



YES YOU CAN

2023

FOUNDER OF THE HEALTH & WELLNESS CHANNEL 9KM BY 9AM
AUTHOR OF BEST SELLING BOOK - WALKING BACK TO HAPPINESS

NIGEL JONES LIFE COACH

FOUNDER 9KM BY 9AM
BEST SELLING AUTHOR
POSITIVE PSYCHOLOGY COACH
NLP PRACTITIONER
CERTIFIED SOBER COACH



CERTIFIED POSITIVE PSYCHOLOGY COACH
NLP PRACTITIONER

CHANGE YOUR STORY, CHANGE YOUR LIFE

YES YOU CAN

MY STORY

POSITIVE PSYCHOLOGY & BEHAVIOURAL CHANGE COACH

I am the founder of the health and wellness channel 9KM BY 9AM and a leading behavioural change coach working 1-2-1 with C-suite executives, business professionals, entrepreneurs and sports people to transform their relationship with alcohol and power up their health, careers and lives.

I specialise in self-development, motivation, the power of nature for healing, mindfulness, movement, alcohol-free living and habit change. Helping clients hone their values, beliefs and goals to find their purpose, aiding their well-being and self-development.

AUTHOR

My first book "WALKING BACK TO HAPPINESS - THE SECRET TO ALCOHOL-FREE LIVING & WELL-BEING" is available on Amazon. It is a story of transformation, self-help, health & happiness rolled into one. [Amazon Author Page](#)

AGENCY OWNER

In 2000 I founded the leading marketing and sales agency, Purple Tangerine. Now in our 23rd year, we are a team of senior marketing and sales professionals who work with the world's leading brands and agencies.



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NLP PRACTITIONER



CHANGE YOUR STORY, CHANGE YOUR LIFE

YES YOU CAN

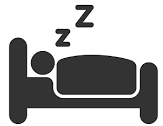
MY STORY

IN DECEMBER 2020 I STOPPED DRINKING ALCOHOL, STARTED WALKING EVERYDAY & MEDITATING IN NATURE.

AFTER 12 MONTHS, AT AGE 55, I SCORED '50-YEAR-OLD' IN MY NHS REVIEW - 5 YEARS YOUNGER THAN MY AGE... I PREVIOUSLY SCORED 5 YEARS OLDER. SO I EFFECTIVELY REDUCED MY AGE BY 10 YEARS!



4 STONE
LIGHTER



SLEEP 7 HOURS
SOLID EVERY NIGHT



BLOOD PRESSURE,
HEART RATE EXCELLENT

I'LL SHOW YOU HOW I DID IT & HOW YOU CAN TOO...



UP 0500
RARING TO GO



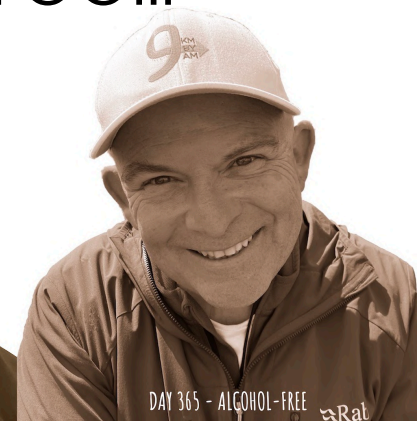
MINIMAL
ANXIETY



LIVE IN THE
PRESENT - CALM



DAY 1 - ALCOHOL-FREE



DAY 365 - ALCOHOL-FREE

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CHANGE YOUR STORY, CHANGE YOUR LIFE

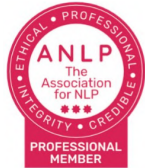
YES YOU CAN

MY STORY

I AM ON A MISSION TO SHARE MY JOURNEY TO MOTIVATE, EDUCATE AND INSPIRE AS MANY PEOPLE AS POSSIBLE TO UNDERSTAND SOBRIETY & THE HEALING POWER OF NATURE AND ULTIMATELY TO LIVE YOUR BEST LIFE.

COACHING

POSITIVE PSYCHOLOGY COACH
BEHAVIOURAL CHANGE COACH
SOBER COACH
NLP PRACTITIONER
PROFESSIONAL MEMBER OF ANLP
LIFE & BUSINESS COACH



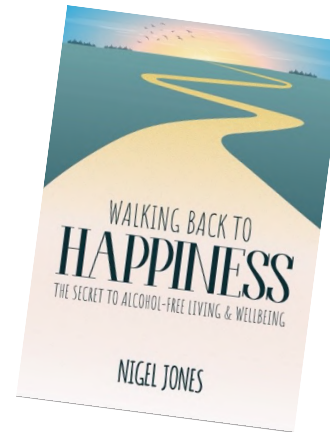
MINDFULNESS & MEDITATION

MINDFULNESS COACH



BOOKS

BEST SELLING QUIT LIT



WORKSHOPS & MASTERCLASSES

FOUNDER 9KM BY 9AM
FOUNDER OF REROOT YOURSELF
FOREST BATHING



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NLP PRACTITIONER



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PARTNERS & CLIENTS



COMMUNITY
CHAMPION

Leading UK Alcohol Charity
<https://alcoholchange.org.uk/>



CONTRIBUTING EDITOR
The Community For Those That Love Outdoors
<https://outsideandactive.com/contributors/131213-nigel-jones>



MASTERCLASS
PRESENTER & COACH
The Online Hub For All Things
Wellness related
<https://www.thehappyhealthclub.com>



FOREST BATHING
ONLINE WORKSHOPS

Business Improvement District
covering City of London
<https://ecbid.co.uk/2023/06/22/forest-bathing/>



MASTERCLASS
PRESENTER
Alcohol-free Community
<https://www.overtheinfluence.co.uk/>



DRYY COACH
Alcohol-free Lifestyle Community
<https://dryy.disciplemedia.com>

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CHANGE YOUR STORY, CHANGE YOUR LIFE

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9KM BY 9AM

9KM BY 9AM IS THE ALCOHOL-FREE LIVING, OUTDOORS & HEALING, HEALTH & WELLNESS CHANNEL.

FOUNDED 2021

9KM BY 9AM IS THE NAME I GAVE TO THE CHALLENGE I SET AS PART OF MY HEALTH & WELLNESS JOURNEY, WALKING 9KM BEFORE 9 O'CLOCK EVERY DAY FOR TWO YEARS.

MISSION

TO HELP PEOPLE CHANGE THEIR STORY, CHANGE THEIR LIFE, FLOURISH AND FIND THE HAPPINESS THEY SEEK.

WE HELP BOTH INDIVIDUALS AND COMPANIES:

- IMPROVE MENTAL HEALTH & BUILD MENTAL WEALTH
- INCREASE WELLNESS, PERFORMANCE & PRESENTEEISM



9KM BY 9AM IT IS ABOUT DOING SOMETHING CHALLENGING EARLY IN THE DAY. WALKING 9KM OR RUNNING 2KM, CYCLING 10KM, WRITING A SONG, READING A BOOK, PAINTING A LANDSCAPE - EVERYONE IS DIFFERENT.

BETWEEN MAY 2021 & MAY 2023

WALKED OVER
6,000 KMS

700+
WALKS IN
NATURE

700+
SUNRISES

300+
FOREST
BATHES

ALL BEFORE BREAKFAST!

EARLY MORNINGS ARE A GREAT TIME TO THINK, PLAN YOUR DAY, MEDITATE, LEARN NEW THINGS AND REFLECT

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NLP PRACTITIONER



CHANGE YOUR STORY, CHANGE YOUR LIFE

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WHAT I DO

COACHING

GROUP & 1-2-1 COACHING:

ALCOHOL-FREE LIVING | SELF DEVELOPMENT
FINDING PURPOSE | CHANGING BELIEFS |
NATURE & HEALING | LIVING YOUR BEST LIFE



WORKSHOPS & MASTERCLASSES

NATURE & WELL-BEING

HARNESS THE HEALING POWER OF NATURE:

ONLINE & FACE TO FACE WORKSHOPS -
RECONNECT WITH THE NATURAL WORLD,
FOREST BATHING, MINDFULNESS, WALKING

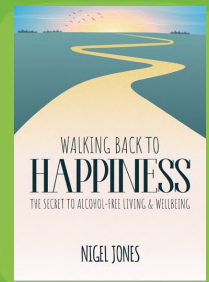


**THE SCIENCE BEHIND
NATURE & WELL-BEING**

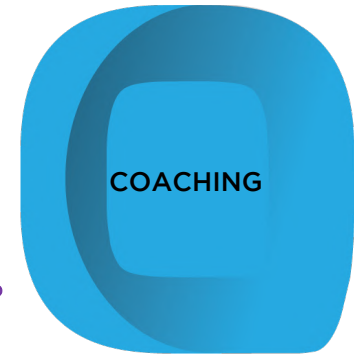
BOOKS

BEST SELLING QUIT LIT BOOK:

THE OBSTACLES FACED, THE WISDOM GAINED
AND THE CHALLENGES OVERCOME DURING THE
FIRST YEAR OF GOING ALCOHOL-FREE.



**CHANGE YOUR STORY
CHANGE YOUR LIFE**



POSITIVE PSYCHOLOGY COACH
BEHAVIOURAL CHANGE COACH
SOBER COACH
MINDFULNESS COACH
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PROFESSIONAL MEMBER OF ANLP
LIFE & BUSINESS COACH



COACHING SERVICES

Coaching is designed to 'shift' clients towards achieving, towards action and most importantly towards results.

By shifting you unlock potential, passion and purpose, that will facilitate and guide you towards what you see as the best version of you.



COACHING STYLE

My style of coaching is warm, supportive and challenging. I provide a confidential, safe space for you to talk. I ask directive questions and use a number of coaching theories to help you achieve goals, including:

NEURO LINGUISTIC PROGRAMMING

I am a Practitioner in Neuro Linguistic Programming and Professional Member of the Association of NLP.

NLP focuses on understanding how our minds work (neuro), the language we use (linguistic), and how we can change our patterns of thought and action (programming).

WHAT IS NLP?

NLP is a series of powerful well-being tools and techniques that enable people to 'shift' or 'change' their thoughts and behaviours to help achieve their goals.

NLP BENEFITS

- Improved Communication
- Overcoming Limiting Beliefs
- Goal Achievement
- Positive Thinking
- Managing Emotions
- Building Strong Relationships
- Personal Growth
- Enhancing Performance

NLP TOOLS

- Anchoring
- Changing Likes To Dislikes
- Timeline Based Techniques
- Perceptual Positions
- Outcome Setting
- Neurological Levels Of Change



POSITIVE PSYCHOLOGY COACHING

I am a certified Positive Psychology Coach.

Positive psychology coaching is a goal-oriented approach that focuses on enhancing individuals' well-being, strengths, and positive qualities to help them thrive and achieve their full potential.

WHAT IS PPC?

PPC looks at what makes people feel good and uses tools to enable them to flourish, grow and achieve their goals.

PPC TOOLS

- GRATITUDE JOURNALING - 3 good things
- STRENGTHS ASSESSMENT - identify core strengths
- POSITIVE AFFIRMATIONS - cultivate self-esteem
- MINDFULNESS & MEDITATION - to reduce stress
- ACTS OF KINDNESS - increase feelings of happiness
- POSITIVE VISUALISATION - imagine +ve outcomes
- GRATITUDE VISITS - share feelings with loved ones
- SAVOURING - fully engage with +ve experiences

PPC BENEFITS

- Promotes a growth mindset
- Enables breaks with limiting beliefs
- Focuses on a more +ve outlook
- Is future focused and is designed to change thinking processes rather than explore -ve memories





COACHING PROGRAMMES

'BELIEVE' - GO ALCOHOL-FREE FOR 28 DAYS

For organisations and businesses to help improve the mental health and wealth of employees.

The BELIEVE 'Go Alcohol-Free For 28 Days' Masterclass Programme is designed to change your mindset about alcohol, enabling you to enjoy the first days, weeks & months of alcohol-free living and this new liberating way of life...



WHY SIGN UP?

You will:

- Identify your values
- Cement your beliefs
- Find your purpose
- Improve your well-being
- Discover the power of mindfulness & meditation: be more present
- Unleash your alcohol-free superpower

DELIVERY

Available as a 1 day workshop or 4 x 2.5 hour Zoom or face-to-face sessions - 1 per week over a 4 week period



SESSION 1: Facts About Alcohol | Tribalism | Habit Loops | Addictive Behaviour & Bad Habits | What Type Of Drinker Are You | Alcoholometer | Alcohol-free Drinks

SESSION 2: Goal Setting | Values | Beliefs | Purpose

SESSION 3: Cravings | Mindfulness & Meditation | Power Of Gratitude

SESSION 4: Mirage Of Moderation | Final 1% | Coming Out & Dealing With Others | Slip Ups

Successfully stopping drinking alcohol is based on belief change, not will power. My approach covers: identifying your values and setting goals; understanding the power of intentions; unpacking your beliefs about alcohol, many of which are untrue and limiting; adopting a scout mindset; finding purpose; and changing your story and your life by building new pathways in your mind.

INTERACTIVE WORKSHOPS

Featuring over 20 highly interactive workshops including: The Alcohol Beliefs Seesaw; How To Adopt A Scout Mindset; The Power Of The Empty Boat; How To Fight Your Ego & Win; Create Your Own Compelling Future; Let's Go To The Moon Goal Setting; Create New Pathways In Your Mind; and so much more...



COACHING PROGRAMMES

ALCOHOL-FREE / HABIT CHANGE COACHING

The Sober Toolbox Coaching Programmes are designed for 'Taking A Break From Alcohol & Living YOUR BEST LIFE'.

They follow the build-up to Day 1 and the journey throughout the first alcohol-free year and beyond.

- DAY 1
- MONTH 1
- 90 DAYS
- 90+ DAYS

BASED ON MY BOOK

The sober and habit change coaching programmes are based on my book, 'WALKING BACK TO HAPPINESS: THE SECRET TO ALCOHOL-FREE LIVING & WELL-BEING' and are specifically designed to help hone your values, beliefs and goals to find your purpose, aiding your well-being and self-development., changing bad habits and instigating behavioural change through addressing limiting beliefs.

TOPICS COVERED

Your Alcohol Story | Tribalism & Alcohol | Habit Loops | Goal Setting | Values, Beliefs & Purpose | Gratitude | Cravings | Willpower | Mindfulness

SOBER TOOLBOX
ALCOHOL-FREE & SELF DEVELOPMENT COACHING

DAY 1

'Sober Toolbox' for those planning going alcohol-free...
1 x SESSION
Face-To-Face Or Zoom

Tailored to you, covering:
You & Alcohol
Alcohol & Your Well-being
Habit Loops & How To Break Them
Having The Right Mindset
'Control Alcohol Has Over You' Test
Your Pure Alcohol Consumption
Alcohol Seesaw: Beliefs & Alcohol
Setting Goals & More...

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Walking Back to Happiness - The Secret To Alcohol-free Living & Well-being

SOBER TOOLBOX
ALCOHOL-FREE & SELF DEVELOPMENT COACHING

MONTH 1

'Sober Toolbox' to get you through the first month...
4 x SESSIONS
SPREAD OVER 1 MONTH
Face-To-Face Or Zoom

Tailored to you, covering:
Having The Right Mindset
Habit Loops & How To Break Them
Goal Development
Identifying Your Values
Analysing & Cementing Your Beliefs
Finding Your Purpose
Aligning Your Goals & Your Purpose
Dealing With Cravings
Mindfulness & More...

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SOBER TOOLBOX
ALCOHOL-FREE & SELF DEVELOPMENT COACHING

90 DAYS

'Sober Toolbox' to get you through the first 90 Days...
6 x SESSIONS
SPREAD OVER 3 MONTHS
Face-To-Face Or Zoom

Diving deep into the challenges you face in the first 90 days of going AF.
Coaching on issues such as:
Mindset
Mirage of Moderation
Goals & Purpose Alignment
Physical Health & Movement
Diet & Nutrition, Sleep
Dealing With Anxiety
Mindfulness & Meditation
Gratitude & More...

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SOBER TOOLBOX
ALCOHOL-FREE & SELF DEVELOPMENT COACHING

90+ DAYS

'Sober Toolbox' For those who want to live a long-term, alcohol-free life...
6 x SESSIONS
SPREAD OVER 3 MONTHS
Face-To-Face Or Zoom

Tailored to you, covering:
Long-term Goal Planning
Staying 'On The Wagon'
Building Happiness Through Positive Psychology
Letting Go From Physical Cravings
Sticking to the Plan
& More...

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COACHING PROGRAMMES

SELF-DEVELOPMENT COACHING

The Self Development Coaching Programmes are an in depth dive into: Goal Setting, Identifying Values, Dealing with Limiting Beliefs, Cementing New Beliefs and Finding Your Purpose.

As well as: GOAL SETTING; VALUES, BELIEFS & PURPOSE we cover:

HEALTH & MOVEMENT: Using Nature To Heal. Walking Back To Happiness, Walking & Forest Bathing (Shinrin Yoku)

EMOTIONS: Positive Emotions, Managing Emotions, Emotional Intelligence, Emotions & Work

DISCOVERING & BUILDING HAPPINESS: Increasing well-being through Positive Psychology

HABIT CHANGE: Changing Bad Habits, Behavioural Change

MENTAL HEALTH: Living In The Present - Meditation & Mindfulness

GOAL SETTING
WELL-BEING & SELF DEVELOPMENT COACHING 9^{AM} - 12^{PM}

When you change your story you need a why. He who has a why to live for can bear almost any how." Nietzsche.

2 x SESSIONS
Face-To-Face Or Zoom

Put yourself on a trajectory to achieving YOUR BEST LIFE.

Coaching tailored to you, covering:
Short-term and long-term goals.
Types or categories of goals.
Prioritising goals.
Goal setting to the now.
Journey or daily goals.

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www.9amby9am.com/coaching

YOUR VALUES
WELL-BEING & SELF DEVELOPMENT COACHING 9^{AM} - 12^{PM}

Values are the universal concepts that unite people. They motivate us, demotivate us and justify our behaviour.

2 x SESSIONS
Face-To-Face Or Zoom

Coaching tailored to you, covering:
Your positive and negative values.
Your core values that support the vision you have of yourself.

Values are like a compass that directs your life. Setting goals and following your dreams becomes a lot easier once you have identified your true values.

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CEMENT YOUR BELIEFS
WELL-BEING & SELF DEVELOPMENT COACHING 9^{AM} - 12^{PM}

Your story starts with who you are. By changing your beliefs, you can change your story and that will change your life.

2 x SESSIONS
Face-To-Face Or Zoom

Coaching tailored to you, covering:
Your positive and negative beliefs.
Beliefs to keep and change.
List & challenge your limiting beliefs.
Add new beliefs.

Beliefs are part of our identity. We can consciously decide what we believe in - and what we don't.

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FIND YOUR PURPOSE
WELL-BEING & SELF DEVELOPMENT COACHING 9^{AM} - 12^{PM}

Your purpose is a core part of your identity. It embodies your values and your beliefs. It is your mission in life.

2 x SESSIONS
Face-To-Face Or Zoom

Coaching tailored to you, covering:
What are the things that drive you?
What are the things you are good at?
What would really like to do.
Write your draft Purpose Statement.

If you don't know your purpose, it does not mean you don't have one. It just means you have not found it yet.

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COACHING PROGRAMMES

MINDFULNESS COACHING

A central part of my coaching is mindfulness and meditation practice. I am certified in the Power Of Awareness, University of California, Berkeley's Greater Good Science Center and the Awareness Training Institute.

WHY MEDITATE?

Practising mindfulness throughout your everyday life can help to train the mind to focus on the present.

Once you've installed meditation, you can go to it any time and build your mind muscle. So, if you get stuck in a queue at a bank or in a traffic jam, or you simply have a spare five minutes - meditate!

Learning how to free your mind through meditation is such an amazing tool - and so simple. By learning how to be more present, you are less likely to get caught up in stories in your head or fall into reactive patterns of behaviour like arguing and making poor choices.

THE RAIN METHOD

When you're meditating ask yourself the simple question 'What is happening right now in my life?'

This is a great way to bring to the front of your mind the issues you think you might have. This could be drinking. It could be addiction or it could be relationships.

Try the RAIN approach to meditation. This is an acronym for:

- Recognise thoughts
- Allow thoughts
- Investigate thoughts
- Nurture thoughts








By using the RAIN method, I changed my beliefs not only about alcohol but about all my anxieties.

WHAT IS MINDFULNESS?

Mindfulness is a non-judgmental awareness of your thoughts, sensations, surroundings and emotions.

Meditation is a tool for developing mindfulness, but it isn't the only tool.

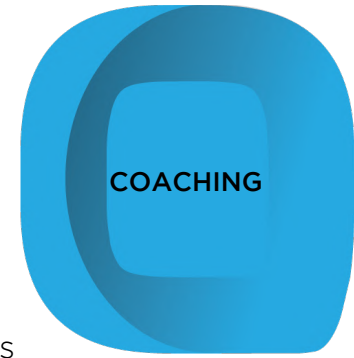
SOME OF MY MINDFULNESS PRACTICES

		
STOP THE CAR. GET OUT. LOOK AROUND.	BE AT ONE WITH THE UNIVERSE	LET THE MONKEY SIT IN YOUR LAP
		
TURN ON THE DISCOVERY CHANNEL.	OPEN YOUR SENSES TO NATURE	CONNECT YOUR MIND & BODY

THOUGHTS ARE LIKE WAVES.

We have over 65,000 a day. When we experience fear, it's normally because we are worrying about the future. We are not present. By addressing fear, by processing it, by not running away from it, you bring it into the present.

YOU CAN'T STOP THE WAVES... BUT YOU CAN LEARN TO SURF!



COACHING PROGRAMMES

SHIFT HAPPENS™ - EXECUTIVE COACHING

SHIFT HAPPENS™ is our 1-2-1 Executive Coaching programme designed for C-suite executives, business professionals, entrepreneurs, sports people and leaders to transform and power up their health, careers and lives.

WHY SEEK EXECUTIVE COACHING?

- Times of transition
- Taking up new roles
- Joining a new organisation
- Facing new personal challenges from colleagues in the organisation
- Addressing difficult issues in private life

SHIFT HAPPENS™ BENEFITS

- Helping executives take up their role in a more effective way
- Building on strengths, and how to manage / change weaknesses
- Providing support for executives ambitions, strengths and plans
- Helping improve leadership skills
- Assessing executives' current effectiveness in the leadership role
- Behaviour change, personal maturity and wisdom

COMMON ISSUES FACED BY EXECUTIVES

- Need to dominate and control, be right, feel powerful, avoid failure
- Need for self-determination
- Focus on action rather than thinking
- Impatience
- Over commitment
- Exaggerated sense of responsibility
- Struggle to balance work demands with other areas of life
- Ability to see things from the perspective of others



CERTIFIED POSITIVE PSYCHOLOGY COACH
NLP PRACTITIONER

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COACHING TESTIMONIALS

“Nigel really inspired me to get out and enjoy the benefits he shared of walking and being in nature. His understanding and experience in being an alcohol-free coach really resonated with me. His coaching and techniques made me think and understand how I could improve my life and move forward in this world. After each session, I came away feeling positive and my outlook was so much clearer. I can honestly say I would not be where I am today if it were not for Nigel and his experience, knowledge, and his coaching work.

Here are some of the benefits I have taken forward from these coaching sessions: Confidence; Self belief; Communication skills; Gratitude; Understanding and kindness; Courage; Awareness and mindfulness; Sense of achievement; Structure; and Knowledge” **Steve Burnand, UK**

“Really enjoyed my AF coaching sessions with Nigel! I honestly can't tell you how much I get from these sessions and Nigel's passion for AF is highly infectious. Would highly recommend these coaching sessions for anyone needing to deep dive into their relationship with alcohol. His book 'Walking Back to Happiness' is packed with helpful and relatable tips and hacks. Would highly recommend Nigel's coaching sessions.” **Claire, UK**

“I approached Nigel for some much needed support and what can I say? The guy is so inspirational and has made some big changes to my life. Thank you Nigel.” **DS, UK**

“Thank you again so much for your coaching! I am so grateful to know you. Your book is an excellent resource to me and I recommend it often as well as all of the information you post on social media and your website! I am always looking forward to what you have to say! I SOOO enjoyed our sessions. You are amazing to help me navigate my feelings and thoughts. You helped me uncover a lot.” **AS, USA**

NATURE &
WELL-BEING

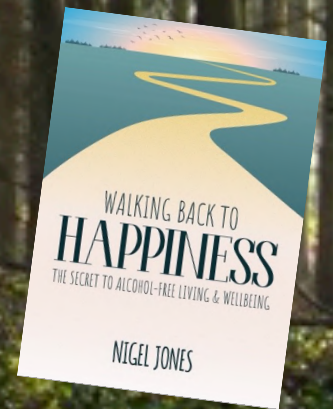


NATURE & WELL-BEING SERVICES





REROOT YOURSELF



WITH
NIGEL JONES
AUTHOR OF WALKING BACK TO HAPPINESS

CERTIFIED POSITIVE PSYCHOLOGY COACH
NLP PRACTITIONER



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NATURE - REROOT YOURSELF WORKSHOPS

RE-ROOT YOURSELF is an in depth look at the science behind outdoors and well-being and demonstrates how you can re-connect with nature and the original way of living through FOREST BATHING, WALKING IN NATURE, WATCHING SUNRISES & BEING AT ONE WITH THE UNIVERSE.

REROOT YOURSELF WILL HELP YOU...



IMPROVE WELL-BEING

Both mentally & physically through re-connecting with the natural world.



FIND PRESENCE

Be more mindful about the changes in nature that are happening all around you and in doing so become **MORE PRESENT**.



HARNESS NATURE'S POWER

Into your daily life. Forest bathe when it suits you - in your office, on your way to work, at lunchtime, in the park.
FIND CALM.



UNDERSTAND THE SCIENCE

Behind nature and wellness, the power of WALKING and the art of FOREST BATHING.



DISCOVER THE ART OF FOREST BATHING & THE HEALING POWER OF NATURE...

WORKSHOPS FEATURES

CONNECT TO THE 'WOOD WIDE WEB'
FOREST BATHING TECHNIQUES
SCIENCE BEHIND NATURE & WELL-BEING
OPEN YOUR SENSES TO NATURE
HOW TO BE MINDFUL IN NATURE
THE POWER OF WALKING IN NATURE
JAPANESE 72 SEASONS
THE SUN, THE MOON, WATER
ACTIVITY WORKSHEETS

DELIVERY

Zoom or face-to-face sessions.
Bespoke forest sessions also available.

INTERACTIVE WORKSHOPS

Featuring over 20 highly interactive activities including: Forest Bathing @Work; Opening Your Senses To Nature; Sound Bathing; Sunday Sunrise...

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NATURE - REROOT YOURSELF WORKSHOPS

BASED ON

Based on the story of 9KM BY 9AM and Nigel Jones's best-selling book, Walking Back To Happiness.

Both book and workshop show how you can massively improve your mental and physical well-being, through re-connecting with the natural world, walking outdoors, watching sunrises, forest bathing and being more mindful about the changes in nature that are happening all around you.

Nigel shares his experience of walking 9 kilometres before 9 o'clock every day between May 2021 and May 2023, covering...
6,000+ km
700+ walks in nature
700+ sunrises
300+ forest bathes

CLIENTS INCLUDE

EC Business Improvement District covering City of London

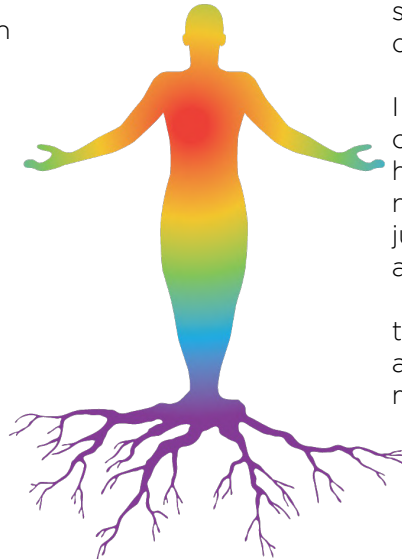
OVER the INFLUENCE Alcohol-free Community

WHAT OTHER'S SAY

'Nigel's REROOT YOURSELF course was a great motivator for me. It was filled with scientific evidence on why getting out in nature is good for your mind, body and soul. I loved how the course was broken down into the different topics and key takeaways each week.'

I never knew there was so much to be mindful and aware of when I'm outdoors. I've spent far too many wasted hours talking on my phone or scrolling social media. Nope no longer! Now I embrace the outdoors and prioritise not just being outside but connecting to the wood wide web and grounding myself. I

t's been so inspiring and just what I needed to help myself and my kids spend more time outside! Thank you so much Nigel!'



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CHANGE YOUR STORY, CHANGE YOUR LIFE

YES YOU CAN

NATURE - REROOT YOURSELF WORKSHOPS

WHY SIGN UP?

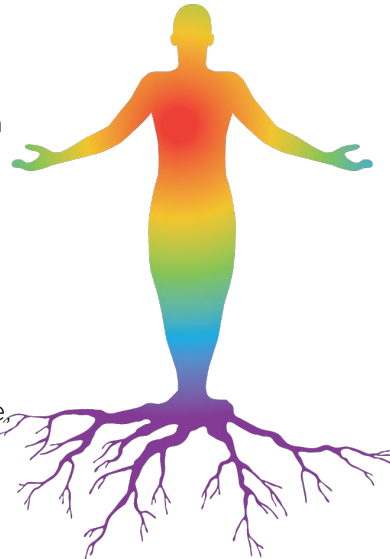
REROOT YOURSELF™ is an investment in health and happiness, designed to improve mental health and build mental wealth.

You will:

- Learn how to reconnect with nature and how to forest bathe
- Expand your knowledge of the science behind the outdoors and happiness
- Discover how to use the power of mindfulness & meditation in nature and be more present
- Move towards finding your purpose and improve your well-being
- Reroot to the original way of living

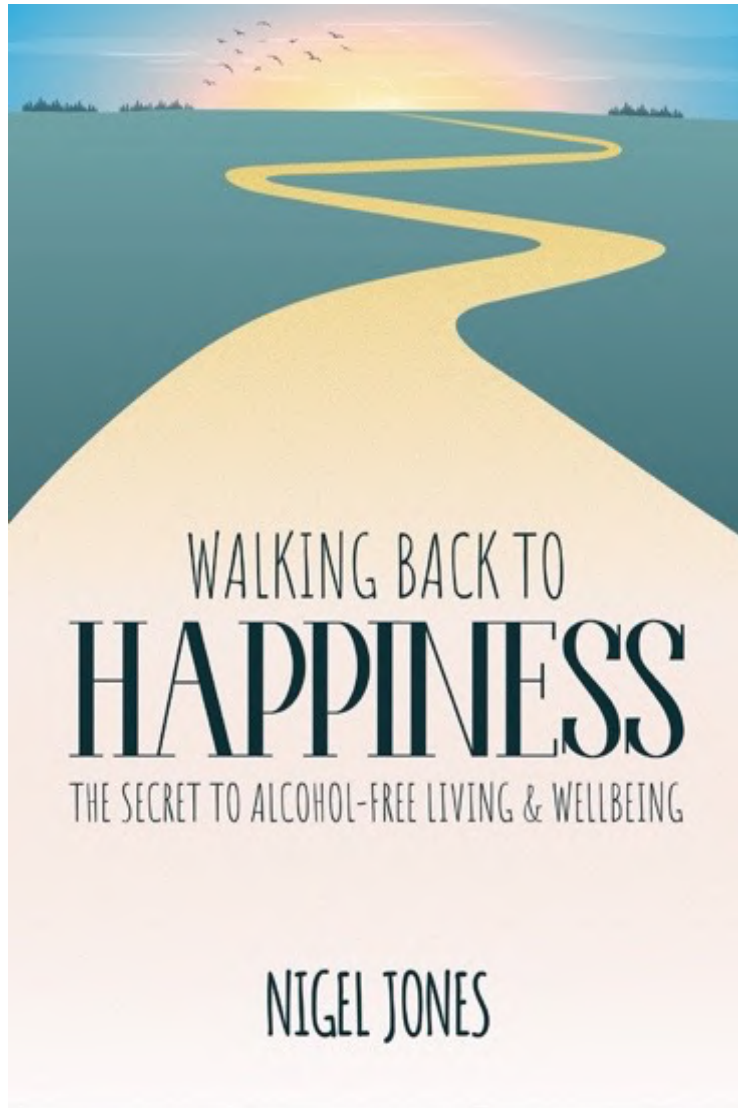
REROOT YOURSELF™ is designed to inspire you to move towards reaching your full potential and LIVE YOUR BEST LIFE.

The programme will help you change your story, change your life, flourish and find the happiness you seek.

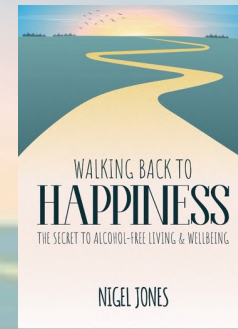


Reroot Yourself™ shows how we have both a physical and psychological need to be in nature and we get sick when we're disconnected from it.

The good news is the prescription to fix this is simple, inexpensive and has no negative side effects!



BOOKS & PUBLISHING SERVICES



BEST SELLING MINDSET CHANGE BOOK

WHAT OTHERS SAY

“Nigel’s story is a brilliant example of how you can transform your health and happiness starting with one simple change - taking a break from alcohol. Absolute must read, this is not only a wonderful story of transformation, it’s a fantastic self-help, health and happiness book rolled into one. **THIS BOOK WILL CHANGE YOUR LIFE!**”

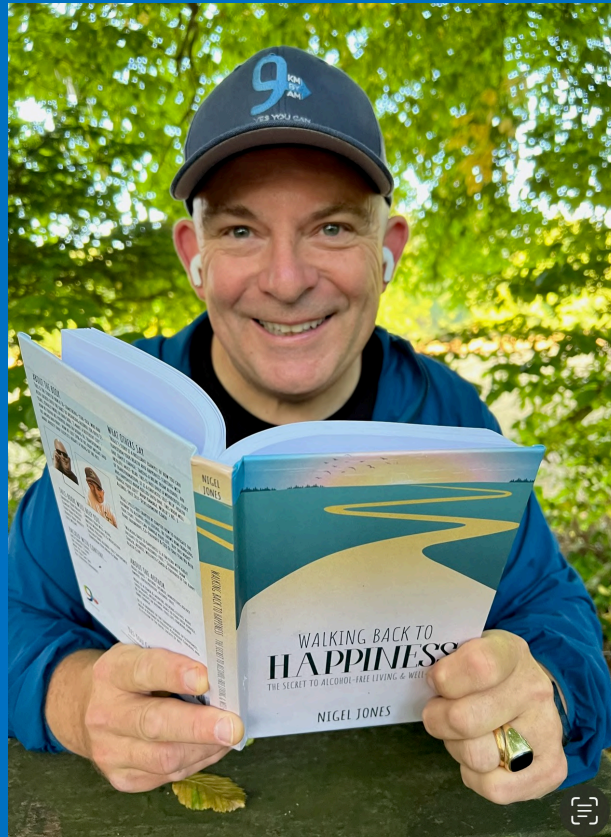
Andy Ramage, World’s No. 1 Alcohol-free Self Development Coach

“Nigel spells out chapter by chapter how to navigate the pathway of alcohol-free living. He shows how by changing your story you truly can change your life. Buy this book.”

Ruari Fairbairns, Co-Founder & CEO One Year No Beer

“Walking Back To Happiness is a fab read with great insights to going alcohol-free.”

Suzanne Shaw, Singer, Actress, Wellness Coach & Founder of the Happy Health Club



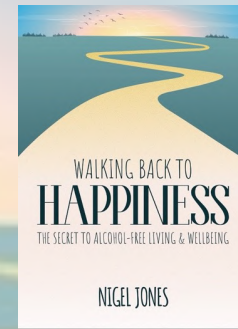
AMAZON REVIEWS

If you’re looking to expand your mind towards sobriety, change your beliefs about alcohol, create new good habits, engage in a healthy lifestyle, have new purposes and values back into your life this is definitely the book for you. I feel a lot of time, hard work and research has gone into this book. Nigel comes across as a nice genuine man. It’s certainly changed my way of life, I’ve also taken up on Nigel’s 9km by 9am challenge and never looked back.

Nigel’s story rung true with me. This is a bit different to many quit lit books. As well as Nigel’s own inspiring story, he intersperses practical tips and advice for leading a happier, active and fulfilling life, free from addiction. I strongly recommend this book if you’re looking to find a pathway to freedom from alcohol.

It’s taken me 2 weeks to read the book and write copious notes and scribbles on many pages! The book is an Informal relaxed and easy to read “quit lit” book that will help you transform your life by quitting alcohol. I gave up 7 days ago and have never felt so good! The book will help you understand why you’ve been drinking and reveal the future as an exciting place to be, free from anxiety and filled with optimism...make the change.





BEST SELLING MINDSET CHANGE BOOK

Aimed at millions of drinkers around the world who are interested in taking a break from alcohol, **WALKING BACK TO HAPPINESS** is a **BEST SELLING QUIT LIT BOOK**, which reveals the secret of how to free yourself from alcohol's control

NON-WILLPOWER METHOD

Where the standard willpower method fails, this unique and easy-to-follow approach is proven to succeed. It shows how by quitting drinking you can transform your body, mind, life and find true happiness

PACKED WITH CONTENT

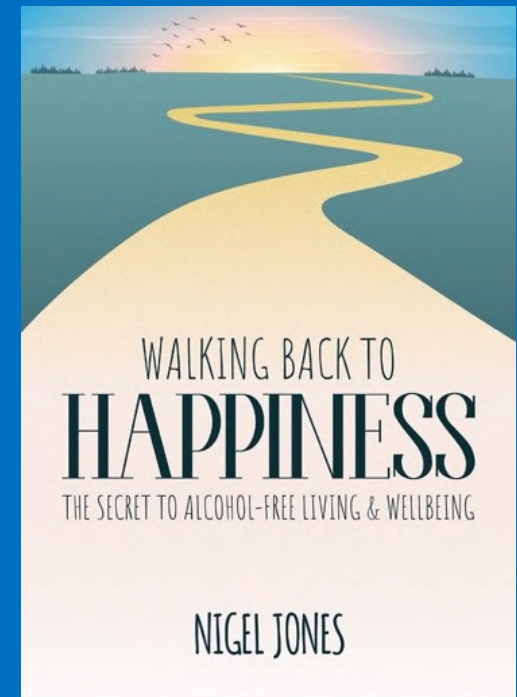
Each Chapter Covers...
The Author's Story
What He Learnt
Steps You Can Take
Key Learning Summaries

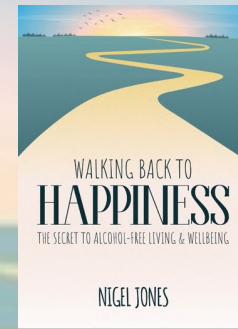
SET OUT IN SIX SECTIONS

Time To Act: Day 1
The Journey Begins: The First Few Days
Discovering The New You: The First Few Weeks
Understanding The New You: The First Few Months
The New You: Beyond 90 Days
A New Life: One Year & Beyond

THE BOOK WILL HELP YOU...

- Transform Your Body & Mind
- Improve Your Mental Health
- Lose Weight
- Reduce Anxiety
- Sleep Better
- Build Better Relationships
- Free Yourself From Alcohol
- Save Lots Of Money
- Change Your Life





BEST SELLING MINDSET CHANGE BOOK

“WALKING BACK TO HAPPINESS – THE SECRET TO ALCOHOL-FREE LIVING & WELL-BEING” is packed with content, including:

ALCOHOLOMETER

The definitive guide to how much neat or pure alcohol you drink.

THE HOW SAUCY ARE YOU TEST?

This measures how potentially ‘out of control’ your relationship is with alcohol and gives you a score between 0 and 100%.

MIRAGE OF MODERATION

The ability to moderate alcohol consumption for those that have had or have issues with alcohol control is a delusion and part of the alcohol narrative and indoctrination. I call this the ‘Mirage of Moderation’. Once you realise that alcohol is poison and not good for your well-being, why on earth would you want to try and manage the amount of poison you consume? Don’t drink poison. That’s true control.

GET WISE ABOUT YOUR WHYS

The first thing I did at the start of my alcohol-free journey was to write down my ‘whys’, or the reasons why I am doing this in the first place; the reasons why I am going on this life-changing journey. Set goals – Imagine asking the captain of a ship, “Where are you heading?” and they say, “I don’t know.”

THE ALCOHOL DRINKERS TRIBE

Anyone who drinks alcohol automatically joins what I call the “Alcohol Drinkers Tribe”, or ADT, and anyone leaving the ADT automatically becomes a member of the “Alcohol-Free Tribe”, or AFT. One of the biggest challenges on the journey to alcohol-free living is how to navigate leaving the ADT and how to deal with the reactions of drinkers because you left their tribe.



CERTIFIED POSITIVE PSYCHOLOGY COACH
NLP PRACTITIONER

CHANGE YOUR STORY, CHANGE YOUR LIFE

YES YOU CAN

COMMERCIALS

FEES

For our time covering:
Coaching & Mentoring
Research and Development
On-going Consultancy
Available on request.

ADMINISTRATION EXPENSES

Covering office running, telephone, travel outside SE England - based on 10% of Fees

THIRD PARTY EXPENSES

Any third-party expenses will be agreed in advance and incur a handling charge of 20%. These include: UK wide travel, international travel; hotels; third party expenses such as legal, external research, etc.

PAYMENT TERMS

Fees & Administration Expenses - monthly in advance / Third Party Expenses - by the end of the month in which they are incurred

VAT

VAT at 20% is due on all sums

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CONTACT

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COACHING

Book a Discovery call <https://www.9kmby9am.com/coaching/discovery-call/>

BOOK

Author Page <https://www.amazon.co.uk/Nigel-Jones/e/B0B7RP6LH6/>

Paperback <https://amzn.eu/d/573olDm>

Hardcover <https://www.amazon.co.uk/dp/191514731X/>

Kindle / eBook <https://www.amazon.co.uk/dp/B0B7QVJP2M/>

SOCIALS

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Instagram <https://www.instagram.com/9kmby9am/>

