

**Company Contact Name:**

Blend Associates Ltd

Contact Details:

info@ltdblend.com

LinkedIn Profile:

linkedin.com/in/togethertherapy

Geographical Base:

England, UK

PROFILE:

Steve runs his own psychotherapy practice, Together Therapy and has helped hundreds of clients with issues as diverse as phobias, career stagnation, anxiety, trauma and depression. He is also a Hypnotherapist, having trained at the National College for Hypnosis and Psychotherapy (NCHP). He is a qualified supervisor and trainer who has run workshops to businesses on relief from anxiety, teamwork and public speaking. Steve is currently redesigning and updating the NCHP's advanced training stages, incorporating a blended approach of online and face to face teaching. He is a member of their Academic Board and an assessor. He can offer coaching that uses the Personal Consultancy Integration Model to work at the most effective level, utilising his experience and knowledge of working at psychological depth. This means that the client can achieve their goals in a way that is transformative and rooted.

COACHING, MENTORING & FACILITATION EXPERIENCE:**COACHING:**

National College of Hypnosis and Psychotherapy (2019-present)

Facilitating training to student psychotherapists on all main psychotherapeutic schools, (Solution Focused, Gestalt, CBT etc.)

Together Therapy (2010-present)

Helping clients to achieve their goals or overcome debilitating issues.

FACILITATION:

Worked as leader, coach, mentor and trainer within the Halifax Bank. Facilitates workshops for psychotherapists on various topics and has run training workshops for the public on issues such as weight loss and anxiety. Runs group and individual supervision for psychotherapists and coaches

KEY SKILLS:

- Improving wellbeing through effective psychotherapy/coaching
- Coaching professionals to become more effective and more congruent in their roles.
- Identifying barriers to achieving performance goals and alleviating them through insight and use of effective tools.
- Helping clients to learn from, reframe and utilise areas of perceived psychological weakness to turn them into strengths.
- Enhancing belief in goals through powerful visualisation techniques as a qualified Hypnotherapist

PROFESSIONAL QUALIFICATIONS AND TRAINING:

- 2023 Working with Coaching BACP
- 2022 Integrating coaching into your counselling practice
- 2022 The Power of Story Telling
- 2022 Senior Practitioner in Coaching (EMCC)
- 2022 Senior Practitioner Supervisor (EMCC)
- 2020 Clinical Supervisor (NCHP)
- 2010 Advanced Diploma in Hypno-Psychotherapy, (NCHP)
- 2005 Advanced Diploma in Financial Planning, Taxation and Trusts
- 2000 Diploma in Management Studies, OU

PROFESSIONAL MEMBERSHIP:

- European Mentoring and Coaching Council (EMCC)
- UK Council for Psychotherapy (UKCP)
- British Association for Counselling and Psychotherapy (BACP)
- Complementary and Natural Healthcare Council (CNHC)

CAREER BACKGROUND:

Steve began his career with the Halifax Building Society as a cashier. He went on to run a number of branches before moving on to Area and then Regional Manager. His career saw him lead teams within the banking, Financial Advice, Estate Agency and Training arms of the Bank. After a life-changing event, Steve left the Bank to become a Psychotherapist and runs a thriving practice. He is also engaged with training the next generation of psychotherapists and coaches as a member of the National College of Hypnosis and Psychotherapy.

Steve has now brought together his business background and his deep psychological knowledge to coach leaders to overcome obstacles and achieve their goals in a genuinely life-changing way.

RECENT TESTIMONIALS:

"I went to Steve in a state of panic and confusion, I used to stare into nothing for a period and I was visualising being on Beachy Head. At work the guys were leaving one by one. I was seeing the business I started 7 years prior, like a monster taking over every aspect of my life, making it miserable.

My private and business life is fully changed in the last 7 months. I have a totally new team of people that are doing their job efficiently, they aren't complaining and are enjoying working for my company. We created many new products. We promoted my junior head designer to Head designer and wow she really embraces the opportunity, now she is my right-hand man, she can run the business in my absence. We've grown so much that we took the lease of a new industrial unit 3 times the size we are now.

Personally, I have joined the gym and feel much better physically and mentally. I recently had my 40th birthday and Steve helped me realise how to have a birthday that I really liked and not one to please everyone else." **Daniel, Business Owner, 2022**

Steve is great at what he does. He has listened to any concerns I have about achieving my goal and figured out logical steps of what is needed to hit my targets. Every session I came out full of motivation and knowing what I needed to do in between sessions to keep me accountable and on track! Thank you! **Adam, Web designer, 2022**