

# John Prendergast

*MCHPA (HyPsych), EMDR I & II*

John Prendergast is an Anxiety and Psycho-Trauma Therapist specialising in helping other Therapists get their help to those in 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 gained from tracking and trialling strategies he has used to be booked-out Therapist with a waiting list.

After overcoming decades of Anxiety and Depression, and with a background in global Sales and Marketing, he trained internationally with leaders in the field of personal change including Paul McKenna, Dr. Richard Bandler, Andy Harrington and Brendon Burchard. He brings his considerable expertise to bear teaching Therapists, Coaches and Trainers to achieve their goals, reach more clients and help more people.

He has designed and delivered Seminars in conjunction with the IINLP, Accomplish Change Clinics, The Dancing Soul Therapy Centre, ICHP Graduate Association 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.

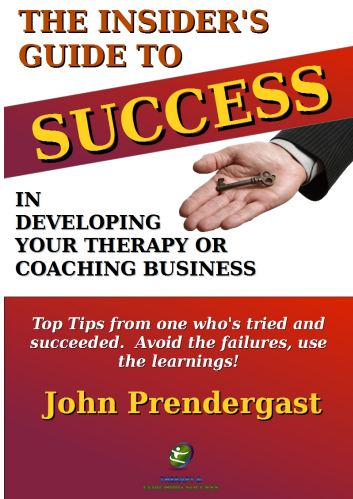
His credentials include: Licensed Trainer of NLP, Business, Marketing and Performance Coach and founder of Therapy and Coaching Success.



Tel: +353 (0)1 44 33 99 3

Email: [info@johnfprendergast.com](mailto:info@johnfprendergast.com)

# Achievements



Author of 'The Insider's Guide to Success', John presents his Top Tips on how to Develop a Therapy, Coaching or training business. He also made this guide available free to download online.



Awarded for Customer Service Excellence by Whatclinic.com, recognising his clinic being in the top 2% of all clinics.



Invited to Speak at the UK's leading Professional Complementary, Natural and Integrative Health Event.

Keynote Speaker and Seminar Leader on subjects including:

- Social Media Strategies
- Creating Video to connect
- Optimising Newspaper Advertising
- Helping and Reaching more People
- How to create your Message
- How to create effective Campaigns



John's online Coaching and Training Programs have reached a Worldwide audience. And his Social Media posts are followed in over 50 countries

**“John Prendergast has a unique set of skills and perspectives coupled with an abundance of enthusiasm and Strategic Direction that will empower you to overcome any challenge or life goal that you may face.”**

**- Brian Colbert  
Co-Founder of the  
Irish Institute of NLP  
& bestselling author of 'The Happiness Habit'**



# Seminars and Online Training



## **THERAPY & COACHING SUCCESS**

Therapy & Coaching Success was founded on Valentine's Day 2014 as John's Brand for Seminars and online coaching, tailored for practitioners within the wellness sector. The training has consistently received great reviews from those who attend or who train online.

**"I can wholeheartedly recommend attending one of John's workshops. He is an entertaining speaker with excellent content. He delivers great value".**

***Ciaran Starrs - Hypno-Psychotherapist***

**"Very helpful and informative in a clear concise manner. Easy to follow and food for thought. Feel more energised and motivated to make changes. 'Change is easier than you think!'"**

***Caroline Cunniffe - Zumba and Fitness Instructor***



**"John is Very professional, personable, and funny. He presented this marketing material in a very practical way, sharing very generously from his own training and trial and error experience".**

***Julie Parmenter - Psychotherapist & Therapy Centre Director***



**"I was overwhelmed with all the possible marketing avenues in social media. John's workshop has given me a step by step plan to now promote my business with confidence".**

***Frances Sweeney - Kinesiologist & Reiki Master/Teacher***

**"Very clear, well organised presentation with an extraordinary quantity of information. Lots of laughs - fabulous sense of humour keeping us all engaged".**

***Niamh Doyle - Yoga Trainer***