



## The Life Change People

The Life Change People have developed The Life Change Programme, based on recent advances in Motivational Psychology, combined with tried and tested techniques, acquired during many years of working with many people who want to change. It is available as part of a tailor made holiday in Thailand, a tailor made singles holiday or on-line.

### How can a Life Change Programme help me?

The Life Change Programme can be helpful to anyone who knows that a change is necessary, desirable or even inevitable.

Positive response to any of the below suggests that change is desirable.

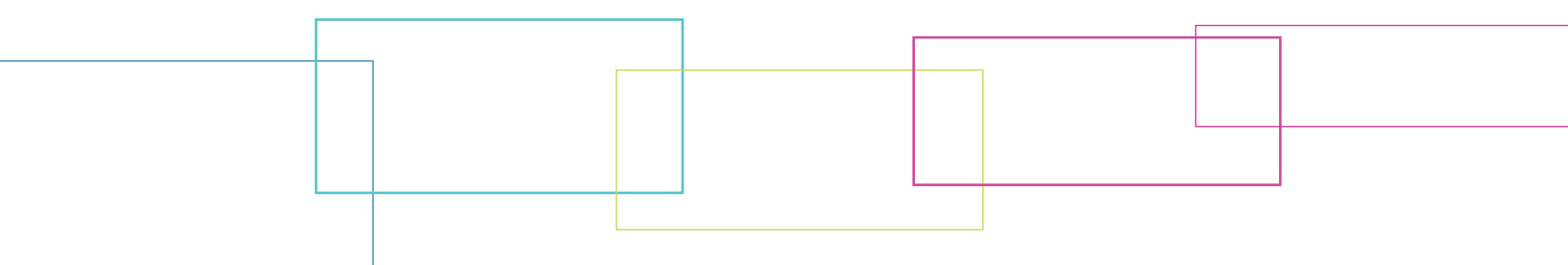
- Does your job or living situation cause you such stress and anxiety?
- Are you trapped in an unhealthy pattern of relationships, which are damaging your self-esteem?
- Have you made a great success of your career but neglected your personal life?
- Have financial problems indicated that you consider changing your lifestyle?
- Do you drink, eat or smoke too much in order to cope?
- Do anger, depression or poor self esteem affect the way you behave to the people you love?
- Are you bored with your life... feel that there must be more than this?
- Are you stuck in a rut... in your career or your relationship?
- Do you have a long held ambition which you dream about... travel the world, live abroad, or anything else you've dismissed as just a fantasy ?
- Have you ever said, "I'd like to change but ....."

A positive response to any of the below suggests a change is inevitable.

- Have you been recently bereaved?
- Have you been made redundant?
- Have you or someone close to you been diagnosed with a life threatening illness?
- Has a relationship broken down?
- Are your children about to leave home... or behaving in a way which goes against your beliefs or value system.

All of the situations mentioned and many more, have been brought to us by people wanting to undertake The Life Change programme.

We are always happy to discuss your individual needs before you book your Programme.





## Planning Your Life Change Programme

Travelling across the world to undertake a Life Change Programme is a fitting start to your most exciting journey ever; destination ...the life you really want.

Let us be the first to congratulate you for finding the courage to change.

The Life Change Programme can be offered in one of two ways, depending on your current needs and lifestyle. Please read on and select whichever method which you think will work for you:

### Luxury Tailor Made Life Change Holiday In Thailand

Many people find it easier to look at their lives from a distance. Relaxation, tranquil surroundings, new experiences and individual attention are all components of our Life Change Holiday Programmes. They are especially attractive for the solo traveller.

Take a break from your life. Come to beautiful and inspiring Chiang Mai in Northern Thailand where you will receive a wonderful welcome. Enjoy your Life Change Programme alongside a tailor made selection of holiday activities in between resting, relaxing and eating great food. Stay in one of our hand-picked boutique hotels and experience all the delights of a really good holiday.... only this time the benefits will not disappear before your sun tan.

You will; receive a full Personality Profile, work through our unique Life Change Programme with your individual Life Change Practitioner, and develop a Change Plan... and receive three months of follow-up online support and life coaching... invaluable for helping you make your plan into your every day reality.

The Life Change Programme can be integrated into a 7 night or 14 night holiday. If a long weekend is all you can spare, an intensive 4 night Programme is also available.

### Life Change Programme Online

A Life Change Programme may be exactly what you need... but there are reasons why a Holiday Programme isn't practical for you right now. We adapted the Life Change Programme for delivery online to suit people like you.

Available over 4, 8 or 12 weeks, depending on the amount of sessions per week you prefer... everything included in our Holiday Programme, Personality Programme, individual sessions, Change Plan and follow up support, will be offered to you by means of either e-mail and instant messaging.

You won't be able to help bathe an elephant or indulge in a massage... but you will receive all the benefits of the Life Change Programme in a place and time that suits you.



## The Programme

The Life Change Programme has been developed from a range of well-established, evidence-based approaches for helping people make lasting change.

Our combined breadth of knowledge and experience allows us to offer you a unique opportunity to live the life you want to lead, using the most effective change interventions to help you create your personalised Change Plan.

The Programme can be tailored to suit your preferred itinerary and time commitments and will always include three months follow up specialist coaching and support. We can deliver the programme with varying degrees of intensity, including;

### The Long Weekend

This is conducted over three days and offers you the chance to make some big changes fast. It can be fitted into a business trip, or perhaps before or after a longer holiday. This option will contain all the elements of the longer Life Change Programme, but will be more intensive and focused. This programme does not include a complimentary spa or sightseeing package.

### The Life Change Week

Your Life Change Programme will be delivered over the course of a week. This will be reasonably intensive but will leave you some free time. We are happy to help you book leisure activities to enjoy alongside your Programme. Suggestions for a Spa Package or Adventure Package can be seen on our Menu of Extras. We have included a complimentary spa or sightseeing package when you book your Programme at any of our partner hotels.

You may then wish to stay on for an extra week to explore the area, or fly to another part of Thailand to enjoy a beach break, before returning home to begin putting your plan into action. We can help with all arrangements.

### The Life Change Fortnight

Your Programme can also be delivered during a more relaxed fortnight, allowing time for you to visit and enjoy Chiang Mai and its surroundings. We have included a complimentary spa or sightseeing package in this programme.

In conjunction with our partners we can devise your programme around spa treatments, trips and anything else, which will increase your sense of well-being. Again, there will also be the opportunity to combine your Life Change Programme with suggestions from our Menu of Extras.

### Life Change Programme Online

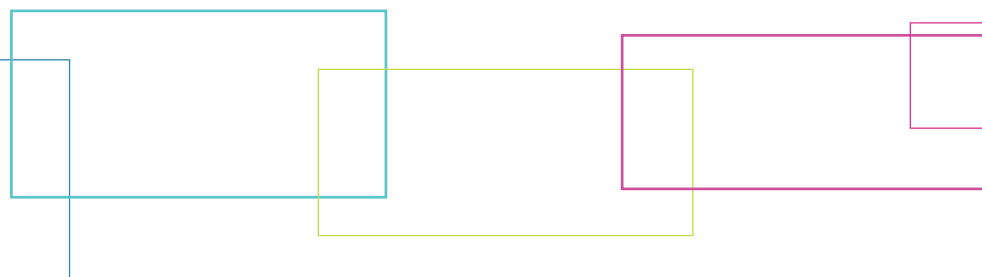
Undertake the Life Change Programme from the comfort of your home.

Discuss your most convenient times (compatible with any time difference between your location and Thailand, where we are based), your preferred method of communication... e-mail or instant messaging or a combination of the two, and whether a 4, 8, or 12 week Programme would best meet your need.

Having made your choice, we can get started, using the Programme model which you will find elsewhere in this brochure... working towards addressing your change needs, acknowledging your barriers to change, (with the help of your detailed Personality Profile Report) and developing the Change Plan you need, to achieve your goals.

The Programme will be challenging, but in order for it to work for you, we also want to help you undertake it in a way which will be nurturing and enjoyable... your way!

We offer a variety of accommodation to suit different tastes and budgets, and will arrange any extra activities which will help you to relax and enjoy planning your life changes. Please feel free to contact us to discuss the option which would best suit your needs.





## Programme Content

### Part One... Where you are and where you want to get to:

- Pre-arrival questionnaires
- Full clinical personality profiling
- Identifying core beliefs
- Motivational issues
- Individual profile report
- Establishing directions and goals

### Part Two... How we change and identifying change traps:

- Models of change
- Recognising established traps
- Identifying and overcoming personal change traps

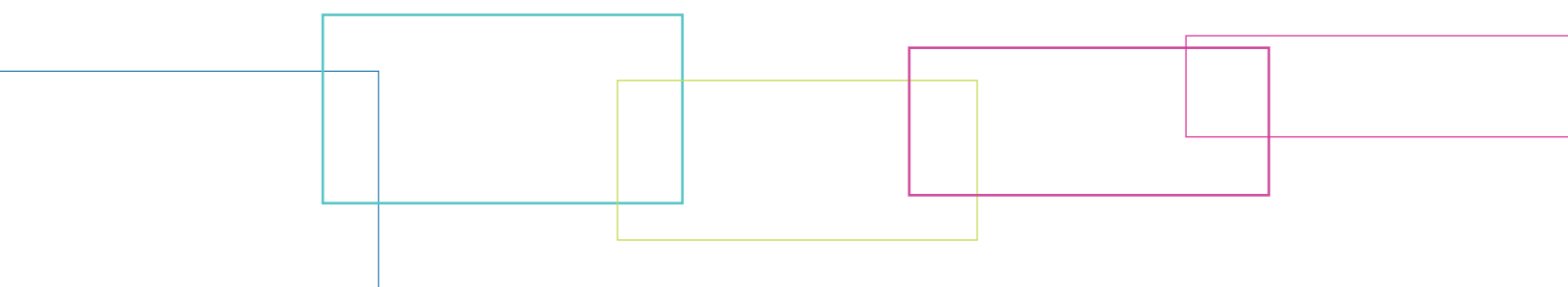
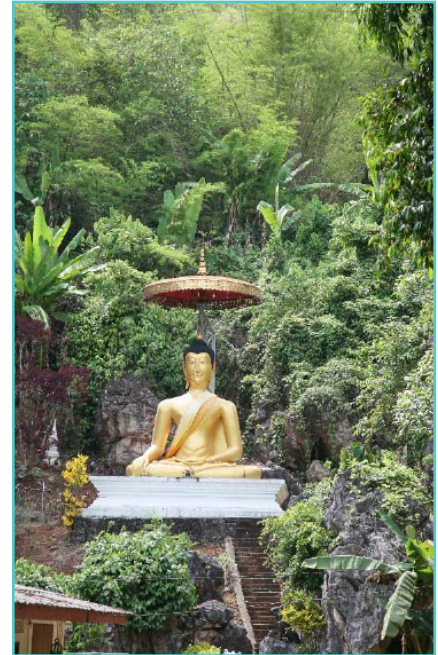
### Part Three... Preparing to change:

- How we move forward
- Increasing motivation
- Learning from Personal Profile Report
- Identifying possible problems

### Part Four... Forming a Change Plan:

- Clarifying goals
- Identifying help needed
- Removing barriers and pitfalls
- How do I know if it's working?

### Part Five... Three months dedicated follow up support and supervision.





## What to Expect

You've made **your decision**, probably after much thought and discussion, and booked your **Life Change Programme**.

### What now?

Whether you are undertaking your Life Change Programme online or as part of a holiday, and whichever length of time you select from either option, we will follow the same basic programme structure.

Before you begin you will receive a Personality Profile Questionnaire, which we would like you to complete and return to us as soon as possible. At first glance some of the questions may seem a little obscure, but the results will be interpreted and your Profile will be discussed with you very early on in your Programme.

You will meet your Life Change Practitioner... either in person or online... before you begin your Programme. They will function as your individual Programme mentor, offering coaching and counselling, wherever needed, for the length of your Programme and during the follow up period

As you will have seen, the Programme is divided into five separate sections. You will work through these with your Practitioner, at a pace suitable to you. The two of you will individualise your Programme to some extent, concentrating on areas of particular significance to you and focusing your assignments on these.

By 'assignments' we mean written exercises focusing on specific issues identified during one of your sessions. For example, during Part One, your work on 'core beliefs' may have enabled you to recognise a particular belief you hold about yourself which has become a barrier to your progress in life. Your Practitioner may then give you an assignment, which he or she will discuss with you the next day, focusing on that belief and examining the effect it has had on your life so far.

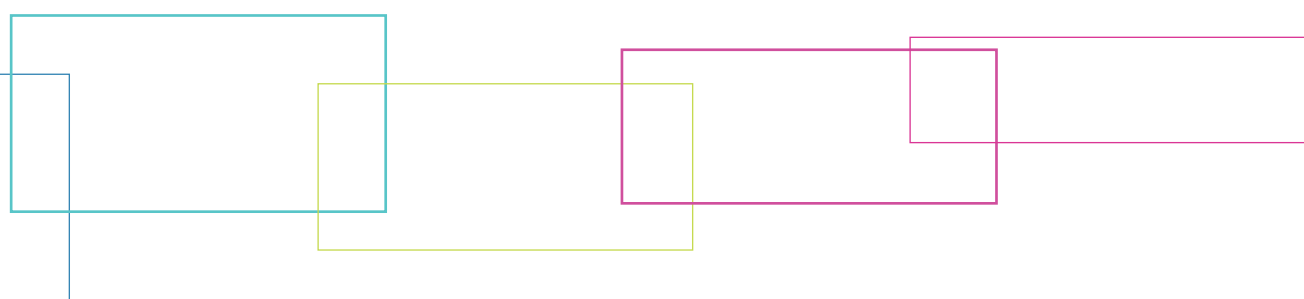
The whole Programme has been carefully designed by the Life

Change Programme team in order to allow you to integrate your new realisations about yourself, with change strategies and motivation techniques that will bring about rapid and lasting change.

We will look forward very much to hearing the eventual outcomes of your work with us. All of us on the team have taken great pleasure in hearing about the triumphs experienced by people who are on the way to achieving their goals. We have seen time and time again how people can learn to build the confidence and the motivation to bring about lasting changes in their lives.



Now it's your turn to **build the life you want** instead of settling for one which doesn't suit you, excite you, or give you anything to look forward to. **It's time to change!**





## Menu of Activities

If you are joining us in Chiang Mai to undertake your Life Change Programme, you will find that we have included a spa treatment and sightseeing tour as part of your Programme. You can add to this by booking individual extras making your own tailor made itinerary, or by selecting one of the special offers suggested on our web pages. All tours are private with our own driver and guide.

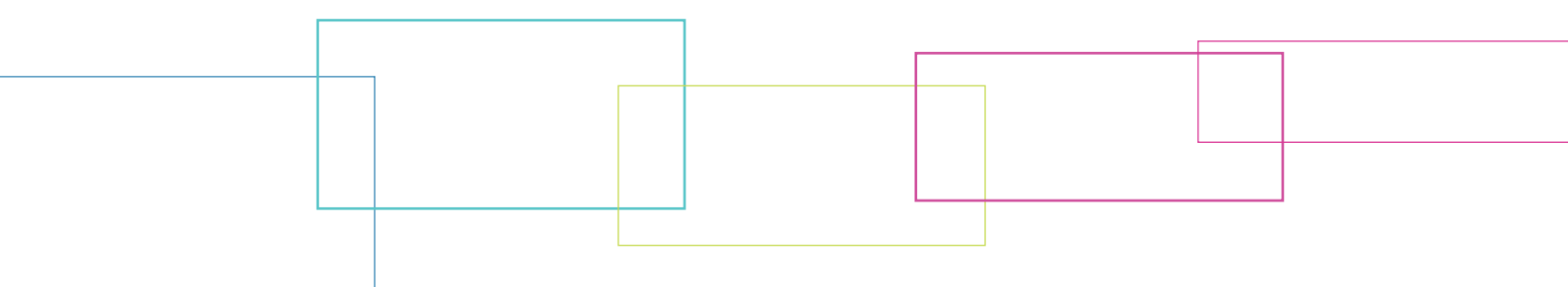
Your selection can include:

- Spa Treatments
- Private Yoga classes
- Elephant trekking through the mountains
- A day helping at the famous Elephant Nature Park
- Flying a light aircraft
- Zip wire adventure
- ATV exploring
- Visit a hill tribe village
- Thai Cooking classes
- Private cultural tour of Buddhist temples
- Visit architectural sites of interest
- Galleries and museums
- Shopping in the famous Night Bazaar

Ask about our unique food market tour... a guided walk around local food markets, complete with advice about what to sample

The suggestions above are only examples of the many activities available here in Chiang Mai.

Please contact us for further information.





## Who we are

All of The Life Change People combine our expertise and training with many years experience of supporting people in making major life changes. Between us, we have worked in a wide variety of settings and with many different people, all with their own diverse reasons for wanting or needing to change.

### Alex Gunn B.A. Hons, PGCE, PGDip, MSc

Alex Gunn specialises in Motivational Psychology and has recently written both a Diploma and a Degree for the University of Plymouth where he is an associate lecturer.

As well as working over the past 15 years with a wide variety of people who were seeking to establish major life changes, he has also trained groups of professionals, both in the private and public sector, in Motivational Enhancement and Life Change Behaviour.

### Chrissy Richman

Chrissy has helped many people make profound changes in their lives, managing, developing and delivering change programmes and interventions in a variety of settings.

Most recently she was the Chief Executive and Head of Treatment of a Charity in South West England, helping over 6,000 people overcome complex life difficulties arising from drug and alcohol problems. In this role she has been invited to advise on UK government policy, participating in think tank forums on a variety of social issues.

Her first love however, remains the delivery of Life Change Programmes and she is looking forward to continuing this work in such an exciting new setting.

Chrissy has changed her life many times, living in London, Devon and Amsterdam and is now looking forward to re-locating to Thailand.

### Luke Chester Master MSc

Luke has over twenty five years experience as a practitioner, trainer, supervisor and consultant.

He has worked with many individuals whose lives have led them to a position of needing and wanting to change and takes great pleasure in supporting people during their process of self-exploration.

Most recently he has worked as a consultant to the private and public sector, supporting and developing teams of people to fulfil their full potential.

He is also a keen adventurer, venturing off the beaten track whilst on his world travels, and brings his great spirit and sense of excitement to The Life Change People.

### Derek Buchanan Dip Couns. MBACP

Born and educated in Ireland where he read medical science at university, Derek had a successful business career in London and Switzerland.

A mid-life crisis provoked the desire to follow his passion and turn to clinical training in his chosen field. For more than a decade he has worked with the complexities of his clients' needs in settings as varied as private practice and a residential therapeutic community. His current work is focused on social justice and self empowerment.

Derek is a trained EMDR therapist, integrating humanistic and cognitive approaches to offer a rapid and effective treatment for stress related anxiety disorders and trauma.

He has also qualified as a life coach and as a clinical supervisor.

### Tony Hazzard BA Hons, PG Dip.

Tony read Latin, English and Philosophy at Durham University, has a diploma in Humanistic Psychology, and is trained in Transpersonal Psychology.

He has lead dual professional lives: as a successful, international award-winning song writer and solo artist, with major tours of the UK and Europe, and also as a manager of a number of residential health care facilities (whilst maintaining his own private practice helping people establish life change).

His first three solo albums have recently been re-released on CD and he is currently recording his fifth. We are pleased that Tony is able to bring his creativity, wisdom, energy and supervisory experience to The Life Change People.

Due to the pattern of our work not all the Life Change Practitioners will necessarily be available at the same time.



## About Chiang Mai

Chiang Mai is known as The Jewel in Thailand's Crown. It is the spiritual centre of Thailand, having more Buddhist temples per sq. kilometre than anywhere else on the planet.

This unique city also has a rich cultural history, which you can absorb through the many fine examples of Lanna architecture, artwork and the distinctive tastes of Northern Thai food.

You will feel welcome here. The people of Chiang Mai are, by nature, hospitable, gracious and kind in equal measure.

The Thai Royal family have their Winter Palace here and have established (in conjunction with Kew Gardens, London) the spectacular National Botanical Gardens, not far from the city. The Doi Suthep Mountain; which overlooks Chiang Mai and offers some breathtaking views; is home to Wat Phra That Doi Suthep, one of the North's most sacred temples. The area is also home to many hill tribe villages that welcome visitors. Many adventures also await, including elephant trekking, rafting and caving.

The old walled city is surrounded by moats and contains many of the most important temples. Throughout Chiang Mai you will find vibrant day and night markets selling everything from food to flowers, jewellery, clothes and art. There is a wonderful selection of food stalls, cafes and restaurants offering some of the finest Thai cuisine.

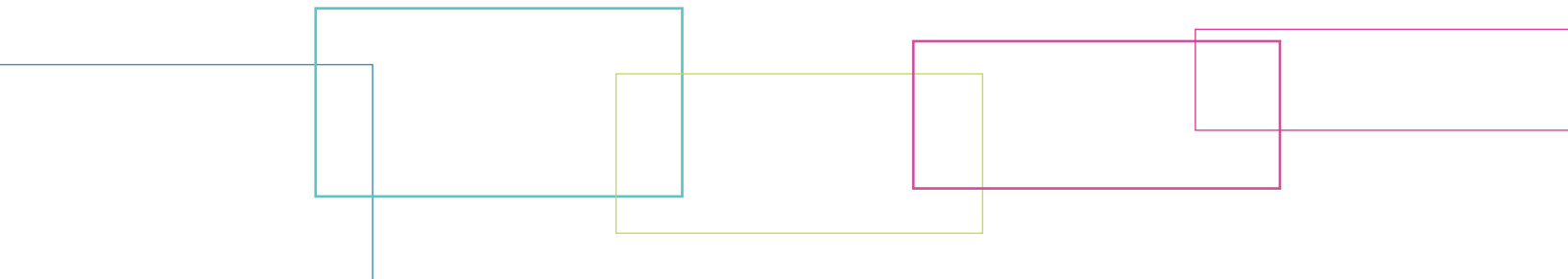
The fusion of cultures, the natural beauty and the wealth of opportunities to learn, grow, relax and revive yourself, makes Chiang Mai the perfect location to begin your Life Change Programme.



## Climate

There is a lot of odd and misleading information about the climate in Chiang Mai. This may well be because weather patterns here, as everywhere, are increasingly difficult to predict.

Generally speaking the temperature rarely falls below 21° C (although in December and January it can get cooler at night, particularly in the mountains) and reaches the mid 30's in March, April and May. Most rainfall is in August and September, often in tropical bursts.





## Changing Lives

One of the great things about change is that once action is taken to bring about changes it doesn't stop there. The changes you are making in your life will affect those around you, the people you are close to and see on a daily basis.

Part of the way in which we celebrate your changes, is to give 5% of the profit from your Life Change Programme to support the work being done, here in Chiang Mai, at a local orphanage.

The other changes which we wish to help and support, are changes to the travel industry being led by Responsible Travel the web travel site which makes ethical holidays available to the consumer.

You will find links to both of the above, and to our own Responsible Travel Policy displayed on our website.

