

Garth Delikan

THE UK'S NUMBER ONE LIFESTYLE EXPERT

Contact

01932 569626 / 07931 515392

garth.delikan@btinternet.com

Overview

◆ Holistic lifestyle support & personal safety for busy people ◆ Workshops for business ◆ Presentations for schools ◆

Philosophy and background

I love helping people to get on top of their game - I use real-world experience, not just lots of theory. Of course, I do have the paperwork too; I'm a:

- Certified NLP practitioner
- Qualified life coach
- Advanced clinical hypnotherapist
- Experienced keynote speaker
- Kick boxer instructor, Black Belt 2nd Dan
- Sports Nutritionist

What I do

- Physical fitness - with an exercise programme you can maintain or personal safety training
- Nutritional fitness - improving your eating habits to give you more energy and a healthier body
- Mental fitness - getting your head in the right place so you are able to cope with life's challenges
- Emotional fitness - creating higher levels of self-confidence and personal awareness
- Spiritual fitness - manifesting belief to create the future you want
- I've been there (at the bottom of the pit), done that - and I still fit into the T-shirt!

Track record

2007 to date Personal Trainer, Life Coach and Nutritionist

1996 to 2007 5th Apprentice as a Personal Trainer, Life Coach and nutritionist

1993 to 1996 Delikan Marshall - Director of a multi media agency in Carnaby Street

