Kath temple

the lifelong learning company

COACHINGHEADS

TRANSFORMATIONAL PSYCHOLOGY FOR CHANGEMAKERS

Empower Your Impact & Influence!

with Neuro Linguistics & Success Psychology

What will I gain from the International NLP Practitioner Course?

You are marvellous to work with. Thank you for a wonderful and life-changing experience. You have enriched my life and I feel empowered and excited about the future. You provided an indispensable toolkit for successful interaction with others not only in a business environment but in my personal life as well.
Truly eye-opening and life-changing.
STEPHEN REYES, Managing Director, Deloitte

The most inspirational woman I've met and been taught by Kathryn Temple!
LOURDES BAREA, HR Director, Bassadone Global Motors

www.lifelonglearningcompany.com

This was life-changing. Magical.
KEVIN HOOK, Director, Credit Suisse

Kath's skills go beyond her impressive range of qualifications, teaching and mentoring abilities. She possesses an almost unique talent to motivate groups and individuals ... there is no doubt in my mind, that Kath offers the 'X' Factor often needed to succeed.
PETER BEALES, Global Business Development Manager,
Elite Controls Systems & Asset Guardian Solutions

Kath Temple loves to influence influencers like you. Join her for more success and happiness, more impact and influence, more confidence and charisma, better results and relationships, more ability to motivate yourself and others and elicit a higher performance from others, and from yourself. This course boosts your success intelligence, social intelligence and emotional intelligence. It will positively impact your life for the rest of your life, right across your life, personally as well as professionally. You will gain so much more than you even think.

Following your course for all our staff in the Pupil Referral Unit we received a Beacon Of Excellence Award from Ofsted! Thanks for the insights, skills, humour and much much more. Will always remember it - and use it - every day! Enjoyed the positive learning environment and learned a range of NLP skills and techniques - tonality and use of voice, embedded commands, presuppositions, eye accessing cues, the muscle testing. Have already used with good effect and most of all I am using those things in my work with adults, young people and teenagers.
EITHNE LEMING, Headteacher, First Base Pupil Referral Unit

Are you ready for a change!

Can you really connect with people, and young people, really move minds, really change behaviours, really make significant changes for yourself and others in the shortest time possible? As an MSc Psychologist Kath Temple has worked in business, industry, local government, education, health, mental health, the voluntary sector, for the DfES and the SEN & Disability Tribunal.

I've changed my job, doubled my salary
and got a company car since doing your course!
GAYE GLADING, Education & Training Officer, Ipswich

Thanks to the inspirational influence of Kathryn Temple I am now fully on my life's path and have my toolkit and aligned action. Am heading in the right direction. Loving every minute and meeting some amazing people. Thank you!
WENDY SMITH, Paralympian

Having the leading edge is the key to success in life and business today. The International NLP Practitioner gives you that leading edge. NLP is the change that changes everything. It will powerfully and positively impact your life and help you impact the lives of all those you connect with.

NLP – Neuro Linguistic Programming – is mindset magic. We all come with a brain, but no user's manual. NLP is the user's manual for the brain.

'Thank you for helping me to shine!'
SOPHIE MICHELL, Eat Yourself Thin, Celebrity Fit Farm, Channel 4

It covers all the latest approaches to communication, leadership, people development, influence, performance and creating change in the lives and behaviours of others as well as yourself, and much more besides. This course is for people who are committed to reach for heightened human excellence. No matter what level you are, or whether you work for a large or small company, or in government, education, health, sports or law, in today's highly competitive world you need powerful tools to make sure you and those you connect with are performing at their best.

I have known Kathryn for many years and have been lucky enough to have worked with her at speaking, charity events, and on TV. She is indeed a very inspiring woman who works tirelessly to help others. Kathryn is always available to give advice or to be a mentor to those who need it. It has been an absolute pleasure and an honour to have worked with and befriend one of the stalwarts of our communities. I would certainly endorse and recommend her and all that she does via her fantastic Foundation and all the other causes she supports.
LEVI ROOTS, Dragons Den

Kath Temple

MSc Occupational & Organisational Psychologist Kath Temple is known as The Success & Happiness Psychologist. She has trained and coached CEO's, Directors, Leaders and Managers, Entrepreneurs, Barristers and Lawyers, Politicians, HR Professionals, Headteachers and Teachers, Marketing & Sales Professionals, Coaches, Professors, Doctors, Therapists, Counsellors, Hypnotherapists, celebrities and sports professionals, Olympians and Paralympians. She has also worked with hundreds of children and young people with behavioural issues, psychological issues, and learning disabilities. She is a Master Coach, Hypnotherapist, Solution-Focused Psychotherapist, EFT Master Trainer, and Psych-K Practitioner.

Kath assisted NLP's Co-Developer Dr Richard Bandler at his UK trainings, and assisted Paul McKenna at his UK trainings and stage shows. Paul has referred clients to her since 1999. Kath has also worked with John Grinder and Robert Diltz. She knows many of the inside secrets of NLP.

Many NLP Trainers simply teach NLP, however Kath applies NLP in her private clinic, in her Coaching work, in her trainings and teachings, and in her businesses in the UK and in Gibraltar.

Kath is an innovative and dynamic Master and has created many unique tools and techniques that she teaches you within her NLP Practitioner and Master Practitioner trainings. This sets her trainings apart from the rest. You come out with so much more that is invaluable in your work and in your life.

Kath's spark ignited something in me and within 24 hours of her suggestion I had pitched an idea to Richard Branson... I am now about to sign a deal ... Without Kath's generosity and insight I would still be struggling to identify the way forward instead of being on the edge of my life completely transforming.
STEPHEN DALTREY, Honorary Commander, British Navy

Wow - what a wonderful 8 days of Business Practitioner! Feels strange to be back and missing all the lovely experiences. Thank you so much for all the golden nuggets, I loved every moment of it, thank you so much Kath, you are an amazing trainer. I wouldn't have done this course with anyone else. I got so much from it that is useful right across my life and my work.
DONNIE DHILLON, Global IT Director, GlaxoSmithKline

Kath is an amazing and inspirational person one can ever wish to meet. She is a wise and energetic teacher with a fantastic sense of humour. Her passion, motivation and positivity are vibrant energies ever present in her teachings which are transmitted to each and everyone who attends her courses. I have experienced these attributes both as a group session and on a one to one basis during my NLP trainings. I truly recommend Kath to anyone who wishes to be a change agent both professionally and in a personal capacity.
MARIBEL BOSSINO-PINCHO, HR Director, MH Bland, Gibraltar

The Business Benefits of NLP

NLP will give you the ability to truly understand yourself, your clients, customers, colleagues and staff. It will give you real edge in getting rapport and better relationships with a wider variety of people. It will also give you the ability to present your ideas to individuals and groups effectively, and the ability to influence others to take the steps to achieve the results you want.

'I was so cynical - but not any more! I've learned loads! Thank you!'
LEE JACKSON, Managing Director, Experian

I so enjoyed the wonderful training day we had with you. And good news – I've booked 3 of my staff on your NLP training! Lucky them!! And I am going to do it too! And I want you to come in and do a PD day for the whole school in April. Thank you Kath, it really was inspirational stuff!
MELANIE MILLS, Headteacher, Albert Pye Primary School, Beccles

You can expect to increase influence, co-operation, collaboration, creativity, motivation, productivity, and revenues. You and your staff and clients will be more motivated, make better decisions, will be better able to manage change in our fast-changing world. You'll be more able to manage your own state and manage working relationships more effectively. This is the path to personal and professional Mastery.

Kath Temple created a unique learning environment, which meant each delegate felt completely comfortable to express themselves without feeling self-conscious. We gained an enormous tool-box that gave us the confidence and graceful elegance to communicate at a higher level and really tune in to the other person to create rapport and a deeper connection. The true test of external training is that you are able to embed it in your day to day work afterwards so that you see a difference not only in yourself but also in how you influence the behaviour in others to lead them where you wish them to go; which results in a more effective, efficient and collaborative team.
LOURDES BAREA, HR Director, Bassadone Global Motor Group

You blew the guys away – I think you really took them by surprise! They have been using the skills and I have had such good feedback!
LIZ HOLDICH, Manager, Rainer Lincolnshire

I have never had someone who has inspired me as much as you.
This is not an idle platitude but a statement of fact.
And through your guidance & training a new path is opening up.
KEVIN REES, Psychiatric Nurse, Suffolk

It was excellent. A great investment!
NIGEL TURNER, Business Development Director, Logica

I thoroughly recommend that you take every opportunity to learn as much from Kath as you can. Your life will be much richer for so doing. She is very inspirational and motivational, helping to show what is possible and clarifying the steps along the way. She has helped me give life to a dream and define key life goals. With Kath you get what you see, a very energetic and vibrant person driven to help you succeed, using all her intelligence and wisdom. As a leader with a big vision and a big heart, my life is changed for the better as a result of her mentorship.
DR IAN McEWAN, Finance & Commercial Director, RAND UK & Europe

How The Course Runs

Kath offers the NLP Practitioner Course Part 1 and Part 2, spread over 8 days, in both the UK and Gibraltar. With our high performance Success Psychologist you will learn the core skills applied to business frameworks but also extra skills especially for those who truly want to influence others. After completing NLP Practitioner Course you can take your NLP skills even further with NLP Masters. Kath also runs NLP Business Practitioner and NLP Business Masters, NLP Sports Practitioner, and NLP Coach and NLP Master Coach qualifications.

In my 20 years experience as an academic, facilitator, and consultant, I can confidently say that Kathryn is the most accomplished, professional, and charismatic trainer/change agent that I have come across. She pursues her work with the utmost integrity, taking care to ensure that her interventions are supported by sound theoretical principles and evidence. She is a consummate professional who is totally dedicated to the wellbeing of her audience and clients. Her academic and professional credentials, allied with her detailed knowledge and experience of a complex field, means that she is qualified to deliver excellence in all she does. She is peerless as a presenter and communicator. She radiates enthusiasm for her subject, which she delivers with passion and immense dexterity. As a participant on her workshops I witnessed first hand her unique ability to convey profound insights with empathy, energy and ease to people from diverse backgrounds.
Kathryn has authentic charisma which she uses in an ethical way to promote the wellbeing of people that she works with.
She relates to everyone with sincerity and professionalism, thus creating the conditions for positive change.
PROFESSOR MONDER RAM, OBE

Kathryn inspires you by her mere presence. She has the ability to communicate a message in a way that you are then able to recall and apply in workplace situations. Her infectious positivity, clear, in-depth knowledge of the subject (and how to apply it in everyday situations) and radiant personality means you leave the course feeling like you can conquer the world. Even in a room full of people, Kathryn is mindful of the results that each person wants from her course, and is sharply keen (and able) to deliver those results to each individual.
GEMMA VASQUEZ, Corporate Lawyer, Hassans

Kath Temple is the most generous person you will find in the space of Coaching and NLP. It is a blessing to have her coming to Gibraltar. Beyond coaching!
YAN DELGADO, Managing Director, Hyperion Wealth Management

Superb, superb! What an amazing learning experience. Absolutely enlightening. I will never forget this - the skills, tools and techniques will stay with me forever. I am more attractive as a person now. I have learnt the anchoring process and I can change my state very quickly. I have learned that shifting my state of mind is actually easy! I have come to the conclusion that I can control Crohn's Disease. Since believing in that I have had NO symptoms - apart from joy that I haven't had any! I am already using what I have learnt. I am now living in the present and ruminating far less about the past and I am not procrastinating. I have learnt an inner peace and strength which I am putting into practice on a daily basis. Thank you.
SHONA ANDREWS, Project Manager, Nottingham

My professional thanks go to Kath Temple who instills confidence and energy in the humblest of students, proving NLP is the fast-track way to recharge your awareness, detox your cynicism, and help you and your business reach their full potential. Right mindfulness and inner focus remain with you long after this course has finished. International NLP Biz Practitioner helped me install effective skills for life, rather than being one of those work courses where you return and simply tuck away the manuals and docs for another day. Kath Temple offers a brilliant course, which effectively calibrates your work-life – ends those doldrums and life sapping routines, installs a brighter, creative outlook with congruent strategies for effective leadership. I focused on what I wanted from this course, and now feel fortunate to practice NLP strategies daily, enabling me to uplift others and be a catalyst for success.
NEAL KYDD, Director of Creative, Victor Chandler, Gibraltar

Skills for you, your work, your life

Imagine learning new skills that create the right changes for you and for life; skills that make you a better, more powerful, more effective, more positive person; skills that make your life easier, happier, healthier and more successful. These are the very skills you will learn on our NLP Practitioner Course.

The course has had a profound effect on my work and my life. I have decidedly more influence and impact and that has massively affected my team's performance and the organisation in a great way. Thank you!
JOHN O'CONNELL, HSE Manager, Bombardier

You are one of the most inspirational people I have ever come across. Kathy your heart is like no other, very big and embracing all. You have a special place in my heart.
VONGAI CHIMBAMBO NYAHUNZVI, Leadership Consultant and Author

Whilst I could have done a course in Devon I travelled to Suffolk because Kath Temple had been highly recommended to me. I felt it was worth learning from someone as near to the source of NLP as Kath herself is. It proved to be a good move as I had a great learning experience on one of the best courses I have ever been on; Kath's presentation skills alone were worth the money. It was, however, much more than excellent presentation. I left thinking a lot about a lot of things, to do with myself and my effect to others and that is exactly what I wanted to achieve. There is something for everyone in the course content and the value for me increases now, every time I use NLP. Kath is a great person and a great personality.
I recommend her courses without reservation to,not only Servicemen, but to all.
ADRIAN COLE, MBE, Royal Navy, Special Forces

What is NLP and why is it so powerful?

NLP is simply Success Psychology combined with Happiness Psychology. It gives you the 4 pillars of Emotional Intelligence – Self-Awareness, Self-Management, Social Awareness, Relationship Management. And much more besides! NLP studies the structure of how humans think and experience the world. It is the science of personal leadership, achievement, influence, behavioural change and much more. It harnesses a highly effective methodology, advanced communication skills and a series of techniques for rapidly changing the thoughts, behaviour patterns and beliefs that limit people's potential and development. NLP examines the relationship between how we think and how we communicate, verbally and non-verbally, and how these affect our behaviour and emotions. It looks also at how language impacts neurology. Even small words can make a big difference.

Kath Temple is one of the most truly inspirational people I have ever met. Not only was her fantastic (massive 'value added') NLP and EFT training a vital part of building my coaching practice, her ongoing support, mentoring and advice has been absolutely invaluable. Kath blends her deep integrity, her incredible skills in addressing blocks/limiting beliefs and her astute business acumen to provide a truly unique and outstanding mentoring service. You will not meet a more genuinely positive person, with that rare ability to 'lift' people through her own energy and her passion for helping professionals to develop their own potential. I can honestly say that working with Kath has been the best decision I have made in my professional development, thank you Kath!

BEN TIPNEY, GB Squad Rower, Success Coach

What You Will Learn to Do

- Increase your Success Intelligence, Social Intelligence, your Emotional Intelligence and your ability to influence
- Enhance your confidence, charisma and presence
- Build better relationships with a wider variety of people
- Get deep rapport faster with individuals and groups
- Learn the irresistible influencing skills of Neuro Linguistics for charismatic communication – the Ericksonian Language Patterns of persuasion engineering
- Learn more about neuroscience, neuroplasticity, psychoneuroimmunerology, neurochemistry, and epigenetics and how to effectively utilise your discoveries to create powerful interventions that really make a difference
- Discover how to change your own mind and the minds of others
- Learn the NLP skills, tools and powerful techniques to make changes in yourself and others more easily, coherently and comprehensively
- Learn about brain states and how to influence them ethically
- Shift stress, demotivation, overwhelm, sadness, depression, anger, anxiety, and fear fast and learn how to run your own brain and manage your emotions better
- Explore the pathways to peace and enlightened expanded states of consciousness
- Step into a higher level of power and alignment

- Understand what makes you and others ‘tick’
- Help yourself and others develop their success and happiness strategies
- Find out how to install powerful positive templates for change that last way beyond the intervention
- Discover eye accessing cues and how to use them to learn faster, aid recall, and use them in The New Behaviour Generator
- Increase your earning potential
- Make better choices, better decisions, and have more behavioural flexibility
- Enhance your mental and physical resilience
- Discover the questions and techniques that move minds in the right direction
- Learn better leadership and coaching skills to actualize potential in others
- Know how to change minds even within a conversation
- Ask better questions to install templates for change that last long after you’ve left
- Elicit fast state changes in yourself and others with ease
- Discover the power of Anchoring and learn to use it in every sensory system
- Increase your clarity, focus, effectiveness, performance and productivity
- Improve your effectiveness in leading and managing others
- Develop your ability to psychologically profile others and know how to influence the different styles
- Be more creative in your thinking and better able to solve problems and meet new challenges
- Plan and achieve business goals with well-formed outcomes, goals to values, and Timelines.
- Model and code human excellence in the workplace – the fast-track to personal and organisational success
- Utilise systems thinking and cybernetics to enhance your understandings and interventions
- Increase your ability to influence outcomes, attitudes and behaviours.
- Discover a powerful new framework for change that enhances your approach and re-resources your clients
- Make change easier and shift people’s mindsets and their possibility focus and frameworks
- Learn my Coaching Scale and how it creates change in the very first interaction with a client
- Build co-operation, even with reluctant clients
- Learn how language impacts your neurology and the neurology of others
- Change the focus from problems to solutions
- Normalising, utilization, framing, deframing, and reframing

- Get leverage with visualization, metaphor, stories, and films for change
- Learn the matrix of consequences questions, the Meta Model questions, solution-focused questions, ecology check questions
- Build your systems perspective and recognise cause-effect relations, complex equivalences, modal operators and universal quantifiers in client's language patterns that can lock them in to old realities
- Elicit problem strategies and install templates for the changes you and others want to create
- Step into your own future and learn how to facilitate that for others
- Resolve inner conflicts that get in the way of your change and the change others are seeking
- Recode the inner voice that can keep you and others locked in to behavioural patterns that no longer work
- Discover new ways to shift limiting beliefs that get in the way of better futures
- Utilise perceptual positions, the meta mirror and deep trance identification techniques to shift behaviours and futures
- Discover neurological levels to set new directions and align yourself and others with vision, identity, values, beliefs, capabilities and behaviours
- Discover the power of Timelines, the structure of time-storage and how it affects the mind
- Practise timeline techniques and feel their powerful impact to change futures – timelines fast future, timelines and choices, timelines and limiting beliefs, timelines goals and busting through blocks and barriers, timelines and stepping into the future, timelines and reverse engineering strategies, timelines and telling the story technique
- Learn to speed-read and profile others so that you know how to best use language to influence them
- Discover Kath Temple's Destiny Recode, her strategies for recoding past traumas and shifting past emotions – learn how to reimprint the past and change the future
- Enhance your own enthusiasm, motivation, and using Kath's energy psychology tools and techniques
- Discover exquisite coaching skills
- Learn the Eddie Izzard method of evaluation – a brilliant feedforward strategy for continuous improvement

After the programme I had to make a presentation to over 200 people and was able to apply the tools and skills I learnt. I would not have been so successful if I had not attended. I am now finding that I am using these new found skill- sets in the business and reaping new benefits. I am now in the process of setting up a Care Home as an additional business. It has allowed me to kick start these aspirations.
SHANTOSE KAUR, Enigma Consulting

I highly recommend Kath Temple of The Lifelong Learning Company. She is continually updating her training with the most up-to-date skills I have developed and is one of the few licensed internationally through the Society of Neuro-Linguistic Programming.

DR RICHARD BANDLER
Creator of NLP™, DHE™, NHR™

Your International NLP Business Practitioner has been a powerful learning journey, both professionally and personally. I realised that I would not be the same person leaving this course as it moves you at your core. The course gives you the most amazing tools for life and business, the impact has been immediate with new clients wanting to work with our company and work with myself. Going forward I will subtly change my behaviours and language everyday to capture new experiences with the new awareness I now have. The future holds possibilities that I can now influence as what I have learnt is language and power are inextricably linked, now equipped to turn these possibilities in to opportunities I will increase my credibility and impact the business positively. I would not have done this course with any other trainer as Kath is fabulous in so many ways and she has deepened my learning by drawing upon her vast knowledge and experience of Business Psychology to embed the experience which has resonated on many levels which it makes it real.

LEAH CARNEGIE, HR Manager, Credit Suisse

This course has significantly changed both my professional and personal life. It was the best course I have ever undertaken. It has given me so many fantastic skills and tools to work with. Both colleagues, friends and family have commented on the changes within me and how much more relaxed I am. I now know that I have the skills and confidence to succeed in all areas of my life. Absolutely fantastic!. The NLP Business Practitioner really enabled me to use the new skills and focus them on work related issues and identity. Lots of positive steps to take at work to truly improve the organisation. I've learned so many new skills and discovered the influence you can bring to others to place them in a positive state. I've learned to manage my own state and how to energise myself in difficult situations. I learned how to manage change in others to achieve a positive outcome. The I have had great fun this morning - Big success in the Senior Management Team, managed to get them thinking and listening (which is no small mountain to climb!!) even started on the Governor at 8:30 this morning and 'opened' the loop - thought it probably best to catch him first thing whilst he was still bleary eyed! Even had a few people comment on how fab my holiday must have been as I look so different and sound so relaxed! Thank you for everything. I have already changed small practices within the office and have plans to make changes across the establishment.

EMMA DAVIS, HR Manager, HM Prison Service

I really had the most wonderful 9 days and sad that it is all over! NLP and Kath have made me believe that anything can be achieved, whether it's setting those sights higher or handling difficult decisions or situations in a more confident way to achieve what you want. The course will be with me forever, and I told some friends that I would rather have done the course over a holiday! Although I know that there will always be difficulties in life, I have the ability to look for the inner strength and NLP techniques to help me and others through it. If something's not working, it needs to change. What I enjoyed - the music, stories, quotes, videos, taking a moment on the inside, understanding that everyone's map of the world is different and how you can connect to it. Most of all…Kath! So inspirational and an amazing woman! I'd say to people 'Don't underestimate the effect it will have on your life and others lives'. The most practical life toolkit anyone could hope for.

RACHEL BEMMENT, Bank of England

Licensed Accredited & Certificated by Society of NLP

All our NLP Courses are Licensed and after completion you will receive an NLP numbered certificate signed personally by Dr Richard Bandler, Co-Developer of NLP and John LaValle, President of the Society of NLP.

Kathryn Temple is by far one of the most caring and daring people in the field! It takes both to be as effective as Kathryn is! Her vast knowledge, motivation, flexibility, and drive will take you to greater heights of success than you can imagine because she won't quit, and won't let you, either! Her dedication is to your success and will do whatever it takes to help you get where you want to be in your life. I highly recommend Kathryn for your adventures into success.

JOHN LAVALLE, President, The Society of NLP
co-author of Persuasion Engineering®, with Dr Richard Bandler

Investment: £3,333

2026 Dates & Locations

In-Person UK

- 18 – 22 March 2026 + 15 – 19 April, Suffolk
- 24 – 28 June 2026 + 15 – 19 July, Suffolk
- 23 – 27 September +14 – 18 October, Suffolk

Investment

£3,333 per person
£5,975 for 2 places

EARL BIRD Offer:

£2,975 when booked and paid for in full by 17th January 2026 for March course, by 17th April for June course, by 17th July for September course

Kath's Clients Say Such Amazing Things …

Kathryn is professional, supportive, positive and innovative.
I think she has a rare combination of skills. She has been a key speaker at our conferences and has been the only trainer we have employed to score a straight 100% excellent from our evaluation forms.

ANNE FRANCIS, Senior Co-ordinator, Enterprising Women's Network

I so loved the NLP Practitioner training. And I just needed to let you know what a fantastic day I have had...am having...since returning to school. I have noticed and felt every interaction, particularly with children. Achievement assembly felt so good - I focused my words carefully and when they beamed and stood tall I anchored them....it was fantastic. You can see your words change emotions and make them stick!
...I'm buzzing - thank you for the gifts you have given me.
I'm sending my Deputy Head on your next course!
Looking forward to doing more training with you!

KYRSTY BEATTIE, Head Teacher, Kingsfleet Primary School, Felixstowe

This has been without doubt one of the most formative weeks of my life. Thank you for having the belief in me, I will change the world and can't wait to work with you.
WILLIAM PITT, Deloitte

This wild tiger of a woman would appear not be aerodynamically built for speed but show me the human that can hold pace with her. I shelter in her slip stream offering me protection from any passing negative ions and that proverbial boot up the jacksey. A challenging and endearing wench for sure.
HUGH CALLACHER, CEO The Missing Kind, Cambridge

Being a firm believer in the development of people's soft and intra-personal skills, I was introduced to the value of NLP training and hired Kath to run a course, over several sessions, for all the staff within my division. Given many people's natural aversion to opening up in front of their colleagues, Kath conducted the course with great energy, enthusiasm, humour using innovative ideas. The feedback we received from across the staff base, notably including the more cynical, was extremely positive. It certainly improved people's interaction in the workplace but equally, many commented, they felt they benefited in their personal lives. Based on the positive results for the business and the individual I have no hesitation in recommending Kath.
NIGEL TURNER, Chief Commercial Officer at HML

Kath Temple has elevated me to a place I thought I'd never get to. I have absolute confidence in what I'm taking forward and I have an absolute passion and it shows. I've got exciting events and retreats planned in the UK and overseas for the coming year. It's been every single penny well spent. Put your life in an amazing place! Anything IS possible! Off to meet a hero David Attenborough today, then Massachusetts tomorrow to meet with global organisations who have joined our charity alliance (& Jean-Michel Cousteau our new president). News in today - we have Gok Wan, Stephen Fry, and Bill Bailey coming to my whale festival! You helped me to fly Kath Temple.
IAN ROWLANDS, Director, Planet Whale

When I was looking for a Coach and Mentor to help me take my business to the next level I was lucky enough to find Kath Temple. Kath's blend of intellect, expertise, empathy and energy is rare to find. She is generous with her time, her resources and her support. Kath has the ability to hold a bigger vision people she works with to grow into. She has great business acumen and never loses sight of the importance of kindness and trust in all dealings. Kath is quick, clever, warm and great fun to work with. Her inspiration and knowledge has been incredibly valuable to me as I have have continued to expand my business, my income, my confidence, influence and impact. I thoroughly recommend her.
KATIE BOTTEN, Author 'The Professional Woman's Guide To Giving Feedback

Anyone or any business considering hiring either Kath or her Business should consider no more, just do it! It will be one of your greatest investments without a doubt or I will give you your money back. Kath is the personification of what she talks about with a depth of real knowledge based on science & life. You will be chuffed she entered your life.
DAN KELLY, Director for East Anglia, BNI

Thank you wonderful Kath! You are the best thing! You gave us such clear techniques which we practiced so they are embedded and we feel confident to use them. I have been able to see the impact when I worked with X – it was incredibly empowering. Realising that I can control my reactions to experiences, to focus my energies on the present – and I can enable others to do it too!! If you haven't done this course be prepared to come out with a joyous and enlightened perspective on the world – and magic at your fingertips!
JEN SHACKLETON, Acting Headteacher, Thaxted Primary School, Essex

Dynamic course leader! Learning a new way of approaching problems. Enjoyed the peer support. Learned how to temper my responses in times of stress. I will use NLP within my working environment especially as mine tends to be quite confrontational.
SHARON NAYLOR, Head of Occupational Health, HMPS Worcestershire

My scores are off the board for this course!!! I learned self-belief, the power we have within us that we are never aware of, the ability and confidence that I can put all this learning to very good use both personally and professionally. It has been a brilliant experience and I will take away so much from this that will make me so much a better person. Your enthusiasm was infectious and inspirational. Thank you!
ANGIE WOODS, HR Manager, A-Novo

Kath, I had my appraisal yesterday with my governors and Challenge Partner who is a Headteacher of an outstanding school and an Ofsted inspector. My governors interviewed each of my senior leadership team about my vision for the school and my performance as a Headteacher. They described me as inspirational, enabling, highly motivating and the most enthusiastic Headteacher they have ever worked for! They all said I have changed the culture of the school. My Challenge Partner informed my governors that changing the culture of a whole school is a significant achievement and is a characteristic of outstanding leadership. I credited this all on my NLP training with you. I said I am developing a coaching culture in the school. When my Challenge Partner asked if I had someone coming in to deliver the training
I told her I was doing myself, using my NLP training. The next level of NLP will enable me to develop this further. Thus, one of objectives for next years appraisal is to develop coaching and my training needs are to attend NLP Masters in April. Thank you, lovely Kath! The NLP practitioner course with you has transformed me as a person and a school leader. You have the ability to impart knowledge through storytelling, to develop skills through your own expert modelling
and to motivate through your energy and zest for living life to the full!
Truly inspirational and transformational in all aspects of personal, family and work life.
TRACY McKENZIE, Headteacher, Britannia Primary School, Ipswich

I just wanted to say a big thank you once again for the NLP course. I personally found it even better than the Everest-only one, and enjoyed the mixed group. Thanks again to you and the team Kath. I am definitely booking on the Masters! Absolutely great course. Your approach full marks as always. I have definitely gained from it. Best things were the people, especially you Kath, the location, the views, the environment. I gained in awareness, have many more tools to use, and a widened perspective.
BRIAN SMITH, Senior Finance Manager, Everest

Kath Temple is a truly amazing lady! She really brings NLP to life. Through her training my own 'stage presence', coaching and even sales skills have been transformed. As a result I feel far more empowered and have become a much more confident and resourceful independent organizational development consultant and coach. Already I have used several NLP approaches around creating powerful states in my coaching work with English Premiership rugby coaches to great effect!'.
CHRIS MONK, Managing Director, Values Based Business

Your style was very engaging and enthusiastic. Enjoyed the range of practical exercises, the blend of participants, the materials, the high energy. I learned that rapid change is possible and doesn't need to meet the criteria of 'no pain, no gain!' I will use NLP for myself and am more confident taking on new and different challenges. I will use it to enthuse others and help them remove limiting beliefs, broaden their perceived choices and opportunities. You are a role model for enthusiasm and humour I will carry with me always!
JANET CATTINI, Head of Staff Development, London South Bank University

I'm totally inspired by your session this morning. Thank you so much :)
MELISSA POOLE, Leader of Health and Wellbeing, Ainslie Wood Primary, London

I had such a fantastic time, learned so much about myself and really got a boost. Loved its speed - I loved learning so much in a relatively short time - all good stuff! I cannot believe the uses for these skills - family, staff, friends - strangers!!
DAWN RENNIE, Principal Officer, Lincolnshire Development

Thanks for stretching our minds and our lives. Have learnt so much from you! You have given me the confidence as well as the tools to go and bloody-well just do it!! I am walking taller and happier, with heaps more self belief!
SARAH RICHARD, Education Manager, Northumberland Education

REMINDER

Investment: £3,333

2026 Dates & Locations

In-Person UK

- 18 – 22 March 2026 + 15 – 19 April, Suffolk
- 24 – 28 June 2026 + 15 – 19 July, Suffolk
- 23 – 27 September + 14 – 18 October, Suffolk

Investment

£3,333 per person
£5,975 for 2 places

EARL BIRD Offer:

£2,975 when booked and paid for in full by 17th January 2026 for March course, by 17th April for June course, by 17th July for September course

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