

## Sales Dojo, April speakers



### **Nicola Forshaw, Director at Mindfit.**

After spending 15 years in corporate sales Nicola retrained in 2010 to become a therapist to help others improve their mental wellbeing.

Nicola is a Master Practitioner in Clinical Hypnosis & NLP and an accredited Mindfulness teacher for both adults and children. Nicola's accreditations meets the good practice guidelines of the UK Network for Mindfulness-Based Teacher Training which she is registered with.

Nicola has extensive experience working with local, national & global organisations teaching Mindfulness-based training to

improve staff wellbeing & performance. Nicola works with all levels of staff including executive teams & CEO's.

Nicola is committed to Continuing Professional Development criteria set by the associations she belongs and attends annual silent retreats to deepen her Mindfulness & meditation practice. Nicola has an established daily 45minute personal meditation practice and takes great joy in practising Mindfulness in daily life.

Nicola is passionabout sharing her knowledge & experience with those who wish to improve their mental wellbeing.

Nicola's favourite quote:

"You can change your life, you've just got to change your mind"

Visit: [www.mind-fit.co.uk](http://www.mind-fit.co.uk)



### **Andy Guile**

Trainer, coach and mentor of people, Andy's blend of experience, skills and confidence enable him to empower people to achieve their goals. With 20 years of experience in the voluntary sector as a Fundraiser and development manager & 5 years of running his own business. Andy's passion is in helping people achieve their dreams and goals and his positive, fun approach to life rubs off on everyone he helps



### **Dave Verburg**

Dave has run a successful coaching & consulting business for over 7 years. Coaching people is one of his biggest passions, he helps business owners to structure their life in a way that drives both business & personal success. The creative way his mind works aligned with his supportively challenging manor and the business owners drive and commitment means success is inevitable.