themindfulentrepreneur.co.uk

Introduction to Services offered by The Mindful Entrepreneur

My name is Stuart Hillston.

I am trained as a Mindfulness Teacher, Hypnotherapist, Exec & Team Coach, Supervisor, and Counsellor/Psychotherapist.

I am insured to provide services face-to-face in the UK and online.

My background is entrepreneurial – 20 years in software, and building companies, a small number of which went as far as an exit.

I spent eight years as a professional investor, and four years as a financial advisor, Since 2015 I have been offering personal services in line with my training as described above.

I generally work with businesspeople, managers, leaders, and entrepreneurs at every stage of their journey. I also work with the people they employ.

Much of my work is in the form of one-on-one sessions, however, I regularly run workshops and training sessions on a wide range of topics relevant to high-growth companies, such as Management, Leadership, Sales, Presentation Skills, and Story Telling.

I am passionate about good Mental Health practices in the workplace and in particular the Psychology of Entrepreneurship.

The Mindful Entrepreneur® is my business offering my services. I do sometimes work with other coaches and counsellors, especially when working on Team Coaching in companies.

You have most likely received this document because we have discussed working together, or you have been looking at my website. This document is often accompanied by two others – one is my Terms of Service, and the other is the New Client Record.

The Terms document explains how I work. If you book a session, I will assume you have read and understood this document, and that by attending you have accepted it – especially your part in us working together. You do not need to sign it. I would draw your attention to the payment, cancellation, and session length – all of which are normal but often overlooked.

The New Client Record is a requirement of my Professional Body – The National Counselling Society for Counselling/Psychotherapy; The European Mentoring & Coaching Council for Coaching/Team Coaching. Please complete the New Client Record, or, if you wish, simply email me the answers without filling in the form – either is acceptable.

I generally recommend that we have an initial block of four, weekly, sessions to get to know how we work together. After that, it is something we will discuss. You can of course decide for yourself. I will send a Zoom invite for our sessions. Then 24 hours beforehand, a reminder with an invoice to be paid by the start of the session, please.

I look forward to working with you.

Stuart