



Emma James

07956 895 171

emma@springccr.co.uk

www.springccr.co.uk

Manchester

with full UK & International travel

Overview:

Pragmatic, direct & challenging – with a sense of humour to match. A Trainer, International Therapist, Coach & Four Times World Champion. Emma's fields range from pure NLP, to high pressure performance, behavioural therapy & Psychological Elite Sports Performance. She draws on 24 years professional competition taking those skill sets into high level business performance. Emma has consulted in over 20 countries with specialism in brain function and behaviour for therapeutic & performance use.

Coaching Examples

- ✓ Communication & Negotiation - Head of Function & Director
- ✓ Behavioural Analysis & Response – Management & Head of Function
- ✓ Speech Therapy - Head of Function
- ✓ Presentation/Sales Performance & Negotiation - Head of Function
- ✓ Optimum Performance Enhancement – All levels
- ✓ Pressure Performance – Director & Heads of Function
- ✓ Corporate Therapeutic Intervention – Various Managers/Directors
- ✓ Stress & Confidence Resolution – Various Managers

The Paperwork, Training & Memberships:

- Master Trainer in Neuro Linguistic Programming (ABNLP)
- Trainer of Clinical Hypnotherapy (ABH)
- Trainer of NLP Coaching (ABNLP)
- Master Trainer of TLT (TLTA)
- Member of the Mental Coaching Association
- Member of the European Mentoring & Coaching Council
- Post Grad in Psychotherapy
- Current undergrad in Neuro Science
- DIP FTST in Sports Therapy

Career History:

- 2000-present Owner & Director of Emma James NLP Training
- 2000-present Owner and Director of Emma James Therapy
- 2010-present Owner and Director of IronPsyche Psychological Sport Performance
- 2013 – President of the British Powerlifting Union
- 1996-2002 Sports Therapy and Rehabilitation & Performance Director (NI & England)

International experience:

- USA** – Psychological Performance
- Portugal** – Elite Performance
- Saudi Arabia** – NLP Training
- Dubai** – NLP & Commercial Performance
- Nepal** – Psychological Performance (IOC)
- Greece** – Pressure Performance
- Australia** – Lecturing & Sport Performance
- South Africa** – Pressure Performance

Specialisms:

Performance Optimisation. NLP Training & Communication, Behavioural Management & intervention, Motivation, Confidence, & Critical Stress Resolution

Client work from mid-level to Exec:

EDF Energy, Royal Air Force, MOD, Ducati, Wurth, NHS, Manchester City Council, Beirut FC, Manchester United FC, Mortgages PLC, Midas Trading, International Olympic Committee, HSBC, Nepal Sports Council, UK Prison Service, Tribhuvan University, Mapi Values, Interwill, Solgar

Other things you should know...

Don't get her started on Rally Cars, Motorsport or Star Trek! "Walking the talk" sums her up. Emma is committed to developing her clients & students past their perceived ability. Her research on neurological response to thought process & reaction, underpins her training, corporate, TV, Radio & therapeutic work.