

The Alchemy Programmes For...

Personal Performance Coaching For Business and Individuals

- Transform your *self*
- Transform your *voice*
- Transform your *performance*

We offer:

- Personal performance coaching
- Xen-Zen Business Techniques™
(Self-management for stress-free achievement)
- Short courses in presentation skills
- Books & Articles
Creating Confidence (e-book)
Self-help articles

"Meribeth is one of the most creative and resourceful personal coaches and trainers that I have experienced in my professional or personal life. She brings an immense knowledge and understanding of the human mind and body, which she delivers with a style that is simultaneously challenging and supportive. I have worked with Meribeth now in 3 companies over more than 10 years."

Andrew Binns, Independent Executive Consultant

"Meribeth is a breath of fresh air! Her personal awareness, insight into many of life's mysteries and ability to communicate clearly enables her to guide and mentor others to improve their lives. You will enjoy working with Meribeth!"

David Hill, Caldwell Bankers Real Estate,

For further information about books, articles, courses see our website:

www.alchemyprogrammes.com

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