



*Psychometrics*

*Neuro Linguistic Programming*

*Timeline*

*Mental Rehearsal & Hypnosis*

*Heart-Brain Coherence*

*Guided Meditation*

*Inner Child*

*Enquiry / Reframing*

*Non-Violent Communication*

*Transactional Analysis*



- ❖ Create something new and wonderful in your career, professional, family or personal life.
- ❖ Spiritual support. Build self-confidence, overcome anxiety or trauma or prevent stress/burnout.
- ❖ Overcome challenges such as negative thinking, relationship issues, divorce, bereavement, mid-life crisis, life purpose, empty nest or family breakdown.

Bernadette Brown MSc,  
PG Dip, PG Cert, BA (Hons)

# Fast Transformational Coaching



Contact me today for a free  
30-minute consultation

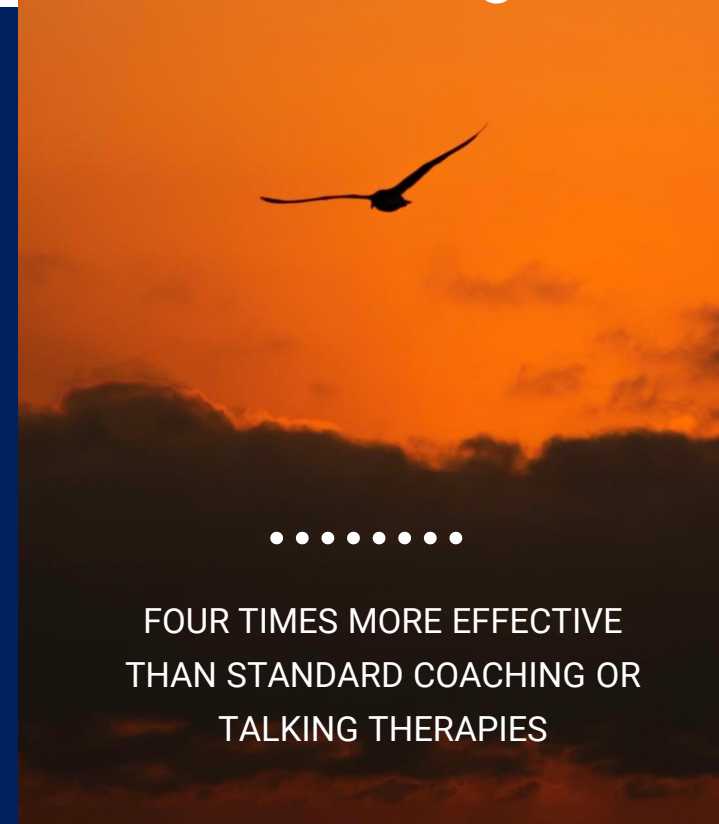
email [berna@berna-brown.com](mailto:berna@berna-brown.com)

[www.berna-brown.com](http://www.berna-brown.com)

Whatsapp +34 649 511 181



FOUR TIMES MORE EFFECTIVE  
THAN STANDARD COACHING OR  
TALKING THERAPIES





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## The blueprint for your life was created before you were 7 years old...

...Before you were fully conscious! After Age Seven, unless you had a major trauma or unexpected win, your brain learned to discount anything that denied your expectations and to reinforce anything that confirmed them. In turn, that created the frame of reference that you approach your life with to this day!

*Combining excellent coaching with personality testing, insights from psychology, cognitive and emotional alignment and therapeutic techniques to empower your growth.*

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### Hogan Assessments

Reveal 100 personality factors - beliefs, values and behaviours. Your public persona, interior life and reverse traits.

[More on Hogan here](#)







**STOP LETTING  
YOUR PAST  
DEFINE YOUR  
FUTURE...**



## **TIME FOR CHANGE?**

**As a Behavioural Psychologist over 20 years, what stands out for me is the correlation between personality and life story. Personality being our beliefs, values and behaviours. That the biggest challenges we all face are learning to navigate our relationships, end negative self-talk and to learn, forgive and move on.**



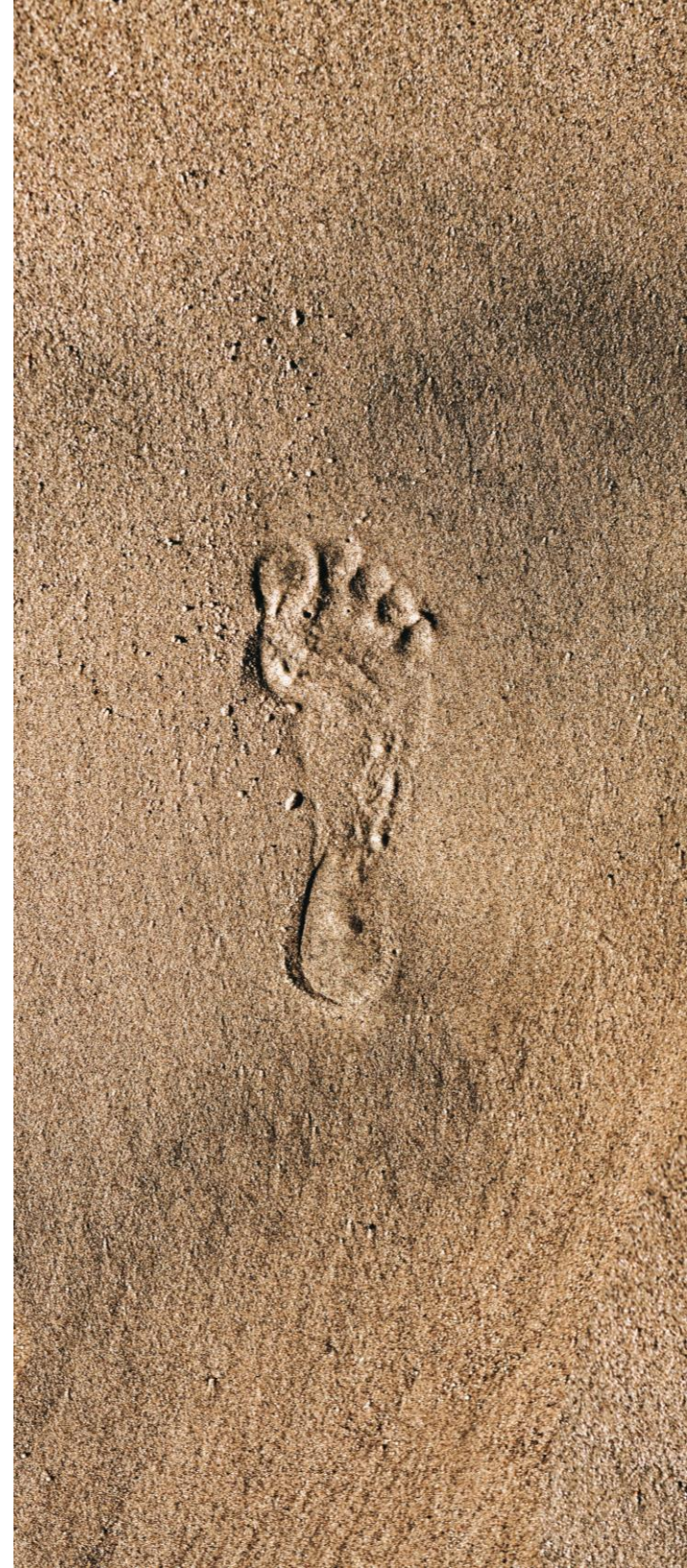
**Online Sessions**

**eg Zoom or MS Teams**

**Double sessions (90-minutes)**

**to allow for**

**uninterrupted, rapid progress.**





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Let's work together to help you overcome past challenges and embrace the future you've always envisioned!

I have already helped hundreds of people to move forward with confidence, self-worth, energy and ambition for their career, relationships and life. To connect at a deep level with their true selves.

[More about me](#)



## ..... Transformational Life Path

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Embark on a **life-changing journey!**

Overcome **past challenges!**

Align with **your future goals!**

👉 Claim your spot now and begin your transformation!