



Welcome to the Mindset for Success System!

Introduction to the System

This system was developed by myself (Dr Bridget) because I've worked with many people throughout my life, both as a GP, and as an NLP Trainer and Coach, and what I've found is that a lot of people get stuck or want even more success. They often don't have the skills and the knowledge to overcome any difficulties that they come across so I developed this Mindset for Success System.

It's worked for me, it's worked for my clients and it will work for you. If you work through this system you'll develop personally and be able to grow your life and your business in any way that you want and if you feel stuck or are struggling, then it will definitely help you!

The reality is that this is what has given me my success and I want to raise your awareness, get clarity, move from where you are now to where you want to be and I'm here to help you do that.

Many people, just like you, ask these questions:

- How can I be more successful in my life?
- How can I motivate myself to set compelling goals and therefore take action instead of procrastinating?
- Worrying about failure is holding me back-what can I do about it?
- Is there a better way of communicating, both with myself and with others to get the results I want?
- What strategies can I employ to get the results I want?
- How can I be more resilient and feel confident despite external events?
- What is Work Life balance? I've never found it?
- Do I feel more in control, balanced and successful in my life?

We will help you answer those questions in this course

About me

I'm going to tell you a little bit about myself. I was a GP for 24 years in the Welsh valleys in the United Kingdom and I decided, having had some coaching, to change my life completely. So I left the Health Service and decided to set up my own business so I could actually help others gain the benefits that I got myself. When I started my business, I found it really difficult and my mindset got in the way. I started to think "Can I really do this, Do I believe in myself, Is it all worth it?"

So many business people, maybe like you, also feel that and having worked with many people with similar symptoms, I've developed this course and it's here for you to work through with me.

What is the Mindset for Success System?

I've developed it from my book "Mindset for Business Success" and I've adapted it for you and for people like you so that you can grow and reflect and achieve whatever you want to achieve in your life and in your business

Specifically it consists of:

- Audios
- Videos
- Access to video and audio prescriptions to help you work on challenges
- Real life coaching videos so that you can reflect on the content and understand the prescriptions in a real life way
- A downloadable workbook for each lesson which you need to download and fill in as you go through the course

What do you need to work through this system?

- An open mind
- A willingness to use different tools to get success
- A commitment to success
- Total commitment
- An understanding and a willingness to ask for help if you get stuck or don't understand something

How do you work through the system?

- Read this introduction and watch the Introduction to the System video
- These are the symbols used throughout this course in the workbooks:



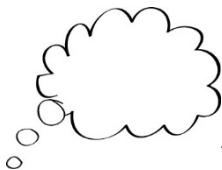
SYMPTOMS



SELF DIAGNOSIS



PRESCRIPTION



REFLECTION

- Download the workbook for each lesson as you start that section
- Do some **self-diagnosis** or self-assessment and find out whether the **symptoms** that you are experiencing, or behaviour that you are doing, is healthy or unhealthy. I'll give you my definition of each and you can score yourself one to ten where one is your symptoms are unhealthy and 10 is where your symptoms are healthy
- Watch the video or listen to the audio, where there is one, where I give you I'll then give you a **prescription** to help you move your score to a higher level

- You will be able to watch me doing some live coaching with Steve about his business success, from which you will understand the system even more
- I'll then ask you to rescore your **symptoms** and compare the scores before and after the prescription
- Reflect then on your learning
- Then create some action points to move even further forward

Have fun!