 10 habits that highly successful businesses have acquired that enable them to run a successful, profitable business in which the team work together. When you learn and develop these habits, you, your business and your team will become Healthier and Wealthier.

Healthy and wealthy bespoke training programmes™

Other in-house training programmes can be designed to suit your specific needs.



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Healthy and Wealthy Business™

This coaching programme is for clients who are new to running a business or for experienced business owners and managers who want to take their business to the next level.

Areas of business that may be covered include:

- Creating a compelling Vision
- Effective and efficient planning
- Complete financial control
- Consistently reproducible world class customer service
- Excellent and harmonious team
- Effortless and efficient selling skills
- Profitable systems
- Effective and inexpensive marketing
- Becoming an inspirational leader
- Work-life balance

Clearly Healthy and Wealthy™

This coaching programme is for clients who have lost their way in their business, if they had it at all and is often the first step in a series of coaching programmes available.

This programme will assist clients in:

- Defining the purpose of their business
- Defining what, why and how their vision can be delivered
- Communicating the vision to the team, clients and family
- Taking the next steps

Healthy and Wealthy Motivation™

This coaching programme is for business owners and their teams who know where they are going and have failed to get started or maintain the momentum to reach their goal.

This programme will assist clients in:

- Getting started
- Continuing to stay focused
- Becoming flexible in their approach
- Reaching their goals



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Healthy and Wealthy Systems™

This coaching programme is for business owners and their teams who operate in an environment that is disorganised and who may have ineffective or inappropriate operating systems in their business that thwart their success.

This programme will assist clients in:

- Developing a comprehensive operations manual for their business
- Clearly identifying the desired objective of each protocol
- Designing systems that achieve the desired outcome and are measurable in what they are trying to achieve
- Develop a protocol for continued improvement within all areas of the business

Healthy and Wealthy Teams™

This coaching programme is for business owners and their teams who are not working in harmony or at their full potential.

This programme will assist clients in:

- Building and sustaining an excellent team
- Improve communication and understanding within the team
- Developing an understanding of the motivations, strengths and weakness of their team members so they can all play to their strengths
- Develop a team that is highly efficient, productive, and has fun

Healthy and Wealthy Customer Experience™

This coaching programme is for business owners and their teams who are not delivering the level of customer satisfaction they want or need to, in a successful business.

This programme will assist clients in:

- Improving their profitability by improving the customer service
- Increasing the number of hot leads and qualified referrals
- Learning how to offer a consistently reproducible awesome customer experience



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Healthy and Wealthy You™

This coaching programme is for business owners and their members of their team who are experiencing a block psychologically, mentally or emotionally, which is adversely affecting their performance in their work and personal lives.

This programme will assist clients overcoming a wide variety of issues including:

- Phobias and anxiety
- Addictions - including cigarettes and alcohol
- Relationship issues
- Weight loss
- Abuse/bullying
- Grief/loss
- Trauma
- Internal conflict
- Confidence building
- Improved personal performance

Healthy and Wealthy Body and Mind™

This coaching programme is for business owners and the members of their team who are experiencing a block in relation to their physical health, which is adversely affecting their performance in their work and personal lives.

This programme will assist clients overcoming a wide variety of issues including:

- Headaches/Migraines
- Arthritis, back ache and other muscular skeletal problems
- Asthma, allergies and other auto-immune conditions
- Eczema and Skin conditions
- Eyesight and eye disorders
- Hearing impairment
- Tumours and malignancy
- Depression



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Coaching and Training Packages

The services provided by the coach to the client will consist of tele-coaching or face to face coaching in the manner styled jointly with the client. Coaching, which is not advice, therapy or counseling, may address specific personal issues, projects, business successes and general conditions in your life and profession. Other coaching services include value clarification, brainstorming, examination of patterns of thoughts and behaviours, identifying and joint monitoring of agreed action plans.

The usual coaching packages available are indicated below.

Bronze

One half day (three hour) session.

Silver

One half day induction session (three hours).
Nine, one hour sessions, usually weekly or biweekly.
The final session is a Reflection Session.

Gold

One half day session every quarter (three hours).
Nine, one hour sessions in between, usually weekly.
A Reflection Session is held each quarter.

Bespoke

Coaching and training sessions arranged, so that the time, duration and location of sessions are designed specifically to the wants and needs of you, the client.