



Negative self-limiting thoughts and beliefs affect our behaviour. They cause us to experience increased levels of stress and anxiety. Many young people experience this when preparing for and sitting exams.

My unique five step AMETS approach (Adaptive Mindset Examination Techniques and Strategies) uses proven techniques from Neuro Linguistic Programming (NLP) and clinical hypnotherapy to change negative self-limiting thoughts and beliefs. By doing this exam stress and anxiety can be reduced to comfortable levels.

Anchor a sense of safety, calmness and confidence

1

Take the emotional charge out of poor past experiences

2

Release negative emotions and feelings

3

Activate and control a peak question response state

4

Imagine, see and believe in future success

5