



John Prendergast

MCHPA (HyPsych), EMDR I & II

John Prendergast is a Success Coach and Psycho-Trauma/Anxiety Therapist, specializing in helping therapists connect with those in need. In clinic, he helps people overcome Anxiety and Trauma to lead fuller, happier lives.

During decades of worry and depression, John held back from most aspects of his life. Determined to make up for lost time, he has since trained internationally with leaders in the field of personal change including: Brendon Burchard, Paul McKenna, and Dr Richard Bandler. Now with over 2500 hours of clinical experience, and qualifications in both complementary and evidence-based therapies, he has helped 100s of people from all backgrounds to create the lives they want. He is a licensed Trainer of NLP, an EMDR Institute trained Psycho-Trauma therapist, and a qualified Hypnotherapist.

His personal experiences have driven John to develop systems to make it easy for therapists and coaches to reach the people they are right to help. By trying lots of options and refining those that work best, John went from nearly empty to booked out and with a waiting list. He has designed and delivered Seminars in conjunction with the IINLP, Accomplish Change Clinics, The Dancing Soul Therapy Centre, ICHP-GA as well as independently. He has also crafted in-depth online courses on a range of subjects to further help Therapists and Coaches to build their businesses and connect with more clients. He also regularly travels to Therapy centres and groups to give talks on how simple changes can enable them to reach more people.

He has now trained and coached hundreds of therapists, and his proven systems are ensuring many more people find the help they need. In an age of Recession he has built a successful business in the Wellness sector and focusses much of his energy passing on all the knowledge he has gained.

**Award-winning
Therapist and Coach**

**In-demand Speaker on Business topics,
including: Marketing, Confidence in
Business, PR & public speaking.**

**Sought-after Speaker on Wellness
topics including:
Overcoming blocks, Performance &
Motivation, Utilising Emotion**

**Creator of online courses and training
to help Wellness Practitioners and
Businesses connect with clients**

**Regular Seminars and Workshops
for Professional Bodies and
Associations**

**"Pinpoint training that is clear, valuable,
and easy to follow. The most effective full
day's training I've had in a long time."
*Peter Curry, Therapist***

**Tel: +353 (0)1 44 33 99 3
Email: info@johnfprendergast.com
www.johnfprendergast.com**