BACK IN TUNE
COACHING

With

Michelle Falcon

Be the one true you

Have you ever felt stuck, like there is a discord in your life?

Do you want to get back in tune and align with your true nature, to be really YOU?

I help my clients to clear subconscious interference and heal emotional pain whilst working with the energy that supports their goals and intentions, enabling them to live a life of fulfilment that nourishes from the inside out. Through my skills as a teacher, performing musician, Master Practitioner of NLP, Cognitive Hypnotherapist and Certified Energy Codes® Coach, I coach and train people from all walks of life, to achieve their highest potential so that they can live as the creator of their experience.

Whether you feel like you have fallen off the track or if you simply want to live life better, the coaching process meets you where you are now and takes you to wherever you want to be. I am here to support you on that journey and you can work with me in a variety of ways.

Book your appointment now

Website: www.backintunecoaching.com

Email: backintunecoaching@gmail.com

Telephone Michelle: 07342 871032

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Powerful, positive, lasting change

I work with my clients in a holistic way, treating a wide range of issues from anxiety, depression, fear of failure and phobia to coaching clients in performance techniques, goal setting and motivation strategies. My aim is always to get you back in tune with your true self as quickly as possible.

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Neuro-Linguistic Programming (NLP) tools help facilitate conversations between client and coach that bring about positive change, giving new intellectual perspectives, understanding and strategies which are applicable to life and business.

Hypnosis, Time Line Therapy™ & The Rewind Technique® work therapeutically to let go of past traumas and allow you to heal emotional pain and trauma. Hypnotherapy helps to change behaviour at the subconscious level so that you can do what you want to do.

Energy Codes® Coaching works with the raw energies beneath your personal history, assisting clients who wish to open more fully to the connections between mind, body, heart and spirit.

Performance Coaching helps those in high stakes situations to deliver their best when working under pressure.

Business Coaching is invaluable in moving your business forward, ultimately saving time and money as you learn to work to your strengths and focus on what is most important.

Work With Me

As your coach I will work with whichever method or combination of techniques that feels right for you, so that you can gain the most benefit from our sessions working together.

What My Clients Say:

"Working with Michelle has been incredible. She has a very calm, warm and grounded energy and approach and I felt safe and supported all the way through."

"I have very much benefited from working with Michelle and have been very impressed with the results in just a few sessions. She has a lovely manner, and I felt very well looked after."

"I feel seen as a whole person. Thank you"

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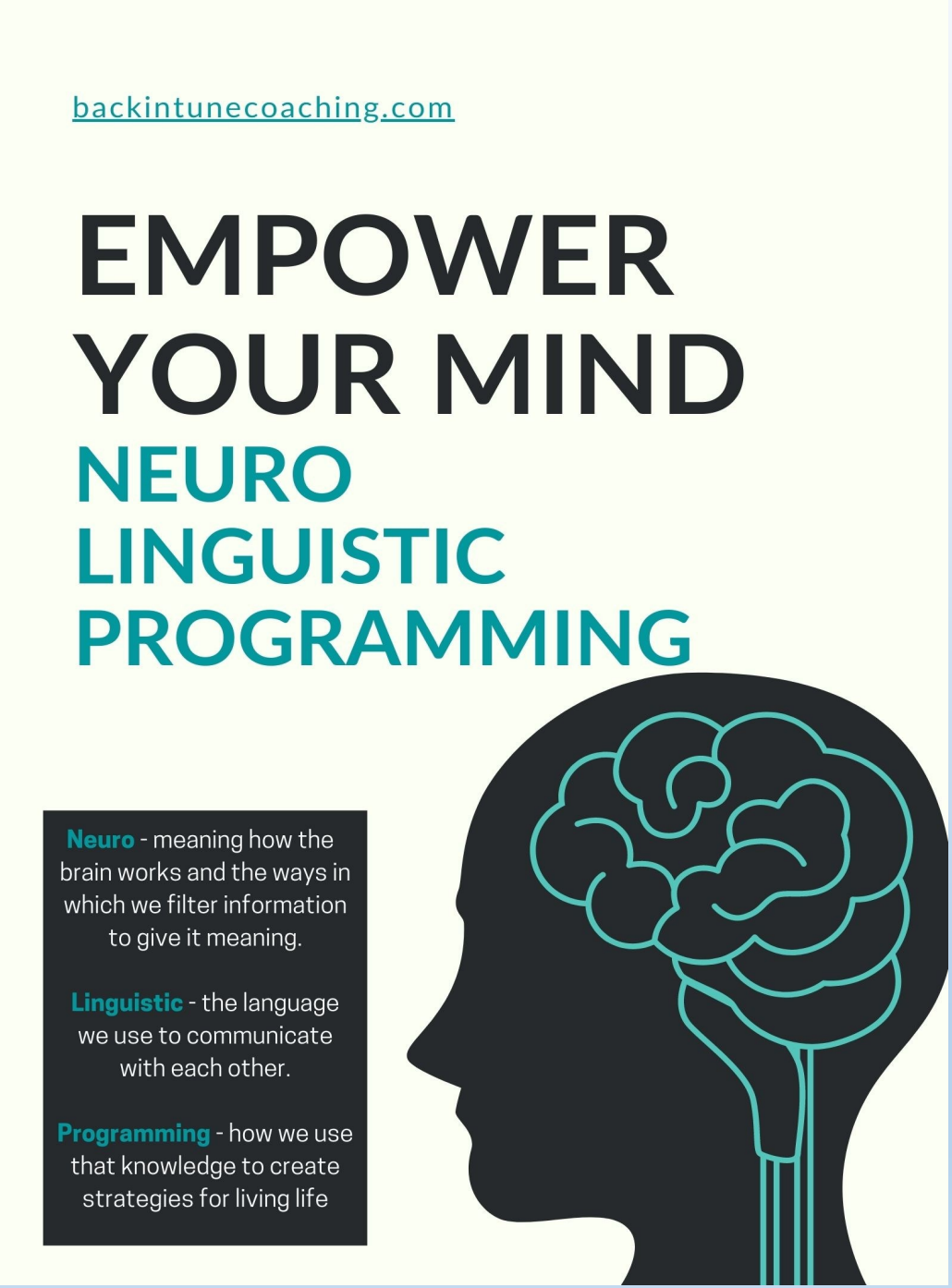

NLP (Neuro-Linguistic Programming) Coaching

NLP is the study of the relationship between the mind, body, emotions and actions. The tools of NLP help to facilitate a conversation between client and coach that brings about quick, effective and long-lasting changes that can have a positive impact on issues around exam stress, decision-making, goal setting, learning strategies and business planning, as well as providing therapeutic change for depression, anxiety, phobia & much more.

You will find the coaching sessions different to counselling in so far as we will spend a minimal amount of time talking about your problem. Instead, we gather information about the problem and then spend time discovering the internal thought process of HOW the problem is created in your neurology. By discovering the structure and changing your strategy for the problem, it means that together, we can move on and focus on having the problem disappear very quickly, giving you that feeling of instant relief as you learn to change the thought patterns which control your behaviour. When we work with your issues in this way, we can rapidly alleviate the symptoms of stress and you can see your own way to previously unthought of possibilities. It is truly an empowering process which gives you the tools to live your life better.

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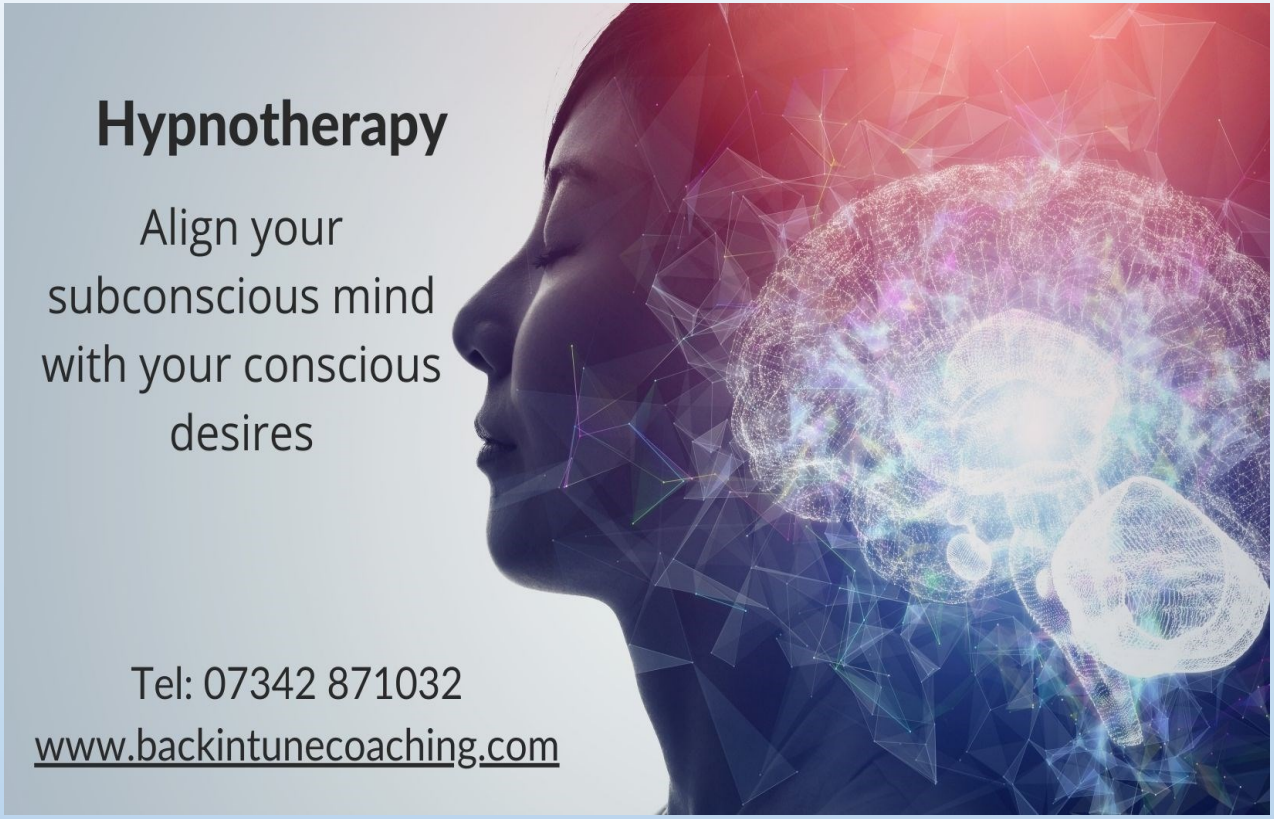
Hypnosis & Time Line Therapy™



Hypnosis and Time Line Therapy™ work therapeutically to let go of past traumas and allow you to heal emotional pain. Hypnotherapy helps to update old unconsciously held beliefs and change behaviour at the subconscious level so that you can do what you want to do. Time Line Therapy™ is a process of imagination used as a technique for rehearsing positive future outcomes, as well as a tool that enables you to let go of unprocessed emotions surrounding past events.

Hypnosis quiets the analytical mind and allows us to safely access the unconscious through the REM (or dreaming) state. During a session you will be guided into a state of relaxation which feels like that comfortable state between sleeping and waking, where you are consciously aware of your surroundings and in control of your responses, whilst your body is feeling very relaxed.

Whilst deeply relaxed, you are able to access the observing state to find new ways of thinking through the resources you hold in your unconscious; opening lines of communication to help you to resolve problems, habits and negative emotions. In this way we can update the unconscious patterns which are currently compelling you to behave in a way that is unhelpful to you. Hypnotherapy is a gentle empowering process, which enables you to take back control of your life and focus on how things can change in the future.

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Quest Cognitive Hypnotherapy

Quest Cognitive Hypnotherapy (QCH) is unique in the way that it works with you as a client. We treat YOU, not the label, which means that we do not have a pre-scriptive method for treating your problem. Instead, we work with you as the unique individual that you are, flexibly using therapeutic tools from multiple disciplines in psychotherapy, including Positive Psychology, NLP, Cognitive Behavioural Therapy (CBT), Solution-Focused Hypnotherapy, Human Givens, Gestalt, Ericksonian and Boynian Hypnotherapy. In addition we do not use ge-neric hypnotherapy scripts; we create a bespoke Word-weaving pattern based on your 'solution state' words.

We understand that "not everything works for every-one" which is why QCH is an ever-evolving model of practice, continually integrating new best practices from neuroscientific discoveries, as we discover more about what works for the human mind and why.

During 2011, Quest Cognitive Hypnotherapy launched a research study to measure the effectiveness of the cognitive hypnotherapy approach, compared to other methods of treatment. Using 118 case studies from QCH therapists, clients with anxiety and depression were assessed using the same outcome measures that are currently used within the NHS to measure the effectiveness of talking therapies. The results of the study were published in the Mental Health Review Journal in 2015.

Findings showed that, "using 118 cases measuring the effectiveness of Cognitive Hypnotherapy for the treatment of depression and anxiety, 71% considered themselves recovered after an average of 4 sessions. This compared to an average of 42% for other approaches using the same measures (like CBT). To our knowledge, this is the only hypnotherapy approach to have been validated in this way."

Trevor Silvester, Founder of QCH

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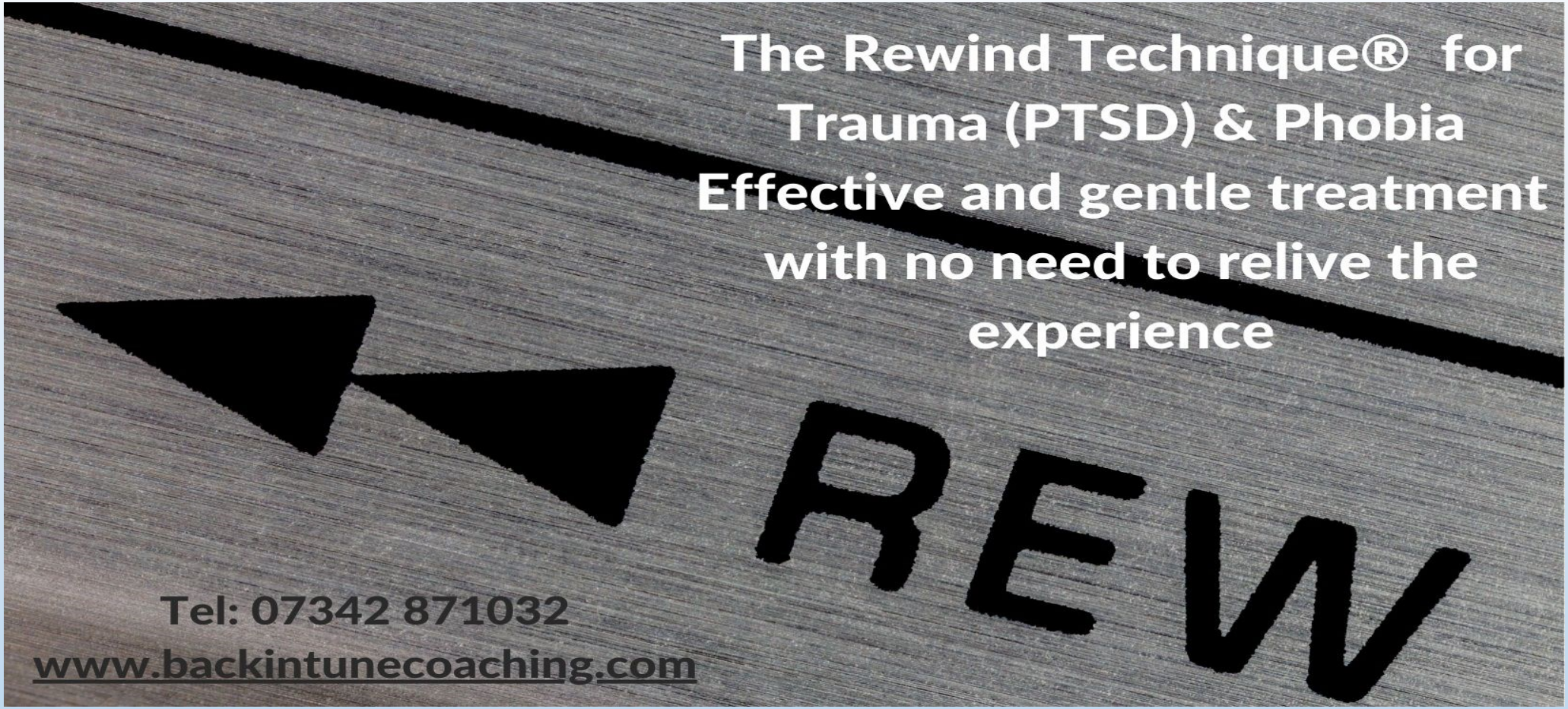

The Rewind Technique® for Trauma (PTSD) & Phobia

The Rewind Technique® is a powerful process that enables the safe and gentle treatment of trauma; de-traumatising bad memories without the need to relive them, stopping flashbacks and other symptoms of Post-Traumatic Stress Disorder. It works by unhooking the negative feelings from the traumatic memory, calming down the emotional arousal so that there is no longer any trigger that activates the flight/fight response. This technique is also an effective treatment for people suffering from depression, anxiety and phobias such as fear of specific animals, fear of flying and fear of medical interventions.

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Do you feel stuck? Have you ever wondered how other people breeze through life and thought "why not me"?

Life Coaching

Life coaching uses therapeutic tools to enable you to let go of past traumas and heal emotional pain so you can change behaviour at the subconscious level. It allows you to ditch the heavy baggage so that you can move forward and live life with ease. By working together utilising the tools within NLP and/or hypnosis, we can bring about effective, lasting change for anxiety, phobias, stress, depression, fear of failure, lack of motivation, weight control & more.

As you let go of old patterns of behaviour and gain an understanding of how the brain works, it opens you to new thinking, new perspectives and new solutions, enabling your personal growth and expanding development.

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Do nerves get the better of you? Do you want to learn how to master your mind whilst performing your specialist skill?

Performance Coaching

Whether you are a musician, a sports person or someone who wants to excel at public speaking, performance coaching can help you to align your mind, body and breath with your physical skills, so that you can achieve your best under pressure.

Through a series of sessions, you can learn useful techniques and skills to add to your performance practice, so that you are fully prepared on all levels.

"You really freed me to just enjoy the experience and to live the music rather than worrying about the notes. I have never felt so calm before…"

Coaching is offered as a one-off session and as a six week 'Essential Performance Skills' course.

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Are you ready for a bigger experience?

To go beyond the mind alone to the whole of who you are?

Learn to embody inner wisdom, embrace true healing and unleash your creative genius, bridging the gap between science and spirituality.

The Energy Codes® Coaching

The Energy Codes® Coaching works with the raw energies beneath your personal history, assisting clients who wish to expand their conscious awareness and open more fully to the connections between mind, body, heart and spirit. I am certified by Dr Sue Morter of the Morter Institute for Bioenergetics. The Energy Codes® Coaching teaches integrated wholeness, activating your own self-healing through embodiment & breathwork. You can read more about this work in The Energy Codes® book by Dr Sue Morter.

I offer this coaching in single sessions and in blocks (with a discount saving) for 3 or 6 sessions. Most clients benefit from working over a longer time period of 3—6 months in order to fully integrate these practices. I can also facilitate group sessions in a 6-8 week course.

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Business Coaching

Whether you are planning a new business or running an established company, it can help to have a sounding board to think through strategies, plan a critical path or manage issues around staff. Business coaching is invaluable in moving your business forward, ultimately saving time and money as you learn to work to your strengths and focus on what is most important. Let yourself dream bigger; manifest your vision of a bright future where the sound of success is ringing in your ears.

I offer one off business sessions, as well as three levels of coaching package which include monthly or bi-monthly maintenance sessions, along with progress check-in calls.

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Fees & Booking

Book your Free 15 minute Discovery Call

Text: 07342 871032 or Email: backintunecoaching@gmail.com

Single Session Fees

NLP & Therapy Sessions: from £85 per hour

First Appointment Therapy Sessions (1.5 hours): from £127.50

First appointment surcharge: £6 (Bath only)
The Energy Codes® Sessions: £97 per hour

Performance Coaching: £97 per hour

Business Coaching: £300 for single 2 hour session

Fees are payable by bank transfer 48 hours in advance of the appointment date.
48 hour cancellation policy applies.

Locations:

Online: via Zoom, wherever you are in the UK or overseas. I work with my clients wherever they are in the world so that you can access the resources you need at your own convenience.

In person at::

Elm Hayes Surgery, Paulton, BS39 7SF

The Paulton Clinic, High St, Paulton BS39 7QE

The Lansdown Clinic, Lansdown Road, Bath BA1 5EE

Clients can make in person appointments with me in Paulton on Tuesday, Wednesday & Thursdays and in Bath on Friday afternoon, with some flexibility to change the location/day.

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Coaching Packages & Courses

1 Hour Sessions with a block booking discount

The Energy Codes® 1-to-1 Coaching

3 Sessions: £280 6 Sessions: £545

Essential Performance Skills Course

6 Sessions £550

Resilience Skills Course

8 Sessions £600

Energy Codes® Coaching can be delivered in person at Paulton Clinic or The Lansdown Clinic.

For further information, please enquire or visit my website.

Business Coaching

Bronze Level Membership: £300 per month

2 hours coaching per month

Silver Level Membership: £425

3 hours coaching per month

Gold Level Membership: £625

4 hours coaching per month, plus 2 x 15 minute check-in phone calls per month

All packages subject to minimum 3 month contract, paid monthly in advance. Coaching hours must be used within each calendar month. Additional hours £150p/h pro rata.

Delivery Method:

Coaching packages take place online via Zoom, wherever you are in the UK or overseas. Sessions run for consecutive weeks and for continuity, it is best if you reserve the same time and day for your coaching.

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