



## About the trainer

**Chris Grimsley** is an INLPTA Certified NLP Trainer and Master Practitioner, and founder of 20-80 Training, and NLP in the Northwest. Based in Lancashire, in the northwest of England, Chris has been involved in training and development for over 30 years.

Fascinated by people since his teenage years, Chris brings a wealth of study, personal development and experience to his work. He has qualifications in Psychology, Social Work, and a Masters Degree in Organisational Analysis and Behaviour. Professionally he worked in public services in the U.K. as a practitioner, manager, development officer, and management trainer before establishing a freelance training and consultancy business.

With colleagues, Chris has successfully delivered NLP programmes on both an in-house and an open basis to a range of individuals, professionals and service groups including public service managers, planners and HR / O.D. professionals; counsellors, coaches and mentors; G.P.s and health workers; family support staff; education staff; college lecturers, and lots of people interested in their own personal development.

Chris is passionately committed to sharing practically useful models and techniques that help people to better understand their own and others psychology, so they can 'tick' better, communicate more clearly, enjoy better relationships and experience less friction, and perform at their best more of the time.