



### **About the Author**

Lindsey Agness is the founder and managing director of The Change Corporation. Lindsey is one of the UK's top specialists in staff engagement, performance improvement, behavioural change and motivation. She trains and coaches using NLP on an international basis and she is an award winning author. Prior, to setting up her own company in Canterbury, Kent, Lindsey worked for 11 years as a change management consultant, corporate trainer and coach for PricewaterhouseCoopers. She has been able to use her skills to build capability and capacity to change in large private and public organisations throughout the UK, Europe and the US.

Lindsey has a Master Degree in Policy Studies from Bristol University. She is also a certified trainer of NLP through the American Board of NLP. She trained with Tad James in the US and David Shephard in the UK. She is now studying to become one of a small global group of Master Trainers of NLP, the highest qualification in the field. In addition, she is a qualified Master Trainer of Time Line Therapy™, certified by the TLT™ Association and Trainer of Hypnotherapy, certified through the American Board of Hypnotherapy. Her first book 'Change Your Life with NLP' is published by Pearson and has sold over 30,000 copies. Her second book 'Still 25 Inside' was published in May 2010 and her third book 'Change Your Business with NLP' was published in October 2010.

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