



Chris Walton Msc

PERFORMANCE PSYCHOLOGIST

UNIQUE 1:1 COACHING AND
GROUP/TEAM TRAINING

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PERSONAL ONE TO ONE SESSIONS

Working 1:1, we construct a plan of where you are now and where you want to be. Your limiting beliefs, fears, doubts, worries and blocks are removed and you are coached, supported, and motivated to achieve your goals.

Some things you can do:

- ☞ Career coaching.
- ☞ Life Coaching.
- ☞ Program your mind to achieve your goals.
- ☞ Create absolute belief in yourself and your abilities.
- ☞ Eliminate anxiety and depression.
- ☞ Become totally confident in all aspects of your life.
- ☞ Remove relationship problems.
- ☞ Stop smoking.
- ☞ Remove health problems.
- ☞ Remove fear and doubt.
- ☞ Eliminate psychological and emotional stress.
- ☞ Clear any phobias; fear of public speaking, heights, flying etc.
- ☞ Boost self-esteem.
- ☞ Create a new level of vitality and focus.
- ☞ Develop your calmness and ability to relax.
- ☞ Improve your mental clarity and decision making.

PERSONAL ONE TO ONE SESSIONS

Sessions are up to 75 minutes in duration and are held in Fulham or Wimpole Street, London.

Client testimonials



“I’ve been a GP for 35 years and a gestalt therapist for 20 years, I had sessions with Chris’s and I have to say this particular way of working is completely life changing. I have had deep profound shifts in confidence, self-esteem and self-worth”

- Dr Melanie Salmon, UK

“This life changing coaching system enabled me to achieve top results, including publishing an article in the Harvard Business Review and setting up a thriving consulting business.”

**- Vlatka Hlupic, Professor of Business & Management
University of Westminster, London**

“These sessions have helped me become clear on what I want or need, and more importantly helped to reprogram my beliefs to allow this to manifest simply and easily in my life. It has made me feel more balanced, fulfilled and at peace with myself which no doubt makes me a better doctor for my patients”

**- Dr. Shamim Daya, Wholistic Medical Centre,
Harley St, London**

“Chris’s coaching techniques really create deep change”

**Kazadi Kalangu, Brain surgeon and Professor of Neurosurgery
- Vice President of the World Federation of Neurosurgical
Societies**

“My crippling fear of public speaking has been holding me back all my life. Having completed two belief-change sessions with Chris around my fear, I am now shaping my future around teaching and public seminars. It has transformed my life”

- Rhoda Kingston, B.A, BSc, Naturopath

“I had tried hypnotherapy, techniques from books and patches but still could not stop smoking. I had 3 sessions with Chris and I have not smoked for over 21 months”

- Nigel Ely, Management Consultant



PERSONAL ONE TO ONE SESSIONS



“I had always had an issue with my self-confidence which affected every area of my life especially my career and romantic relationships. After 3 sessions with Chris I can't even remember what I was like before. I am happier, more peaceful and relaxed and two years on I have never struggled again with my self-confidence. I highly recommend Chris's coaching”

- **Charlotte Sinclair**
Reading

“After 35 years of being overweight and 25 years of dieting and trying every weight loss/diet available my body weight was 22 stone and I was clinically obese. After three sessions with Chris everything changed. Over a period of just under 3 years I lost 10 stone and 5 years on I have kept to a body weight of under 12 stone. My whole life changed-my relationships, self-esteem, happiness and everything else.”

- **Mary Lomas**
Reading

“As a direct result of Chris's belief change processes I won the British Open Tournament beating the world no: 1 and achieved my career best no: 3 world ranking”

- **Anthony Ricketts, Professional Squash Player**

“I had a block in my belief systems as to whether I was capable of leaving my job and starting a business on my own. The blocks were about the financial implications and lack of security compared to what I was used to after being in the same organisation for six years. After completion of some coaching with Chris I made the steps forward to create my new life and I have been ecstatically happy since doing so”

- **Ivan Miljan, Croatia**

