

LAURENCE UDELL

Personal, Interpersonal and Transpersonal Growth
Mentoring, Coaching, Counselling and Healing



Looking for a different way of approaching your opportunities, challenges or relationships

Feeling stuck or held back

Experiencing fear, anxiety or self-doubt

Ready to explore your purpose, soul's journey, vision and goals, and ignite the dreams and aspirations within you

Laurence Udell, confidant, mentor, coach, counsellor, healer and author, has built a formidable reputation in helping individuals and businesses achieve exceptional results for over 25 years.

Laurence provides individual consultations that offer insights, guidance and practical advice to help you move forward.

Solutions and Therapies

Personal Alignment

Aligned Beliefs

Visioning

Mentoring & Coaching

Business & Career Clinics

Shamanic Practices

Cognitive Hypnotherapy

Meditation, Mindfulness

NLP [Master]

OMNI, Reiki [Master]

Laurence is a confidante, coach and mentor, and an expert in the complexities of human thinking and behaviours. His work focuses on helping individuals achieve personal alignment, improved health and well-being, discovering their authentic self and experiencing greater confidence, success and fulfilment. He is also acknowledged globally for his success in helping individuals, teams and organisations deliver exceptional results.

Many individuals who come to Laurence do not necessarily know where their problem lies; they simply feel something is missing or out of balance in their life, or feel lacking in energy and zest for life. They want to feel more, discover a different outlook, have better relationships, better health, feel less stress and anxiety or increase their impact. Ultimately living the life they truly love.

Laurence uses a unique blend of 'age-old wisdom', multidimensional levels of consciousness and practical approaches to help individuals of all ages, create a far greater sense of alignment, which in turn leads to life-changing results and ways of being. Continuously pushing the boundaries across growth and transformation, he shows how the human spirit (ability to connect), mind (ability to think and hold beliefs), heart (feelings and emotions), soul (personal essence and authenticity), and body (actions and behaviours), can be aligned to achieve greater purpose, clarity of direction, confidence, calmness, self-belief, energy, performance and personal success and fulfilment. He works deep within the whole person, taking a holistic and transformational approach.

Laurence is co-author of 'The Big Ü - Realising The Potential of Your Life', author of 'The Next Level: Aligning Business Success & Personal Fulfilment' and creator of 'Alignment', a series of MP3s and accompanying booklets. During his 25 years of working with individuals, teams and global businesses he has created and developed The Udell Matrix©: a profoundly inspirational growth and transformation model that helps to create and supports the conditions for greater success and fulfilment.

For more information please contact Laurence on 01483 338484 or info@udellgroup.com

"Laurence espouses a powerful guiding philosophy. Whilst this is grounded in multiple disciplines, it is intuitive and speaks to me. It is an over-used word these days but Laurence helps you speak your deepest truth and is inspirational"