



UNLOCK YOUR POTENTIAL, PASSION & PURPOSE

CHANGE YOUR STORY
CHANGE YOUR LIFE

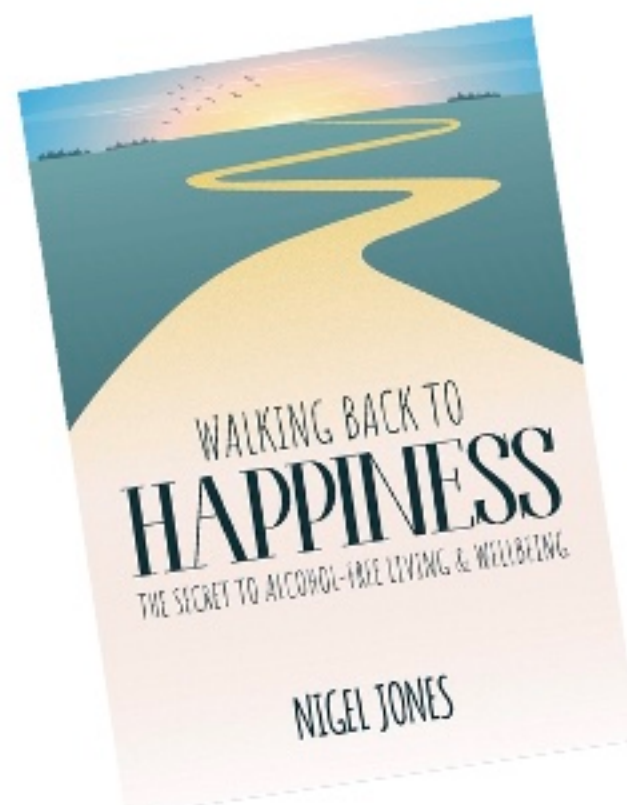
NIGEL JONES

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, I specialise in helping clients overcome obstacles and move forward. *It's not a question of whether I can help you—it's about how we can work together to solve your problem.*

Whatever you're facing—stress, anxiety, habits, fears, or something unique to you—I have the tools and expertise to help you break free and create lasting change. Let's make that transformation happen.



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!

FOCUS - AREAS OF EXPERTSE

Everyone has a different reason for seeking therapy and seeing a life coach - I help clients deal with issues such as: Anxiety, Habit Change, Motivation, Self-Development, Limiting Beliefs, Imposter Syndrome, Catastrophising, Self-doubt, Perfectionism, Victim Mentality, Procrastination, Comparing Yourself, Negative Self-talk, Pessimism, Over Generalisation, Rumination, Fear of Change and FOMO.

Helping move them towards: Mindfulness, Optimism, Self-Awareness, Open Mindedness, Self-Discipline, Self-belief, Purpose Driven, Consistency, Goal Orientation, Resilience, Gratitude and Compassion.

APPROACH: SHIFT, TRANSFORM, THRIVE

Ready to replace fear and anxiety with happiness and bliss? I help you unlock the best version of yourself through the transformative power of NLP and hypnotherapy.

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.

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.

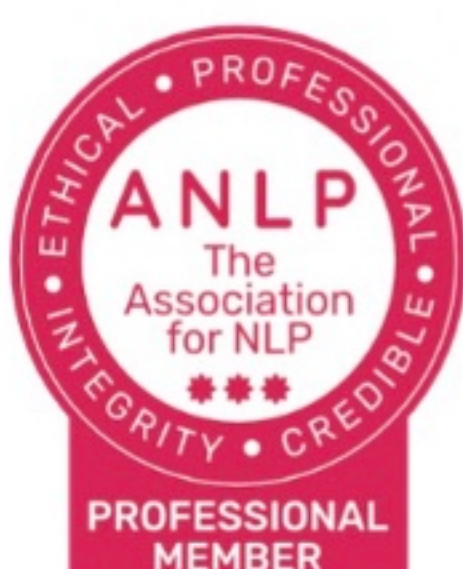
PROFESSIONAL LIFE

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
Supporter of The Sober Code
Fellow of the Royal Society of the Arts.



CONTACT:

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