



# John Prendergast

## MCHPA (HyPsych), EMDR I & II

John Prendergast is an Award-winning 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. Through testing and refining, 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 also regularly travels to deliver talks to Therapy centres and groups.

His inspirational talks have motivated many to achieve more. An entertaining and energetic speaker, he engages fully with his audience in order to deliver his unique message and training. His well-researched presentations are aimed both at Professionals and Organisations.

In an age of Recession, John has built a successful business in the Wellness sector and focusses much of his energy passing on all the knowledge he has gained.

## Keynote Topics

### Building Sustainable Change

Most change is created in a way that yields temporary results. It's easy to start but harder to keep going. Neuroscience has shown us a lot about how the brain creates and sustains motivation. Systems that create reward on a neural level and which work hand in hand with our minds natural ways of operation can allow us to create long-term sustainable success.

- Why most change falls back into past patterns
- The neuroscience of motivation and continuance
- The systems that are involved in the mind
- The strategies to avoid the pitfalls and use nature to help us

*"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*

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# Keynote Topics

## How to reduce Stress and Optimise Success

Spotting Stress as it grows is not simple. Usually we become aware of stress as it nears breaking point. We feel overwhelmed, pressured, irritable, getting headaches, have poor sleep. Our minds can race, and we achieve less while feeling busier. Understanding the systems of the mind and body around stress can allow us to spot it earlier as it builds and to change that reaction, increasing productivity, allowing us to enjoy life and work more, and increasing health and well-being.

- Spotting stress building
- Understanding the biological systems involved
- Techniques to reduce stress
- Surprise benefits of greater control of your stress

## 5 Steps to Massively increase your Efficiency

Most people are always busy but feel they are not achieving much when they look back on a week, month, or year. Simple strategies used by efficiency experts and highly successful people, show just how we can all improve our productivity while working less hours – letting us get more done and have more time off.

Understanding how modern ways of working deplete neural energy, misdirect concentration and impede good planning and time budgets, gives us huge control over how much more we can get done in less time devoted to the task.

- The pitfalls & the neurology behind them
- Systems that allow us to see and control our time
- Best practice to structure our schedule for success
- Top tips to achieve more, reliably and regularly

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## Psychology of Social Media Marketing

Most social media advice is generic and thus wrong for many types of business. The focus for many people is just the technology. Facebook, Twitter, LinkedIn, YouTube, Pinterest, etc. are all tools to one end – connecting billions of human minds to each other and to information. Social Media is Psychology more than technology. Changing the psychology behind a campaign can change it from failing to returning up to 87 to 1 in some cases.

- Identifying the psychological triggers for your audience
- Creating an approach that helps the customer choose you
- The psychology of connection
- Developing and maintaining effective campaigns

With an extensive experience in a wide range of topics relating to Mental Health, Happiness and Success and Personal and Business Development, John is available to tailor-make a presentation to your needs. Please contact us with your requirements.

## The Journey from Anxiety & Depression to Success, and what we can all learn from it.

Having overcome three and a half decades of anxiety and depression of his own and having helped 100s of sufferers, John has seen many changes in his own life and the lives of others. The parallels are astounding, both in how we all operate as well as how organisations can follow the same patterns of error and sabotage a mind laden with anxiety. His powerful story and insight translates into a series of strategies that show opportunity and support positive change on many levels.

- What we don't notice building, does more harm
- Acceptance of a problem can prolong it
- Common strategies that create the space for change
- Hope and motivation are needed in institutional change as much as personal change