

## Media Bio For STUART ELLIOTT Founder Double C Coaching



Stuart is a certified Ericksonian Conversational Hypnotherapist, John Grinder trained Classic/New code NLP practitioner and certified member of the IAPCH (International Association of Practicing Conversational Hypnotists).

He is the author of "Winning The Stress Game: 'My Little Lifesavers' - 101 Stress Relieving & Life Enhancing Thoughts", contributing author of the Change Series 10 and busy writing two more titles, one on communication, the other on confidence.

He has lived on three continents, travelled extensively in Africa and is in demand to use his conversational hypnosis skills and vast life knowledge to help people transform their lives from ordinary to extraordinary.

One of his favourite sayings is: "We always make the right choices at the right time because there are no wrong choices in life."

If you are ready to rev up your life from ordinary to extraordinary... want to ooze fresh new confidence... want to fill your life with purpose & passion... or simply uncover the elusive 'more' that you know is so close... and you think you qualify to benefit from Stuart's accumulated skills and wisdom then head to [www.doubleccoaching.com](http://www.doubleccoaching.com) right now.

And, for fresh [Confidence Building Tips](#) be sure to subscribe to his weekly show Confidence Bites on iTunes and YouTube

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## Interview Questions

1. What do you mean by inner resources?
2. Is it easy for a person to become more confident?
3. What do people get from working with you?
4. What is your biggest life lesson?
5. Will you share an amusing life story with us?
6. How do people 'talk themselves' out of being successful?
7. What is the remedy to question N° 6?
8. How do you help people?
9. Are you able to help everyone - why/why not?
10. What do you mean by your statement "There are no wrong choices in life?"
11. Do you think people should have any regrets in life?
12. What is the most meaningful insight you can share with us today?
13. How can a shy person start to become more confident?
14. What does 'conversational hypnosis' mean?
15. Isn't hypnosis just a gimmick at best or a way of controlling someone as in stage shows?
16. Why is it necessary to have a goal or dream in life?



## Approved Headshot



# Double C Services

**Ralph Lauren once said: “I don’t design clothes,  
I design dreams!” ...**

## My Goal Is To Help You Live Your Dreams

Hi there,

I’d like to welcome you to the ‘world’ of Double C Coaching where we help ‘ordinary people’ live extraordinary lives. My name is Stuart Elliott, I’m the Company founder and grateful that you have graciously allowed me the opportunity to have this conversation with you.

It is my sincere hope that you are able to use your inner resources and resilience to live an extraordinary life. It doesn’t matter where you are in life right now either, we all have extraordinary potential. Some may be more ready than others but we all can live the life we choose.

When the time is right for you, you will be able to **live an extraordinary life that is filled with passion, excitement and purpose**. You may choose to get a little help along the way, either to find your dream or to help you on your journey toward your dream.

When you choose Double C Coaching to help you get there I will make it my mission to assist you every step of the way.

## Background

Now, I’ve had a lot of experiences in life and discovered that it is not the experience that is important per-se but how we, as individuals, react to it and learn the lessons presented to us.

I was born in the UK and have lived on three continents: Europe, Africa and Asia.



I arrived on each continent with little more than my inner resources and a firm belief that I can do anything I really want to. And, no matter the challenges I have faced I have always done so. About thirty years ago I moved to South Africa where I lived for 18 years before moving to China and have lived here for the past 13 years.

A common theme of the many conversations I've had with people I've met along the way is: **'There has to more to my life than this...** If I could only find out what it was.'

Perhaps you've had similar thoughts from time to time.

It can be frustrating, to say the least, to feel that somehow one's life is empty, that a big part of it is missing. I've been there and worse places, believe me, and that is why I have chosen to put myself here for you.

I've learned so much from life, about the vast inner resources we all carry (albeit, often hidden from plain sight) and chosen to augment these skills with more formal, certification training in Ericksonian Conversational Hypnotherapy and Classic & New Code NLP with one of the founders of NLP - John Grinder.

And, to serve you even better, I am currently mid-way through a demanding two year conversational hypnotherapy course. It is rather like studying an MBA but well worth it because it means I am better able to help you.

## Mentors

One of the biggest spurs, or unsung mentors in my life was an old man I met in a pub back in the UK. I was about 18 and had just returned from a two week holiday in Morocco with my girlfriend. As we went to the bar to order some drinks an old man who was sitting there turned to me... He must have been about seventy and I'll never forget the words he said.

He turned and looked me in the eye with a steady gaze then said:

*"Eeeee, lad you're looking very brown. Where's tha' been?"*

When I replied that I'd just returned from Morocco he gazed at me wistfully for a long while before answering:

*"Morocco?... Ah wish ah could've gone there when I were younger..."*



He said it with such sadness that I vowed never to be looking back on my life with regret in my old age.

And this incident reminds me of the message a nurse in Australia received when she was surveying some of her patients. She worked with the terminally ill and asked them what was the biggest regret in their life.

**90% or more said without hesitation:** *“Always living someone else's life - not my own!”*

Now, I'd hate to bump into you at the proverbial 'pearly gates' and hear you lament upon all the things you wished you'd have done in your life. **I much rather hear you say with excitement** “I've had such a great life... I've done this, done that, been to so many places, helped so many people and had a great time doing so!”

That's why I started Double C Coaching and have dedicated myself to helping people just like you live a great life... I want you to enjoy every moment of your life so that, when the time comes, **you can look back on what you've achieved with pride** and a deep joy.

## Services

Perhaps you are experiencing a little doubt about your life right now, maybe you have found yourself looking for that elusive 'more'... and, no matter how hard you try, it always seems to evade you.

It could be that you know what you want to achieve but don't have the confidence to go out and get it. Or there could be another 'excuse' waiting in the wings, like time, or money, or thinking nobody believes in you...

Just like Jo, a young woman in China whom I helped to carve out her own life from the restrictive traditions prevalent over here.

She had just left university at 24 and was eager to find her career and make her life. However her parents and family were adamant that she should find a boyfriend, get married and produce a child before she was much over 27.

She really was at a total loss: facing the pressure from her family and the prospect of becoming a 'slave to the system'.



With my help she managed to understand her parents' concerns, learn to communicate her desires in a respectful way and get her parents 'on her side'. The arguing and bitterness at home stopped.

Jo now had support and was able to start out on her career path, find a home and a new circle of friends in a city just over an hour's flight away.

After six months of living in the new city, Guanzhou, her mother came to visit. She saw how happy and settled Jo was and promptly told her how proud she was of her daughter...

Jo was over the moon, she had started her own life, loved her parents, had their full support and was now told how proud she made her mother feel. **What a compliment!**

## You Can Enjoy The Same Success

That's my speciality and goal, to **help you live your extraordinary life...** that's what my calling is. I want to help you dig in deep and discover the wondrous resources you carry around within. Resources that once activated will help **you achieve truly remarkable things and experience freedom, joy and utter happiness** as you follow your dreams.

There are, however, some ancillary services that I offer too. Things like stopping smoking, stress relief and getting adequate sleep can be real challenges for some...

Now, each of these these can be dealt with on their own for a quick boost or incorporated into a part of a tailor made package that is more complete in it's results.

- Bespoke - you get to design your life
- Confidence Building
- Stop Smoking
- Stress Relief

## Other services you might be interested in are:

- High Performance Achievement
- Masterminds
- Group Hypnotic Journeys
- Motivational Talks
- Workshops/Retreats
- Home Study Courses



## Contact Details

Please feel free to visit [www.doubleccoaching.com](http://www.doubleccoaching.com) for more information or contact me directly at [stuart@doubleccoaching.com](mailto:stuart@doubleccoaching.com) or Sype me: on stuart\_e8176

I look forward to speaking with you.

All the best,

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***"Success is Something You Attract Through the Person you Become" - Jim Rohn***

**PS**

**Feel free to share this document with anyone you feel might benefit - Many Thanks!**

