



Natural Flair Coaching Limited

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Professional Profile - Sharon Lawton

Sharon is a qualified Personal Performance Coach, Neuro Linguistic Programming Practitioner (NLP), Thought Field Therapist (TFT), DISC Personality Profiling Specialist and Parent Group Leader/Trainer with a 14 year background in Learning and Development and 10 years experience of delivering parenting programmes.

Areas of Specialism

- 1-1 and Group Coaching using NLP on self esteem, confidence, personal development, communication and relationships
- 1-1 and Group Coaching on Parenting Skills
- Neuro Linguistic Programming (NLP)
- Thought Field Therapy (TFT)
- DISC Personality Profiling
- Conflict/Anger Management
- Assertiveness skills
- Interview and relationship building skills

What Do I Do?

I am a personal performance coach with a successful background in learning and development. I have a huge passion for motivation, empowerment and growth and I am particularly interested in inspiring people to achieve their full potential.

I coach either 1:1 or with groups and my particular specialism is self esteem and assertiveness, anger/conflict management and parenting skills, improving relationships, emotional health and becoming the parent you want to be.

I am a trainer/facilitator, Thought Field Therapist and NLP coach and I run my own consultancy practise which I set up in 2009. I also deliver a Train The Trainer Programme for Family Links a national charity who trains parenting support workers and school staff to use the Nurturing Programme an emotional health and wellbeing programme for adults and children.

How Do I Do What I Do?

As your personal coach I will be 100% committed to you and your needs or then needs of your team, empowering you to succeed and to change your life, allowing you to achieve your personal dreams and goals and live your life the way you want to. During the coaching process I will support you every step of the way accessing resources such as NLP and TFT to encourage you to discover the questions and answers for yourself in all parts of your life. People who invest in coaching see and experience positive and dramatic results in their lives.

Where Do I Do It?

Appointments last between 60-90 minutes and are held at various venues across London, Essex and Hertfordshire.

Appointments can also be accessed via Skype which is also a popular choice with some clients.

What Makes Working With Me Unique?

I believe that change is always possible, but change starts with us taking responsibility for our lives including our behaviour, communication style and attitudes. My style of coaching is very empowering,

supportive and thought provoking. I have a warm and open personality together with a sense of humour that allows you to feel comfortable immediately. I believe that it's important to develop a good relationship with my clients right from the start. My intuitive and motivational style of coaching, may sometimes be challenging but will be the difference that makes the difference.

Past and Current Projects

- Provision of Anger Management Coaching in Schools with pupils with behaviour problems
- Obtained funding to provide parenting skills programmes and early intervention programmes for targeted parents working with Hertfordshire County Council Childhood Support Services
- Parenting skills training for professionals
- Obtained funding from The Child Poverty Fund at Hertfordshire County Council to provide a pilot group for Open College Network accreditation in Parenting Skills alongside Parenting Puzzle Programme
- Provision of Early Intervention/Parenting Skills for "New Beginnings" Project for Teen Mums

Professional Memberships:

Association for NLP

The Coaching Academy

The Chartered Institute of Personnel and Development

Parenting UK