

JONATHAN CONWAY

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I am a certified NLP Coach and Master Practitioner and accredited Hypnotherapist with almost 20 years professional experience. Practicing in Harley Street and East Sussex, I use an intuitive, holistic approach and tailored one-to-one coaching to enable clients to reach their full potential through recognising their own inner resources and strengths.

EXECUTIVE & PERSONAL DEVELOPMENT COACHING

With experience of working with corporate executives and professionals from all backgrounds including law, finance, and education, I successfully achieve results by improving individual growth and business performance. Coaching subjects include stress management, public speaking and presentations, managing career transition, communication techniques, performance and conflict management, strategic thinking, and how to build a strong and effective team.

NLP COACHING

Neuro Linguistic Programming is a set of tools used to manage thoughts and behaviours leading to powerful and long-lasting change in both individuals and organisations. NLP techniques can be used by businesses to raise self awareness, enhance communication and negotiation skills, deal with conflict, set and achieve goals, devise strategies, increase memory, elevate presentation skills, and facilitate creative thinking.

HYPNOTHERAPY

An accredited hypnotherapist, I bring positive change to the way my clients feel, think and behave by accessing the unconscious mind and targeting the source of the problem. My knowledge covers anxiety, self esteem, childhood trauma, panic attacks, cessation of smoking, insomnia, weight loss, exam stress, and many phobias including fear of flying and public speaking.

QUALIFICATIONS & ACCREDITATIONS

- Member of the British Institute for Hypnotherapy
- Member of the Academy of Curative Hypnotherapy
- Member of the UK Register of IBS Therapists
- Professional member of the ANLP (Association Neuro Linguistic Programming)
- Accredited member of the National Council for Hypnotherapy
- BSc Hons Sociology and Social Administration
- Articles in many publications including The Evening Standard and Time Out

*"With just two one hour sessions, Jonathan unleashed the confidence for me to deliver a presentation at an industry conference when at the outset I felt almost frozen by fear. I highly recommend him to anyone who doubts their capability as a public speaker." **Claire Myerscough, Business Intelligence Director***