



**The Power of Pause**

**Helen Dos Santos**  
**NLP Master**  
**Wellbeing & Resilience Life Coach**

**HORIZONS** Coaching  
Manage your mind - Manage your future



# Introduction

## **Background :**

- Public & Private sector, Local, National & International organisations
- Change Management, Project Management, Systems  
Process Engineering skills
- Managed 85 staff

## **Coaching Experience:**

- 7 years working with young people through to Executives
- Addressed Psychiatrists at North Staffs Combined Healthcare
- Supporting ex-military personnel suffering with PTSD
- Worked with local celebrities
- Volunteer Mentor for Chamber of Commerce
- Birmingham City Council, Steelite International, University of Liverpool

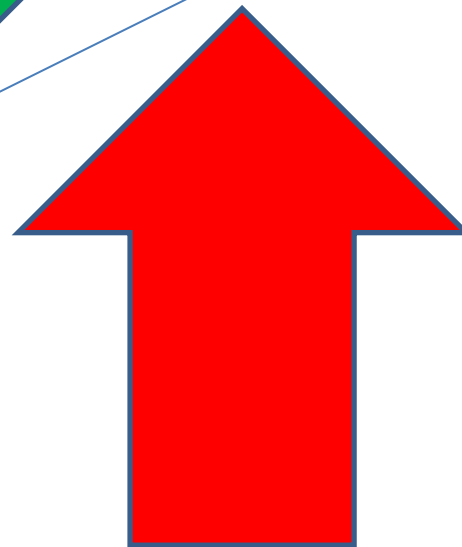
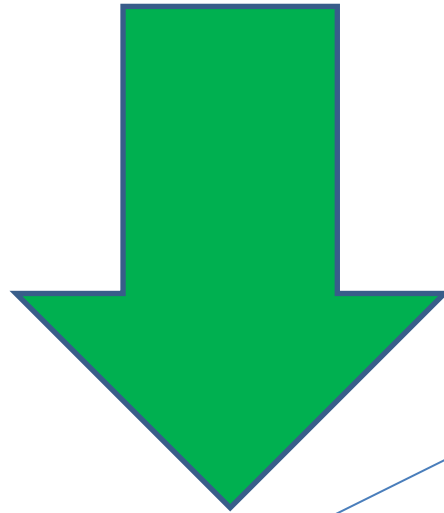
# Why press pause

- Increased focus
- Reduces stress
- Maintains our concentration
- Improves energy levels
- Greater efficiency



# Stress related health problems

Productivity  
Attention  
Focus  
Cognitive Skills



Stress  
Anxiety  
Depression  
Sleep deprivation  
Obsessive behaviours

# Important Numbers

- 7 number of deadly sins, but also worlds lucky number
- 57 million anti-depressants prescribed in UK per year
- 4,000 number of weeks in the average UK lifespan
- One-seventh – the fraction of your life spent on Mondays
- #1 – Someone you should really look after.

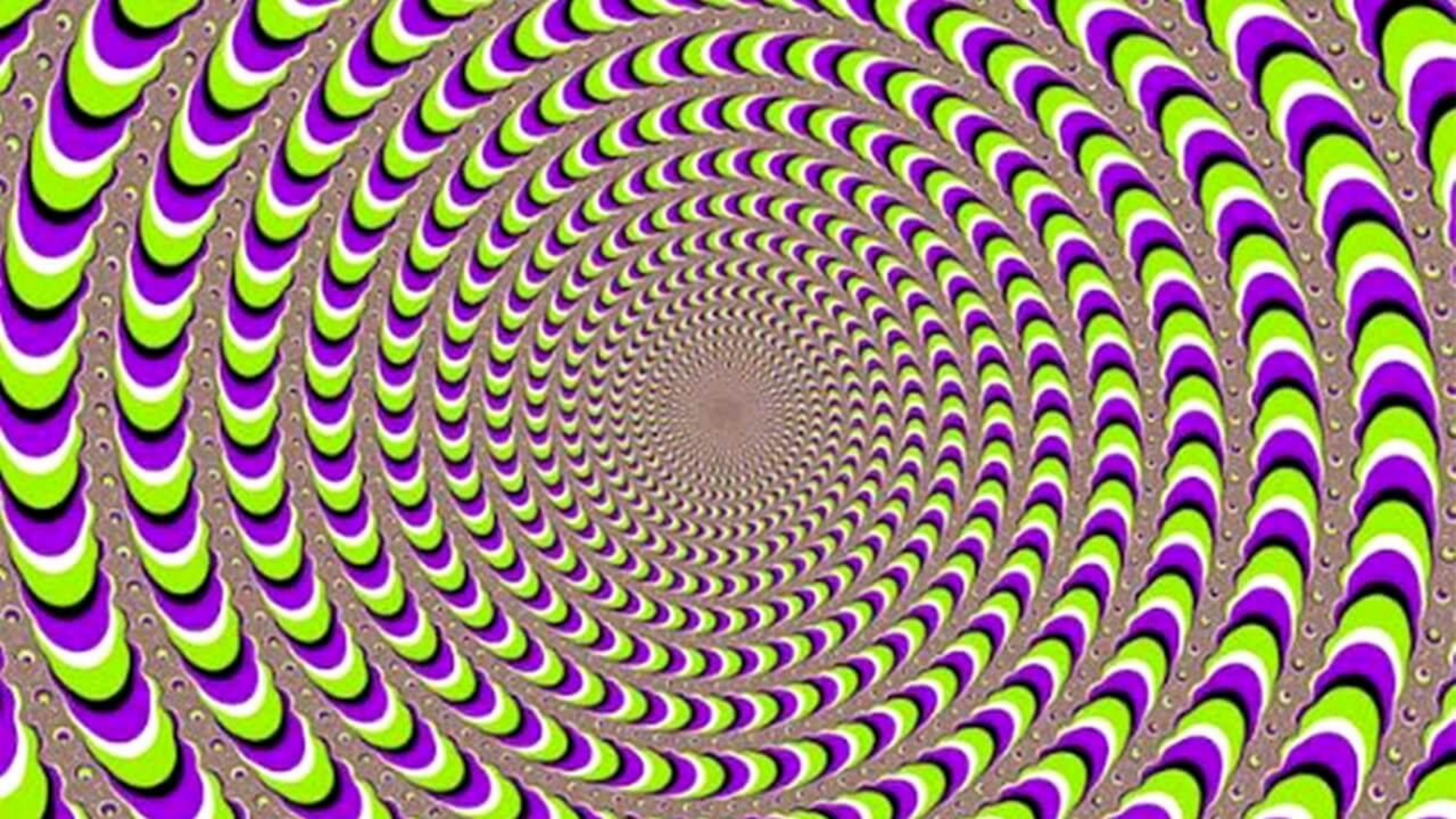


# The pwoer of yuor mnid

Aoccdring to a sudty at  
Cmabrigde Uinervtisy, you are  
stlil albe to raed tihs, no mttær  
waht oredr the ltteers are in.  
The ipromoatnt tihng is that the  
frist and lsat ltteers are in the  
rghit plcae.

You can raed tihs bcesuae the  
pweor of yuor mnid is aamnzig.  
The hmuan brian deos not raed  
ervey ltteer by istelf, but the  
wrod as a wlohe, and yuo're  
diong this coempeltyly whtiuot  
tnhkling?







# Information overload





# How many varieties of Heinz Tomato Sauce





# Have a mental clear out

- Don't play small
- Be awesome – not perfect
- Stop living on auto-pilot
- Are you your own worst critic?



**HAVE A BATMAN MOMENT.**

**To be continued.....**







# Be our own Movie Director



Choose to say NO sometimes



# Create good choices

- Start with the end in mind
- Maintain your focus
- Don't rush to make decisions
- Understand your options
- Take action as appropriate









**Helen Dos Santos**

**07730 920010**

**[helen@horizonscoaching.co.uk](mailto:helen@horizonscoaching.co.uk)**

**HORIZONS** Coaching

Manage your mind - Manage your future