

THE PERFECT WAY
TO GET THROUGH
 DRY JANUARY

GO ALCOHOL-FREE FOR 28 DAYS

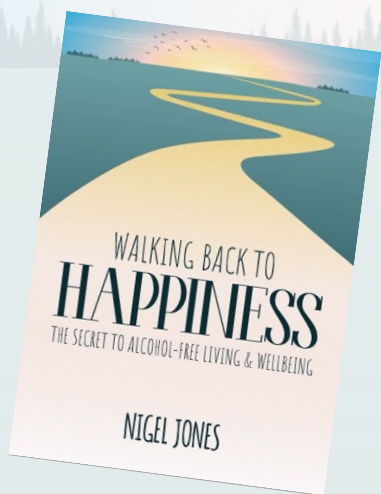
BELIEVE

DISCOVER THE SECRET TO ALCOHOL-FREE LIVING
MASTERCLASS & GROUP COACHING PROGRAMME

CHANGE YOUR STORY
CHANGE YOUR LIFE

WITH
NIGEL JONES

ALCOHOL-FREE & SELF DEVELOPMENT COACH
& AUTHOR OF WALKING BACK TO HAPPINESS



BASED ON THE BEST
SELLING QUIT LIT BOOK...

'BELIEVE' - GO ALCOHOL-FREE FOR 28 DAYS

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HIGHLIGHTS

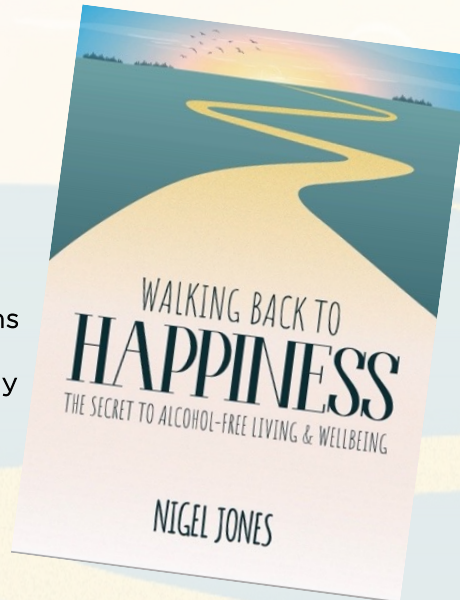
The BELIEVE 'Go Alcohol-Free For 28 Days' Masterclass is designed to change your mindset about alcohol, enabling you to enjoy the first days, weeks & months of alcohol-free living and this new liberating way of life...

BASED ON...

Based on the best-selling Quit Lit book, *Walking Back To Happiness: The Secret To Alcohol-free Living & Well-being*.

BELIEVE, covers:

- identifying your values and setting goals
- understanding the power of your intentions
- unpacking your beliefs about alcohol, many of which are untrue and limiting
- adopting a scout mindset
- finding purpose
- changing your story and your life by building new pathways in your mind



WHY SIGN UP?

Successfully stopping drinking alcohol is based on belief change, not willpower.

'BELIEVE' GO ALCOHOL-FREE FOR 28 DAYS MASTERCLASS & GROUP COACHING PROGRAMME is an investment in health and happiness designed to improve mental health and build mental wealth.

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

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



9KM BY 9AM HEALTH & WELL-BEING COACHING PROGRAMMES

NIGEL JONES - ALCOHOL-FREE & SELF DEVELOPMENT COACH

www.9kmbym9am.com/coaching

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WHO IS IT AIMED AT...

Everyone is different when it comes to alcohol. Each of us has our own special relationship with it. There are Home Drinkers, Occasional Drinkers, Pack Drinkers, Secret Drinkers, Weekend Only Drinkers, Binge Drinkers, Prosecco Drinkers... the list is endless.

THE SOBER CURIOUS

BELIEVE will benefit anybody who wants to find out more about how alcohol affects their health through helping them gain a better understanding of why they drink. Through a 'scout mindset' we expose all the facts about the harm alcohol causes.

GREY AREA / MIDDLE LANE DRINKERS

BELIEVE is designed for the millions of drinkers who do not have a physical dependency on alcohol but may drink in non-social situations and wonder why. The so-called middle-lane or grey area drinkers.

REMEMBER - YOU ARE NOT ALONE!

BELIEVE IS FOR YOU, IF..

You've tried many times to stop drinking but can't seem to go longer than a few days, a week or a month!

You are sick of hangovers and want to be the best version of yourself.

You're thinking of changing your drinking habits, but don't know where to start.



COURSE STRUCTURE

SESSION 1: GETTING TO DAY ONE

WHAT TYPE OF DRINKER ARE YOU? | SOBER CURIOSITY | THE EFFECTS OF ALCOHOL | YOUR ALCOHOL STORY | ALCOHOLOMETER | AMBIVALENCE SEESAW | HABIT LOOPS | OTHER BAD HABITS | TRIBALISM | POWER OF NO | DOPAMINE

SESSION 2: THE JOURNEY BEGINS

GOAL SETTING | TYPES OF GOAL & THE DOMINO EFFECT | PRIORITISING GOALS | GOALS & JOURNALLING | MINDSETS

SESSION 3: DISCOVERING THE NEW YOU

VALUES | UNDERSTANDING BELIEFS | CONTROLLING BELIEFS | LIMITING BELIEFS & BUILDING NEW BELIEFS | CREATING A NEW IDENTITY | PURPOSE

SESSION 4: UNDERSTANDING THE NEW YOU

MINDFULNESS & MEDITATION | GRATITUDE | WILLPOWER & CRAVINGS | SLEEP | DIET | COMING OUT & DEALING WITH OTHERS | FINAL 1% | IF YOU FALL OFF THE WAGON | MIRAGE OF MODERATION

You will learn how to...

- Free yourself from alcohol's control
- Change your beliefs around alcohol and see it for what it really is
- Transform your body, mind and life

'BELIEVE' will inspire you to reach your full potential & LIVE YOUR BEST LIFE.

DELIVERY

Zoom - up to 30 delegates

In person - up to 10 delegates

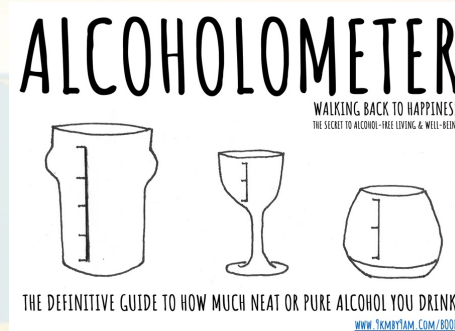
4 X 90 MINUTE SESSIONS

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FEATURING OVER 20 HIGHLY INTERACTIVE WORKSHOPS



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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



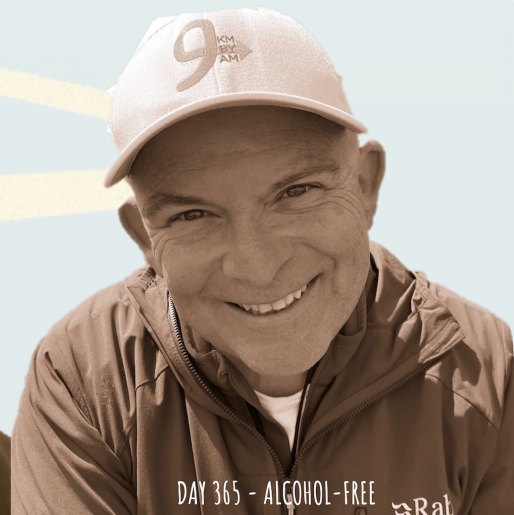
MINIMAL
ANXIETY



LIVE IN THE
PRESENT - CALM



DAY 1 - ALCOHOL-FREE



DAY 365 - ALCOHOL-FREE

9km by 9am

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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

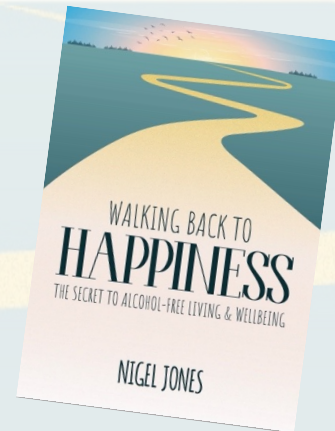
MINDFULNESS COACH

BOOKS

BEST SELLING QUIT LIT

WORKSHOPS & MASTERCLASSES

BELIEVE - GO ALCOHOL-FREE
FOUNDER 9KM BY 9AM
FOUNDER OF REROOT YOURSELF
FOREST BATHING



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MY STORY



COMMUNITY
CHAMPION

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



DRYY COACH

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



MASTERCLASS
PRESENTER

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



MASTERCLASS
PRESENTER & COACH

The Online Hub For All Things
Wellness related

<https://www.thehappyhealthclub.com>

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MY COACHING STYLE

I work with drinkers who are sober curious and interested in taking a break from alcohol and help them to shift their mindset to free themselves from alcohol's control and in doing so massively improve mental and physical well-being. I 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

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



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WHAT HAPPENS WHEN YOU STOP DRINKING ALCOHOL?

Going alcohol-free leads to so many changes for the good. These include:

HEALTH - 'I haven't felt as fit as I do today since my 20s. After JUST nine months of being alcohol-free, I was called in for my five-year NHS Health Check. The results showed that I had lost three stone in weight; my blood pressure was 115/80; my cholesterol was 3.49; and my overall risk of cardiovascular disease in the next 10 years was 5.1%.'

FITNESS - 'I would now consider myself fit. I started walking daily at the beginning of the journey and six months in created the 9KM BY 9AM Challenge. Each day, I walk at least 9km before 9am - whatever the weather!

SLEEP - 'I need six and a half to seven hours per night. I'm wide awake after that. Since stopping drinking alcohol, I'm normally fast asleep between 10.15pm and 4.45am. The early morning feeling is one of the best feelings I have ever had: the feeling of being ready for the day, excited to get out of bed. Now, well into the second year of no alcohol, it is still my favourite time of the day. It's a time when I can get things done.'

ANXIETY FREE - 'Anxiety for me is pretty much a thing of the past. Alcohol took me away from the present and to the world of fretting about the future or worrying over things that had already happened. I trained myself to clear my mind of past or future thoughts and just think of what is now through meditation and mindfulness.'

CONTROL - 'I am in control. I am the master of my destiny. Old me had become way too influenced by alcohol. It had crept into almost everything I did. It was like an invisible hand, helping me make decisions. I deluded myself for years that I was in control. At its core, alcohol-free living means that I am the sole decision-maker. It is me who decides how I spend my one 'wild and precious life'.

RELATIONSHIPS - 'My friends say I am more myself, more confident and more authentic; more caring about myself and my personal health.'

DISCOVER THE SECRET TO ALCOHOL-FREE LIVING

"In the 36 years that I drank alcohol I had 1,000s of day ones - days in which I planned to stop drinking, but never did. I knew this time I would be successful because I truly believed I could do it. I spent the first year finding my purpose and in doing so I started to transform my mind and my body."

"On my journey I discovered the secret to alcohol-free living, which I am now sharing with you. I did this through looking at my many limiting beliefs. I calmed my mind through meditation and mindfulness practice. I changed my story and that changed my life."

"One of the most important, if not THE most important thing anyone who drinks can learn is this: believing you can never stop drinking is just a belief. That's all it is. A false and limiting belief. And like all beliefs, they can be learned and unlearned. I will show you how to do it."

"If you want to lose weight, sleep through the night, reduce anxiety, improve your general well-being and fitness, feel happy, get clarity of purpose, find your true potential and discover who you are, then this course is for you."

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CONTACT

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Subscribe to our Newsletter <https://www.9kmby9am.com/latest-news/newsletter/>

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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Facebook <https://www.facebook.com/9kmby9am> & <https://www.facebook.com/WALKINGBACKTOHAPPINESS>

TikTok <https://www.tiktok.com/@9kmby9am>

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

