

THE NLP BREAKTHROUGH HOUR

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LIFE COACHING | HYPNOTHERAPY | NLP



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NLP COACHING & TRAINING

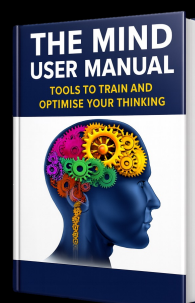
VISUALISE YOUR FUTURE | ANCHOR POSITIVE STATE | SMASH LIMITING BELIEFS

A fast paced, experiential NLP session using proven NLP tools designed to help you and your team visualise a compelling future, anchor peak state on cue, smash limiting beliefs and align their core parts - so change becomes immediate and tangible.

WHAT IS NLP?

NLP (Neuro-Linguistic Programming) is like a practical toolkit for upgrading how you think, communicate and act. It looks at how your mind runs patterns (neuro), how language shapes those patterns (linguistic), and how to re-programme unhelpful habits into ones that serve your goals (programming). In short, NLP helps you shift state, update beliefs and choose better behaviours—fast.

We're all born with a supercomputer for a brain, but it doesn't arrive with a user manual—until now. NLP is often called the user manual for your mind: a set of tools to train and optimise your thinking, manage your state on cue, and communicate with clarity under pressure.



CHANGE CAN BE INSTANT

Think of your mind like a phone you've used for years: it's full of apps—some brilliant, some buggy. An old app that slows everything down can be uninstalled in seconds; it's simply gone. Many limiting beliefs work the same way. With NLP, you can “uninstall” what holds you back and install something better.

In the NLP Breakthrough Hour you experience that reset in real time—one thought away from a totally different experience, one thought away from “as good as new.”

UNDERSTANDING OUR THOUGHTS

Think of thoughts and memories like recipes: each one is built from ingredients—images, sounds and feelings. Every experience enters the mind through one (or more) of the five senses—sight, sound, taste, smell, touch—so all our memories are “coded” in these sensory modalities.

Within each modality are the finer details—the sub-modalities—such as brightness, colour, size, distance or shape for pictures; volume, tone and tempo for sounds; and location, temperature or texture for feelings. Change these details and the experience changes.

Just like baking: if you're making a chocolate cake and remove the chocolate, you've only got cake; remove the sugar or flour and you don't have a cake at all. Thoughts work the same way. When you adjust the “ingredients” (e.g., dim the picture, move it farther away, lower the volume of an inner voice, soften a sensation), you change how you feel about it. NLP gives you practical tools to edit that recipe—so you can influence your state, update beliefs and choose more helpful responses on cue.



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GHR
General Hypnotherapy Register
Registered Practitioner

NIGEL JONES

PROFESSIONAL MEMBER OF THE ASSOCIATION OF NEURO LINGUISTIC
PROGRAMMING & REGISTERED HYPNOTHERAPIST

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THE WORKSHOPS

Our NLP workshops are bespoke—designed around your goals and built from a suite of proven modules to fit your context. Through these workshops you'll experience change in real time—something you can see, feel, and act on immediately.

You'll learn practical NLP skills you can apply at work and in daily life. These exercises show your mind and body the proof you need to unlock the resources already within you. We'll pick and choose the workshops based on your priorities and your team's needs. Here are a few...

WORKSHOP 1 – TIME TRAVEL

We all carry a mental timeline—future out in front, past behind. In NLP we use that map to “travel”: you can step into the future to create a new memory, or revisit the past to reframe one. When you vividly imagine your best future—confident, calm, happy—your brain encodes it like a real experience, giving your unconscious a clear route to follow.

This is powerful for anticipatory worry. Anxiety is often fear of something that hasn't happened yet; by rehearsing a successful version in advance and bringing those feelings back with you, you replace uncertainty with a sense of “already done.” The exercise proves what NLP holds to be true: the resources you need are already within you—you simply access and organise them.



BENEFITS

- Create a compelling “memory of the future” that guides daily action.
- Reduce anticipatory anxiety by rehearsing success ahead of time.
- Expand what you believe is possible and strengthen self-belief.
- Retrieve inner capabilities (focus, calm, confidence) on cue.
- Leave with clear first steps aligned to your future self.



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WORKSHOP 2 – ANCHORING & THE CIRCLE OF EXCELLENCE

Anchoring is the NLP principle that everyday sensory cues—like a song, a scent (perfume or roast dinner), a flag or a familiar face—can trigger specific emotional states.

In the Circle of Excellence, you'll learn to set and control your own anchors (e.g., a simple finger squeeze) so you can access confidence, courage or calm on command.

We all have anchors. This workshop is about collecting the best parts of you and anchoring them in one place. In NLP we say people already have the resources they need; the Circle of Excellence lets you gather them—confidence, calm, joy, focus, even favourite music or people you love—and store them like energy in a circle, then link them to your chosen physical cue.



Each time you step into your circle, your mind and body automatically recall those feelings. It gives you choice under pressure: instead of being stuck in old patterns, you can literally step into confidence (or courage, or calm) whenever you need it.

BENEFITS

- Access confidence, calm, focus or courage on cue—anytime, anywhere.
- Interrupt anxiety by replacing unhelpful triggers with resourceful anchors.
- Perform better under pressure (presentations, sales calls, high-stakes moments).
- Build a reliable pre-performance routine that strengthens with repetition.
- Private, portable technique—no equipment, quick to use.
- Option to create shared team anchors for collective focus and energy.

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WORKSHOP 3 - SMASHING LIMITING BELIEFS

We're all born with no beliefs—every belief we hold was learned. That's the good news: if it was learned, it can be unlearned or rewritten. Beliefs are simply assumptions we treat as true. In this workshop you become the puppeteer of your own story—choosing which beliefs run your life and which ones you retire.

THE TABLE TOP TOOL

First, we surface the patterns: you'll list the limiting beliefs that get in the way (e.g., "I'm not enough," "I can't do that," "I'm an imposter," "I never finish things"). Then we use the Table Top Tool to dismantle them—identifying the "legs" (old evidence, rules, labels) that prop the belief up, testing each one, and kicking them away until the table top collapses. Next, we design replacement beliefs that serve you—clear, energising statements like "Everything is possible," "I can figure this out," "I am more than enough."

SMASH THROUGH

Finally, you'll write your biggest limiting belief on a board and break it—safely and deliberately—so your body sends undeniable proof to your unconscious: that belief is broken. You'll keep the broken board as a powerful reminder and install the new belief with anchoring and future-pace rehearsal, so it sticks in real life.

Beliefs create a self-fulfilling prophecy. By changing them, you change how you show up, what you try, and the results you get. This session makes that shift immediate, tangible and repeatable.

BENEFITS

- Replace a core limiting belief with an empowering, evidence-backed belief.
- Reduce imposter feelings and build authentic confidence under pressure.
- Break unhelpful patterns (hesitation, perfectionism) / take decisive action.
- Learn the Table Top Tool to dismantle future beliefs—portable and repeatable.
- Create a physical anchor (broken board) - reminds you you've broken through.
- Strengthen team language around growth, accountability and possibility.
- Leave with a simple daily reinforcement plan.



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WORKSHOP 4 – PARTS THERAPY – WARRIOR, LOVER, MAGICIAN, SOVEREIGN

In Parts Therapy we treat you as a team, not a single voice. The Warrior, Lover, Magician and Sovereign are inner archetypes—useful metaphors for patterns you can access on cue. Sometimes the wrong part is running the show (e.g., Warrior at full tilt, Magician missing); this session helps you activate all the parts and put the right one in charge for the moment you're in.

First, you'll find each part—where it lives in the body, its colour, feel and sound—then let it speak: “All you need to focus on is...” / “All you need to remember is...”. Next, we run the dialogue: Lover softens Warrior. Warrior protects Lover. Magician finds the lever. Sovereign decides what serves the whole. As these parts align, your identity shifts—you stop being the problem and become the leader of the team inside.

THE ARCHETYPES

WARRIOR — Assertiveness, courage, protection, the “no more” energy that breaks through and doesn't give up.

LOVER — Connection, care, gratitude, passion, appreciation of beauty and creativity.

MAGICIAN — Wisdom, insight, transformation; knows where the breakthrough is and how to create it—often in an instant.

SOVEREIGN — Calm, wise leadership, responsibility; a benevolent ruler who serves the whole and makes balanced decisions.

WHAT YOU'LL DO

Map your parts and identify which one is currently driving key situations.

Practice the parts dialogue to balance power (Warrior), care (Lover), insight (Magician) and leadership (Sovereign).

Create simple cues/anchors to call up the right part on demand and integrate them into daily decisions.

BENEFITS

- Rapid state shifts: summon courage, compassion, creativity or calm on cue.
- Better decisions under pressure by balancing action with insight and care.
- Reduced burnout and conflict from an overactive single part.
- Clear inner leadership: feel centred, resourced and in charge of your choices.
- A shared language for teams to navigate roles, communication and collaboration.



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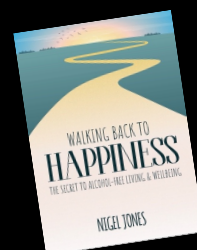
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Hyp.Dip GQHP GHR Reg

Nigel Jones is the founder of health & wellness channel 9KM BY 9AM and author of the best-selling habit change book "WALKING BACK TO HAPPINESS - THE SECRET TO ALCOHOL-FREE LIVING & WELL-BEING."

As a leading hypnotherapist and NLP Practitioner, trained by some of the best in the business, he specialises in helping clients overcome obstacles and move forward.

Whatever you're facing—stress, anxiety, habits, fears, or something unique to you - he has the tools and expertise to help you break free and create lasting change.



COACHING APPROACH: SHIFT, TRANSFORM, THRIVE

NLP: The User Manual for Your Mind

Your brain is the most powerful "computer" on the planet—but it didn't come with an instruction manual. That's where NLP (Neuro-Linguistic Programming) comes in. NLP gives you the tools to understand and reprogram the way your mind works, helping you overcome challenges and build lasting confidence.

Hypnotherapy: Rewriting Your Life's Code

Through hypnotherapy, I'll help you access this hidden part of your mind, allowing you to change the programs that drive your behaviour. In a relaxed, hypnotic state, we work together to replace limiting beliefs and patterns with ones that serve your happiness, health, and success.

PROFESSIONAL LIFE

Nigel has over 35-years' experience in creative marketing roles advising global brands including: P&G; adidas; Mars; Motorola; Kellogg's; Bausch & Lomb; and PepsiCo. He has held senior positions with the world's largest advertising and public relations agencies, including: Saatchi & Saatchi; Edelman; and WPP. In 2000, he founded the boutique marketing and sales agency The Purple Tangerine Limited, now in its 25th year.

PROFESSIONAL BODIES

Professional Member of the Association of NLP
Member of the General Hypnotherapy Register
Lead Champion of Alcohol Change UK
Fellow of the Royal Society of the Arts.

9KM BY 9AM

In 2020, after too many years of wanting to be healthy and fit and mindful and present, I decided that I was going to change my story... and that changed my life. I changed my diet... I stopped drinking alcohol, I stopped eating meat, I made healthier choices and I started walking every day.

My body clock naturally switched to waking up at 0500, because I was now so full of energy. I started walking 15,000 steps each morning before breakfast. This worked out at roughly 9km before 9 o'clock and hence 9KM BY 9AM was born. Over the first two years of 9KM BY 9AM I walked 9km every day before 9 o'clock. Clocking up over 7,000km. The equivalent of over 160 marathons. I saw over 700 sunrises and forest bathed 300+ times - and all before breakfast!

QUALIFICATIONS

NLP Practitioner, ANLP accredited.
Diploma in Hypnotherapy Practice (Hyp.Dip).
General Qualification in Hypnotherapy Practice (GQHP).
Certified Life Coach, ICF-accredited program.
Sober Coach
Graduate of the London School of Economics.



WEBSITE



BUY MY BOOK

CONTACT:

Nigel Jones - nigel@9kmby9am.com
+44 (0)7980 213 122
www.9kmby9am.com

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