



ANDY MURPHY

*Master NLP & Hypnosis
Peak Mindset Specialist*

www.PerfectStateUniversity.com



Teams/Individuals

Private Coaching

Seminar/Keynote Speaking



ATHLETES and COACHES **How I Can Help...** For athletes and coaches from every level of competition, weekend-warrior to world-class professionals. While the specific skills required of one sport are uniquely different from those of another, one variable stays consistent across the board: the importance of a consistently motivated mindset and the ability to transition performance from practice to the pressure of competition. What is the value in gaining complete control of your mind? Overcome mental challenges from common to complex, train with excellence day after day and take your performance to new levels. Coaches learn how to teach your athletes a more effective and powerful mindset and learn how to use your words, body language, and training sessions to keep your athletes at the top of their mental game.

[DOWNLOAD Andy's Coaches and Athletes Coaching Package](#)



GET HEALTHY
DROP WEIGHT
QUIT SMOKING
GET ACTIVE
BECOME FIT

How I Can Help... Specifically designed for everyone ready to make a change and get fit, active, cut weight or become a non-smoker. Tried making this change before and always went back to your old habits? How would it feel to have 100% control over your mind when you need it most? Get the skills and support to stay on track. Set your mindset to make permanent lifestyle changes. Be healthy, feel amazing, look fabulous.

[DOWNLOAD Andy's Get Healthy Coaching Package](#)



EXECUTIVES/ PROFESSIONALS/ ENTREPRENEURS

How I Can Help... Designed for those with demanding careers, whether you're a CEO, business owner, entrepreneur or even a doctor. Dealing with the ongoing stress and long hours of a high-pressure career can wreak havoc on your personal life and health. Wish you could find some balance? Learn how to take control of your mind, manage stress, and leave work at work. Create the life you want at work and at home.

[DOWNLOAD Andy's Executive, Professional and Entrepreneur Coaching Package](#)

EATING DISORDERS

How I Can Help... This debilitating illness affects men and women of all ages, sizes, ethnic and socioeconomic backgrounds. Treatment facilities around the world approach recovery through out-of-date and synthetic methods. Individuals are taken out of their normal environment into isolation and exposed to traditional psychotherapy and prescription drugs in order to subdue the symptoms. Without the emotional triggers of their normal lives people often see improvement during treatment only to fall back to their old issues as soon as they go home. But there are other options! My approach is organic, fast, and effective. I deal directly with the automatic unconscious programs that create habits and then give you hands-on, conscious tools you can apply directly to your everyday life. Finally a realistic solution that works with your life, instead of in spite of it. Gain control again!



KIDS—SPORTS/WELLNESS/TESTS

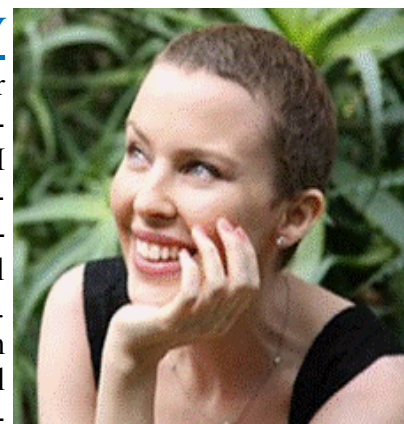
How I Can Help... Kids are under a massive amount of pressure these days. From performing in the sports arena to academic excellence, and even the weight of having to fit in to social groups, children are being affected by stress more than ever. Increasingly I see children who are plagued by anxiety, health issues and depression. The work I do with kids helps them to restore their youth, encourages confidence, self-esteem and fun. It ultimately improves sports and academic performance as well as health and balance in a positive and healthy way. I give kids the tools to manage stress, anxiety, and pressure and the confidence to excel in every aspect of their lives.



[DOWNLOAD Andy's Superstar Kids Coaching Package](#)

CANCER PATIENTS and PRE/POST SURGERY

How I Can Help... Develop a fighting mindset. Smile and believe in your future. Create and maintain a full recovery. Working with clients who are battling illness or facing daunting medical problems is one of my biggest passions. I help clients learn how to control their automatic emotional triggers by remapping their unconscious mental programs. The mind-body connection is an unquestionable phenomenon. Your mental outlook *directly* affects your physical wellness, recovery and your body's ability to regenerate on a cellular level. Whether you've just been diagnosed with an illness, battling chemotherapy, in remission, or headed to surgery, you always have a choice as to how you will approach each obstacle. Your mental state is the difference that makes the difference. Establish your automatic healing mind now!



PUBLIC SPEAKING / STAGE / TV

How I Can Help... Whether you are an actor, comedian, television personality, somebody who presents at work, or even the best man at a wedding, the anticipation of being in a high-pressure situation in front of a crowd often triggers anxiety, negative thoughts and ultimately a subpar performance. All presenters, from novice to professional, can benefit from my customized mind control techniques. Learn master visualization skills that will create consistently perfect rehearsals, and how to transition those practices to optimal performance effortlessly.



[DOWNLOAD Andy's Public Speaking, TV and Presenting Coaching Package](#)