

Wishing you and all you love true happiness this holiday season

Christmas Newsletter



Dear all,

Welcome to our first newsletter which we've started following request from some of our students and clients who wanted updates on what's going on here at the Martinsell Centre.

Even though we update our web site regularly, in our future newsletters we will offer you more information on our activities and plans, various articles and views on relevant fields of interest.

We are organizing several activities in this upcoming period (Chakra Balancing, Firewalks, Hypnotherapy, NLP, Remote viewing, Sweat lodges etc.) and you can find

more details on our site which we have now revamped, so hopefully it will serve you more effectively.

For a start, here is an interview with Emma Stroud from Abandon Learning, a consultancy company based in London. Emma attended our NLP practitioner and Life Coaching training earlier this year and now shares her views and how it has influenced her life and business.

We wish you an abundance of creative thoughts and deeds in 2010 that will bring you the highest quality of life!

Your Martinsell Centre

Interview with Emma Stroud



How did you find out about NLP and why have you decided to attend the course?

I first heard about NLP about three years ago - it came into my world when we attended a conference. I read up about it and thought that is definitely something for me. I looked up some more info about it on the net and kept going back to it – eventually the time was right

for me and my company so I decided to attend the course.

How did you find about Martinsell and what made you choose that course over others?

This was quite weird actually - I was at another conference and I got chatting to a woman who had been to Martinsell - I still have no idea who she was and she wrote down the website. She had attended a course and thought from chatting to me that it would be the right place for me. Upon looking at the website and chatting to Nicki it just felt right for me. I had a look at other places but they did not have the same look and feel - I was attracted by the fact it was out of London and

that it was split over weekends as that appealed to me and my style of learning. It was also chatting to Nicki and we seem to click and that is so vital for any course that I attend. The location and the fact you can stay on site and are left to your own devices was also a strong motivating factor for me attending. It was also very competitive in terms of price (which unfortunately has to be a factor!!!)

You've already worked as a coach, as an actor, director, producer... How did the course improve your work? In which specific area the most?

The course will help all areas of my working life - primarily as a coach and working with individuals and teams would have the most direct effect. However having these skills helps working with people generally. As a director I think it has helped me to get under the skins of actors in a quicker time - which with budgetary constraints can be very useful! As an actor it is definitely another skill to help understand a character. Also working with young people it helps me to understand them more effectively.

Have you noticed any changes after the NLP course in other areas of your work or your life?

I am personally a lot more forgiving towards people and that can be very useful in all areas of life. The foundations of NLP have helped me to see the world from a different place. It is still early days of my learning in this field but I have found myself reading more and more around the subject. It has also made me a more effective coach - it is another series of tools that I have to help others find their answers.

Do you plan to take more advanced NLP/Hypnotherapy/Life Coaching courses in the future? If so, why?

I will definitely do the NLP Masters course and possibly learn later in life how to teach it. The more knowledge I can acquire the more effective I believe I will be across all areas of my life both work and personal. Hypno does interest me and I would like to go down that path at some point, but at the moment it does not fit with where my company and I are going.

Do you have any favourite NLP technique, the one you use the most and find most effective in your work/life?

Timeline really seems to have an effect on people. I have used that lots and like it as it gives people the chance to reflect on decisions made and move on from them and not be disempowered from things in the past.

Who in your opinion can benefit from NLP/Hypnotherapy/Life Coaching courses and why?

Anyone would benefit from this course - however I do feel that you have to be willing to open to a world of possibilities - it really would not surprise me that a lot of people would have life changing times while doing this course. For me I was a little lucky as I am already in this field of work - it can definitely make you challenge what you are doing. If you were looking for specifics... managers, teachers, coaches and counsellors, nurses, doctors - pretty much anyone!!!

New Beginnings Firewalk 2010



Come and experience glass walking, arrow breaking and bar bending and rediscover your power. Our New Beginnings Firewalk takes place on Saturday 2 January and provides an opportunity for you to break through obstacles and create a fresh outlook for 2010.



These practices are used deliberately to challenge preconditioned concepts of what is possible, allowing us to break free from the self-imposed prisons of limiting beliefs. When we discover that we have the power to change our beliefs, we cease to experience limitations and we open the way to a life of empowerment, freedom and abundance. We discover that we have the ability to create our own reality and as we allow ourselves to dream the biggest dreams possible, our physical experience of life becomes whatever we choose to create.



Sufi sends love and licks for Christmas to all of his friends