

Most Dedicated Wellbeing & Mental Health Development Services Provider 2023 - London

If there's anything we've learned over the last few years – our mental health is crucial to our ability to operate in this often very unpredictable world. Finding someone who works to make you a better 'you' can be a life-changing experience, 'levelling-up' every aspect of your life on a path of holistic betterment. By every consideration, Terrence the Teacher has endeavoured to make his clients' lives better. We spoke to him to find out more.

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*The World is like a silent film,
You Write the Script
– Terrence the Teacher*

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It's no secret that the COVID-19 pandemic was catastrophic for people's wellbeing and mental health. It was a directionless time of unpredictable environments and ever-changing landscapes. No one could prepare for that, only react to what was happening. In a world often dedicated to the idea of constant improvement and innovation, and forward movement, the stagnation offered only a harsh reality, something so profound that it was – for many – a sort of shock to the system.

The return to normalcy was easier for some than others. For many of those 'others', you need someone who can guide and coach you back and beyond who you were four years ago. To reignite your drives, passions, and goals. To form new beliefs, and constructive thought patterns. Terrence the Teacher promises to do just that, and indeed, has achieved just that for many who need that crucial guiding hand.

The cornerstone of Terrence's work hinges on creating a new schema, a new you defined by new habits, behaviours and beliefs. Out with the old, in with the new. That's his central philosophy. "Change requires the creation of new habits, and an interruption of old and outdated beliefs. Using Clinical Hypnotherapy, NLP and Mindfulness meditation Coaching I guide people towards empowering themselves. There are no quick fixes but Change is always possible. Sometimes we just need that initial push.

"If you are ready to create a new you, I am ready to help you on that journey!"

Working on a One-on-One session over Zoom or in person, Terrence endeavours to create a space that works best for the client for personal development and comfort. Despite the challenges of the last few years, the human brain has a startling ability to evolve and adapt quickly, and many clients have achieved monumental changes within a short period of time with Terrence's aid. "All of us have personal goals – from being more mindful, reducing stress, gaining more confidence, sleeping better and even achieving a goal healthy weight. Whatever they might be, my passion is to teach practical empowering methods that help people achieve their goals. The human mind, body and spirit has an extraordinary capacity for change and growth. Using a combination of Mindfulness Teaching, NLP (Neuro-Linguistic Programming) and Clinical Hypnotherapy I teach my clients how to access their own resources to change. My goal is to empower people, I am only the Teacher, they are the Achievers.

"My journey started working in the Health and Fitness Industry as a Personal trainer and Pilates teacher. I soon became very aware of the powerful Mind/Body connection. In 2001 I trained in Neuro-Linguistics, training under the Co-founder of the movement, Dr. Richard Bandler. I qualified as a Clinical Hypnotherapist



in the same year, obtaining a Diploma in Clinical Hypnotherapy through The Institute of Clinical Hypnosis," Terrence adds, offering more detail on his background and qualifications.

Ultimately, Terrence the Teacher's reputation speaks for itself. For anyone looking to achieve real change, look no further.

Terrence the Teacher Ltd.
Website: <https://www.terrencetheteacher.com/>
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