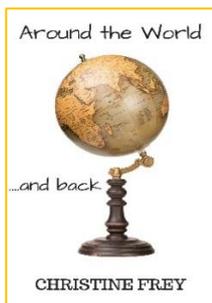


Motivational self-development talks by Christine Frey

About Christine

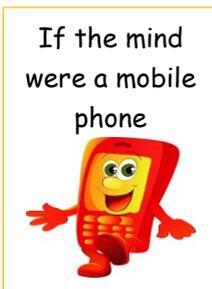
After qualifying as a psychodynamic counsellor in 2004, and receiving BACP accreditation in 2007, Christine moved into coaching and training in 2009. Further training in coaching using Transactional Analysis, NLP and the Myers Briggs Type Indicator has given Christine a good all-round understanding of how people 'tick' and how to help them 'tick more effectively'. Christine is currently studying an MSc in Mindfulness & Compassion and her passion is to share her knowledge and experience with others in a fun and inspirational way. The author of two books (available on Amazon) and author and creator of the *Take2 - Directing your Best Life* self-development programme Christine uses her own story, together with metaphor, to demonstrate what it means to fully experience life in each moment.

Talks



'Around the World.....and back'

In 2014 I did what many people talk of doing, I gave up my job, sold my belongings and set off on a 'senior gap year'. The external journey went exactly to plan, I visited spectacular places and met wonderful people. The internal journey was slightly trickier, as I struggled with being released from all external stresses and was left to create each day as it came. Join me on these parallel journeys and learn how I discovered what really determines our happiness, and what definitely doesn't!



'If the mind were a mobile phone'

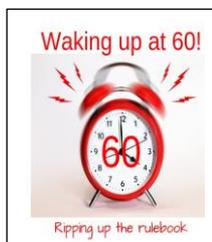
Our mind is our greatest asset – providing we use it in the right way. We all have access to two very powerful operating systems, the conscious mind and the subconscious mind, and they are both capable of very different things. We make life very difficult for ourselves, and others, when we use the wrong system to create our experience of life. With our very familiar mobile phone as a metaphor join me on this simple, but entertaining exploration of the complex mind, and learn how mindfulness can help us restore our 'factory settings' and peace of mind.



'Why is change so hard?'

Why do most of our New Year resolutions barely make it to Spring? Why, when we say we want to do one thing do we do another? If we want to make lasting change then we must ensure that our conscious desires and subconscious beliefs are in alignment and to do that we must know what our subconscious beliefs are.

Walk through the 'anatomy of belief' and discover how easy it is to sabotage your own desire to change - and how not to do exactly that.



'Waking up at 60' - Ripping up the Rulebook

What does it mean to wake up at 60 in the 21st century? From Christine's new book this talk combines Christine's own story of how she approached this milestone, and her determination not to follow in the footsteps of her own parents, with her knowledge of the benefits of mindfulness, and what it really means to 'wake up' whatever age you are.

Talks are typically up to one hour long and illustrated, but longer bespoke workshops can also be arranged. Fees start from £60 (plus travel expenses) depending on group size. For more information contact Christine at; Tel: 07761762467 or email: christine@christinefrey.org

Visit www.christinefrey.org for more information.

