

## Adam Zargar, Head of Empowerment Coaching

Our mission is to help you succeed. To improve the quality of your life and to help you define and achieve your goals. Quickly, effectively and sustainably. We employ proven tools and techniques to unlock your potential and empower you to define your true purpose. We offer support, encouragement and guidance to help you expand your self-awareness and leverage your innate gifts and talents. We give individuals, leaders and organisations the tools they need to achieve clarity, direction and success.

Adam is the Head of Empowerment Coaching at 2b Limitless. He is a vibrant, personable coach who is fantastic at building and sustaining relationships with his clients. He challenges and motivates his clients so that they get life changing results. He has great passion and knowledge of NLP coaching theory and tools and prides himself on a high level of support and service for his clients. He is a great believer in the power of constant and never ending improvement and that this comes about through consistent life rituals.

He has an extensive background in Psychology, Education and NLP Life Coaching in both the UK and Middle East, dating back to 2001.

#### Certifications/Qualifications

- BSc Psychology [2:1] (Coventry University, UK)
- Education Degree [Hons] - (Southampton University, UK)
- Life Coaching Certification & NLP Coaching Certification (Mindbridge NLP Institute, North Carolina, USA)

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