



NEWSLETTER

October 2019

What do I offer?

I provide an understanding why we attract certain people into our lives who have not our best interest at heart. I have been there many times myself until I was curious enough to get on that journey of finding out why that was. As far as I was concerned, I had the best interest at heart and why wouldn't want the people I interacted with the same for me? That was my world and I always saw my world as the right world because I always helped people. I tried to put my map onto other people and yes, some enjoyed, loved it, gained from it until I realized that the same pattern was occurring. That triggered the immense curiosity about myself and I wanted and needed to find out. You will learn more about me through my various events and seminars in the future. I learned that there is no right or wrong world, there is only "this works and that doesn't".

I work with people who are interested in personal growth and how to achieve certain goals in life. This involves energy work and how to change a particular mindset. Often we have negative thoughts and I change negativity into positivity as you will then be able to attract positive things into your life. Like attracts like.

I am certified in CBT and I have my Diploma in Mindfulness Life Coaching. I have a teaching degree as I am a former secondary school teacher. I am certified in Psychotherapy but I am not qualified. I am a certified NLP Practitioner.

- **Relationship and dating guidance** (in some ways both go hand in hand as it is great to date when in a permanent relationship)

Focus: how to communicate with one another, how does the subconscious work, how to balance the energy within a relationship, how to take a different perception, what my partner/spouse might be feeling, people are not their behaviours, how to overcome any breakup, how to deal with toxicity, how to change my own approach and thinking and behaviour to understand others, how to match the maps, confidence building, developing self-esteem

- **Supporting parents with ADHD children and teenage children**

Focus: how are those children different, how they view the world, how they learn, steps to interact with ADHD children in balance and harmony, how to interact with teenage children, how to support them at school in a calming way

- **Learning a foreign language including helping those who have English as a foreign language**

Focus: How to learn a foreign language, learning a foreign language helps you to understand your own language meaning you learn how to be more flexible in communicating with others, you create new neuro pathways which makes your brain more flexible as you learn to think outside the box, you learn how to be more open-minded

- **Spiritual guidance including mindfulness. (Not for everyone.)**

Focus: you learn how to meditate and see the health benefits it brings for

Upcoming event:

SECRETS TO A BEAUTIFUL LIFE

(special offers available on the night)

Check out my website for further information.

www.beautiful-life-co.co.uk

Mobile: 07753826095

Marvin Steinberg, Germany

"This course is for you if you want to bring your life to the next level."



Event: SECRETS TO A BEAUTIFUL LIFE

What will you learn?

You will learn about overcoming obstacles to live a beautiful life.

You will learn about Awareness-Understanding-Action and a new Outcome.

You will be able to see for yourself which area of life you need to work on.



When? **13th November, 2019**
7pm to 9pm

Where? **Greyfriars, CO1 1UG**
Free parking available.

Book your ticket online under
www.beautiful-life-co.co.uk

Spaces are limited as this is a unique offer.



Have fun on the night.
Feel positive, motivated and inspired after the event.

Beat that "little voice" inside you holding you back from living a beautiful life.