

Grant Payne



An ex professional sportsman and now a well established personal trainer and corporate presenter, Grant has advanced NASM qualifications as a Corrective Exercise Specialist and Sports Fitness Specialist. He has spent the past 15 years developing coaching and motivational approaches that specifically enhance people's need to fully understand what success means. These approaches have to date assisted individuals in sport, personal and professional performances. Grant has experience working with and presenting for multi-million pound companies as well as coaching and training professional athletes.

“Grant creates a fun learning environment, with plenty of easy to learn techniques for promoting optimal health and wellbeing”

Simon Thorpe



Formerly an accomplished athlete, Simon is an active and experienced performance coach and trainer whose speciality is inspiring people to improve their performance by igniting the potential that lies within them. Simon is trained in Motivational Interviewing and Cognitive-Behaviour Coaching and has worked in a range of settings - government agency, commerce, health, sports, fitness and rehabilitation – and at a range of levels. Simon is currently working in the UK and the USA and has enjoyed having unique solutions presented on the international stage. He currently holds leadership positions in business, education and sport.

“Simon helped me to see what is probably obvious. He challenges traditional thinking”



Understanding
C W S
Confidence | Wellbeing | Success



CONFIDENCE, WELLBEING AND SUCCESS ARE RELATED

But where should you start? And what key actions could you take to build a virtuous spiral in your life?

THE SCIENCE OF WELLBEING

There is a new branch of psychology called positive psychology – focussing on lives that go well, optimum human functioning, wellbeing and positive emotions, optimism, confidence and success. This programme brings you the latest insights from this field, including:

HAPPINESS: What is it, where it comes from and how to enjoy more of it.....

CONFIDENCE: Where it comes from and how to build it.....

THINKING PATTERNS: How particular patterns of thinking undermine your health, wellbeing and success - and how to replace these with better thinking patterns

helping others
self coaching
factors affecting happiness
dealing with change
stress management
grounded confidence
thinking traps
assertiveness

T: 01483 741333
W: www.expressionspartnership.com
E: welcome@expressionspartnership.com
S: [expressions2003](https://www.facebook.com/expressions2003)



HOW PEOPLE HAVE BENEFITED

“The CWS programme equipped me with the tools to improve my confidence, well being and self esteem. I have been working on these techniques in all aspects of life, and not just in the work environment. As well as improving my belief in the work I do, my golfing success has increased vastly since the workshop”.

“The aspect I particularly value with Expressions courses is the follow up, you have ongoing telephone support which you can call on at any time. This is useful to remind you and re enforce all the techniques you learn in the workshop”.

“A fantastically effective approach to better understanding behaviour in myself and in others”

“Different than expected, but achieved more than I hoped - thank you”

CURRENT CHALLENGES AND PRACTICAL SOLUTIONS

Evidence suggests that the major cause of ill health and even death now and in the years ahead is not only heart disease, but mental illness contributed by increased stress, anxiety, unhappiness, self doubt and depression to name a few.

Maybe you know someone who would benefit from help in these areas. Maybe you would like to help, or maybe you too would benefit from learning practical ways to cope with these issues.

WHAT WE WILL EXPLORE

- What success means to all of us
- Improving happiness and wellbeing
- Where confidence comes from and how to build it
- Helpful thinking versus unhelpful thinking
- Helping yourself and others achieve personal goals
- Accepting what can't be changed
- Reducing unhealthy stress

WHAT YOU GET

- Two interactive and practical one day workshops delivered six weeks apart
- Easy to use tools for yourself and/or others
- Supportive telephone coaching
- Answers to burning questions
- Opportunities to improve

GUARANTEED

**No Mumbo Jumbo
No Psycho-Babble
No TreeHugging or Fire Walking!!!**

CONFIDENCE | WELLBEING | SUCCESS

“I feel much better equipped to deal with making change and guiding others through making change. If you work with people this course is a MUST !

“The topics covered are exactly what it says on the tin - topics that are extremely relevant to anyone wishing to improve their outlook on life in this world full of increasing pressure and stress. It definitely had a powerful effect on me - helping me define my vision of success, dealing with negativity and making me a much more all round positive and empowered person.

PEOPLE WHO HAVE BENEFITED FROM THIS PROGRAMME

(please tick which boxes are relevant to you)

- Business Leaders
- People returning to work
- Managers who want to understand their people
- Self confessed unconfident
- People seeking personal growth and answers
- Sales people hungry for greater success
- Parents (especially with teenagers)
- Professional and domestic carers
- Police and other emergency forces
- People wanting to overcome a challenge or fear
- Medical professionals helping patients to understand
- Sports people overcoming anxiety and nerves
- People with low mood
- Anyone dealing with change or looking for a new direction
- Sports coaches and Personal Trainers interested in their clients and teams

- I don't understand!
I wish I knew what to say!
Just do it...
This is so frustrating!
I know they can do it!
I don't know what to do!
This is driving me crazy!

- Why is this so difficult?
I want to, but I just can't
I'm such a failure
What if they find me out?
I wish I was more assertive



A TWO DAY PROGRAMME FOR PEOPLE AND PEOPLE WORKING WITH PEOPLE

Two day programme (over six weeks)