



createyourself

our mission

LIFE ISN'T ABOUT FINDING YOURSELF,
IT'S ABOUT CREATING YOURSELF.

Create Yourself offers direction, support and encouragement to people wanting to make positive changes in their lives. Through life coaching, personal training and image consultancy, Create Yourself encourages you to build your own self confidence and achieve what you want in life: **to Create Yourself.**

IMAGE & PERSONAL BRANDING

Let the world know the real you.

PERSONAL TRAINING

Feel happy and healthy.

LIFE COACHING

Feel focused and inspired.

aboutus

CREATE YOURSELF WAS ESTABLISHED IN 2006 BY MICHAEL STADDON, A CERTIFIED PERSONAL TRAINER, AND LOUISE GILLESPIE SMITH, A FULLY TRAINED IMAGE CONSULTANT AND LIFE COACH, BOTH FROM LONDON.

Create Yourself has a strong on-line presence at:

<http://createyourself.co.uk>.

The team trains in a private fitness studio in London but also works outdoors, or in the client's home. Image consulting is carried out at the client's home, or in their London studio. Life coaching is conducted over the phone or by meeting up in central London.

At Create Yourself, we realise that true life satisfaction and self acceptance come from taking control and directing changes toward your established goals; whether those be betterment of your physical appearance, improvement of your health and fitness, or any other changes you might want in other life areas, such as career

and relationships. This search for empowerment led to the creation of Create Yourself, where our personal realisations, coupled with industry-specific experiences, are used to your advantage, and help you to make a positive difference in your life.

Create Yourself uses a holistic, but direct and results-oriented approach which addresses both inner and outer challenges.

"Total self confidence comes from how you feel on the outside, fitness and appearance-wise, but also from within, from the things you are saying to yourself. Create Yourself offers a holistic approach to tackle all these areas that is individually tailored to meet the clients needs".

Listen to real Create Yourself clients talk about their experiences at: createyourself.co.uk/clients



foundingpartners

03

MICHAEL STADDON
CO-FOUNDER

“What inspires me the most is the challenge to guide people in their effort to improve themselves and their way of life. I am pleased that, as a personal trainer, I can share my experiences and encourage others.”

Michael is a certified personal trainer. He completed his studies in 2006 at the Institute of Personal Training, London, and is now focusing on a Nutrition and Sports Massage qualification.

Michael is passionate about health and fitness and has been involved in coaching runners for many years. He has completed marathons in many different cities around the world.

He is most inspired by guiding real changes in people's health and fitness, and helping them to achieve more than they previously thought possible. He enjoys sharing his experiences as a personal trainer with others, challenging and assisting people in their efforts to improve themselves and their way of life.



t 0845 257 9977 e press.office@createyourself.co.uk w createyourself.co.uk


createyourself

foundingpartners

04

LOUISE GILLESPIE-SMITH
CO-FOUNDER

“I went into life coaching after having my eyes opened to a whole new positive way of looking at life. I want to share it with other people, to help them really go for what they want in their lives.”

With 8 years experience in life style management, Louise trained to be an image consultant with Aston and Hayes London in 2003. This came from a passion for shopping and clothes, along with the desire to really help people make the most of themselves. She is dedicated to using colour and style to show people how to look their best at all times, express who they are to the world and to achieve total self acceptance.

Louise is an affiliate member of the Federation of Image Consultants. In the image consultancy field, Louise realised how much she loves to help people feel great about themselves, and to see their self confidence grow so this led her to become a Life Coach.

She trained with New Insights in 2006, completing a 6 month study course that required coaching 15 people, gaining feedback from them all and finally taking a written exam. She now helps people set inspiring goals for their future, while breaking down and eliminating barriers created throughout life in order to achieve self confidence and true happiness.

Louise writes as a Confidence Coach for the inspirational website More To Life Than Shoes, and is an ambassador for the Girls! Make Your Mark campaign, which inspires young women to follow their dreams.



t 0845 257 9977 e press.office@createyourself.co.uk w createyourself.co.uk


createyourself

ourservices

LONDON BASED IMAGE CONSULTANCY

★ **Image consultation**

Includes education and discussion on personal presentation and corporate perception.

Discounts available for men.

★ **Wardrobe Weed**

A four hour session in which we sort your wardrobe based on your personal needs and body type.

★ **Personal Shopping**

A service for the busy professional.

Image services start from £200 other plans are available.

createyourself.co.uk/image

CREATEYOURSELF ONLINE

★ **Image, Life Coaching and Personal Training Course**

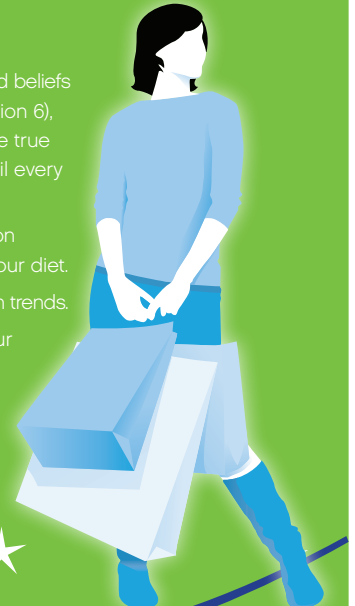
A full programme of 12 sessions over 6 months.

Topics covered include goal setting (session 1), motivation and beliefs (session 3 & 4), your value structure and hidden rules (session 6), projection and communication (session 8) and purpose: the true meaning in life (session 12). Sessions are delivered via email every 2 weeks.

Customised fitness workouts delivered every 2 weeks focus on different muscles groups, cardio fitness, body toning and your diet.

Colour and Style advice based on season and current fashion trends.

The final session is completely reserved for celebrating your new found success!



t 0845 257 9977 e press.office@createyourself.co.uk w createyourself.co.uk



createyourself

ourservices

06

LONDON BASED PERSONAL TRAINING

★ **Personal health and fitness management**

All packages include ongoing assistance with general health and fitness needs beyond the training sessions.

★ **Monthly Training Membership**

A convenient flat monthly charge delivers regular one to one training sessions with packages to suit any budget and/ or fitness levels.

Training starts from £38 per hour based on three 1 hour personal training sessions a week, other plans are available.

★ **Any personal training package automatically includes the following extras at no additional cost:**

- Access to exclusive workout material to help you at home, away or at the gym.
- Access to exclusive diet and nutrition plans to support your body in its new form.
- Access to an on-line Personal Trainer to help you in a pinch.
- Discounted top-up sessions should you wish to add to your plan.

createyourself.co.uk/pt



t 0845 257 9977 e press.office@createyourself.co.uk w createyourself.co.uk


createyourself

ourservices

LIFE COACHING & OTHER SERVICES

★ **Life Coaching**
createyourself.co.uk/coaching

A course of 13 coaching sessions start from £67.50 for advance purchases other plans are also available.

Topics covered include goal setting, beliefs, values, your rules in life, responsibility, projection and purpose.

To support and motivate people to make the changes they want in their lives. To build on self acceptance and self belief. *Carried out over the phone, or in person in London.*

★ **Complimentary Services**
createyourself.co.uk/podcast

Podcast- Create Yourself publishes a new podcast each month discussing different topics based around health and fitness, life coaching and your image.

Create Yourself also offers the following specialist services:

★ **Create Relationships**
createrelationships.co.uk

Specialist relationship coaching for those who purely want to focus on improving their relationships or finding one.

Offered

- Singles monthly group coaching sessions
- One on one coaching sessions

★ **Create Radio**
createradio.net

Create Radio is a non-profit, volunteer based radio station. We seek to educate, inspire, and entertain through programming that reflects the diversity of our listeners and grants a voice to our volunteers. We seek to provide a space for media access and education, skills, and critical tools with particular regard for those overlooked or under-represented by other media services.



Free exclusive content and advice online at createyourself.co.uk

t 0845 257 9977 e press.office@createyourself.co.uk w createyourself.co.uk



createyourself



createyourself