

Do you have one or more of these challenges?

- a puzzling gap between written language skills and intelligence
- delayed and poor reading and spelling
- bizarre spelling
- left/right confusion and directional difficulties
- sequencing difficulties
- poor short-term memory skills (following instructions, repeating digits)

... If so, call New Oceans today!

**Tel: 01727 869782**

## How To Start

We offer one to one coaching for 1 hour sessions or breakthrough one half-day or whole day sessions. So call or e-mail to schedule a **free no-obligation** 30-minute coaching session. This will give you a taste of success-coaching and a sense of who we are and how we work. Then you can see for yourself how you can benefit from the success coaching process.

Investment - £90+vat per one hour, £230+vat per half-day, £400+vat per whole day.

NEW OCEANS has over 18 years' experience of delivering exceptional NLP training and coaching enabling you to achieve success more easily and quickly.

## NEW OCEANS

New Oceans House, 39 Jennings Road,  
St Albans, Herts AL1 4NX

Tel: 01727 869782

Email: [coaching@new-oceans.co.uk](mailto:coaching@new-oceans.co.uk)

Web: [www.new-oceans.co.uk](http://www.new-oceans.co.uk)



You may have a number of gift abilities all dyslexics share:

- can utilise the brain's ability to alter perceptions (the primary ability)
- highly aware of the environment
- more curious than average
- think mainly in pictures instead of words
- highly intuitive and perceptive
- think and perceive multi-dimensionally
- can experience thought as reality
- have vivid imaginations

... If so, rejoice in your gifts!

New Oceans **Success Coaching** can help you, or someone you know, overcome the symptoms of Dyslexia.

**Would you like to:**

- **increase your concentration and focus**
- **improve the quality of your memory**
- **improve your reading, writing, or number skills**
- **improve communication skills**
- **be able to study more effectively**
- **be able to overcome exam nerves**
- **gain skills and tools to organise and structure your learning**
- **increase your confidence**
- **enjoy life and learning more !**

These are a few of the benefits of working with a New Oceans Success Coach.

At the heart of dyslexia is creative talent. Our Success Coaching can enable you to recognise that talent and use it to correct the negative aspects of dyslexia that are standing in your way.

Our coaching process will look at the individual as a whole identifying cognitive and behavioural strategies that work and transforming strategies that do not work.

Time to stop seeing a disability and discover who you really are and your true potential.

If you, or someone you know, have dyslexia symptoms, or would just like to sharpen up memory, concentration and focus, New Oceans can help you. As success coaches, our mission is to help people rediscover the joy of learning and greatly improve their learning results.



New Oceans Success Coaching is based on the technology of NLP, Neuro-linguistic programming. Sometimes called the 'study of success', and more formally 'the study of structure of subjective experience', NLP provides the most up-to-date model of how we learn, communicate, change, and excel - how to be a success!

## **What is Dyslexia?**

Dyslexia is predicted to impact on 15% of the UK population. It is also the case that many adults will be affected by dyslexia without even knowing. This will be partially due to a misunderstanding of what dyslexia is and having never been assessed at school.

Sadly, many adult dyslexics feel ashamed of who they are!

Dyslexia is now recognised as a neurological condition that impacts on a persons ability to read and write as effectively as their peers.

In most cases it is apparent that their brain is wired differently to the average person which results in this disability related to reading and writing. However, these same neurological differences, can impact on other aspects of a persons life, preventing them from every reaching their goal.

## **The Up Side?**

There is growing evidence that these differences in the way the brain works, gives rise to other enhanced cognitive abilities. Often people with dyslexia may appear gifted to their peers but in many more cases the dyslexic individual only recognises and focuses on their weaknesses (reading and writing).

There are many successful dyslexics who have played to their strengths and overcome their weaknesses. These include Albert Einstein, Leonardo De Vinci, Bill Gates, Richard Branson, Winston Churchill, Tom Cruise, Eddie Izzard... to name but a few talented people in many different professions.



***A New Oceans Success Coach encourages and supports you to make the changes you want, and will help you to.....***

***not just radically improve your reading, writing, and other Dyslexia challenges but will help you to...***

***Design a life that fits who you are...***

***Create compelling goals..***

***Clear obstacles from your past ...***

***Break through stuck thinking ...***

***Develop and put into action plans that move you forward***

## **What is NLP?**

NLP has had a high degree of success in helping people who have been diagnosed with dyslexia.

We are all natural-born superlearners. The only problem with your mind is that you were born without a handbook.

NLP fills that gap by helping you discover how you operate your learning equipment, and how to enhance the learning channels that you were born with but may have forgotten how to use. NLP has been described as the study of the structure of subjective experience: how the way we process our thoughts affects our internal experience; how our internal experience affects our behaviour; and how our behaviour affects everyone else.

*NLP is a way of thinking about thinking. It is about how we know things. How do you know you can learn something? How you know cannot learn something? It is about learning how to learn. What is the difference that makes the difference between someone who does something with ease, elegance an excellence, and someone who does not?*

NLP approaches the treatment of dyslexia as being primarily an issue of developing and utilising the appropriate cognitive strategies and capabilities. In particular, the NLP Spelling Strategy and Reading Strategy have been shown to improve the spelling and reading ability of individuals with dyslexia, often quite dramatically.

There are also issues of emotional frustration and limiting beliefs that arise as a result of the learning difficulties, negative feedback and labelling that people with dyslexia confronts part of their educational experience. These types of problems can be effectively dealt with through NLP mindset and belief change techniques.

Today NLP is used in nearly every working environment in the world. It can be adapted to meet different situations and environments. It finds out exactly how you learn and helps to improve these instincts - thereby reaching your full potential.