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PROFESSIONAL SERVICES BROCHURE 2026/2027

A personal approach to understanding yourself and making meaningful change. We measure our success by helping you reach a point where you no longer need us.

When something needs to change

From the outside, you may look capable, dependable and in control.

Inside, things can feel very different.

You may be doubting yourself, feeling misunderstood, hiding how you really feel or repeating patterns you can recognise but cannot yet explain.

You might have tried talking about it, thinking differently or simply pushing through.

Yet something still does not feel right.

In 2018, that was me. I was suicidal and had lost trust, but then I discovered something that changed everything.

That discovery became The Mind Mentor, and since 2018, I have been helping people like you move beyond coping and managing towards making real change.

The first step

The first step is understanding.

Here's the thing: you might understand some of the reasons why you feel this way, but if that understanding was enough, why haven't you moved past it?

The Mind Mentor helps you explore what is really happening, why it may make sense in the context of your life and what choices are available to you.

UNDERSTAND	CHOOSE	CHANGE
See the patterns more clearly.	Recognise your options and trust your judgement.	Put useful understanding into practice.

Our aim is to help you reach a point where you no longer need us.

Understand yourself before trying to change yourself

We fit the approach around the person, not the person into a method.

The Mind Mentoring Method is a framework that draws on multiple disciplines, including psychology, neuroscience, psycholinguistics, hypnotherapy and much more. Most importantly, the approach begins with your experience rather than a predetermined formula.

Our toolkit extends far beyond a single approach, allowing us to explore what is really happening and giving you the understanding to make informed choices and meaningful changes.

The Four Pillars

The Four Pillars provide a practical way to explore your experiences, understand why you think, feel and behave as you do, and recognise what you need to move forward. Rather than forcing you into a fixed method, they help us build an approach around you.

01. Environment — Understanding What Shapes Your Experience

Everything we experience is influenced by our environment, both internally and externally. Our thoughts, emotions, physical responses, relationships, surroundings and past experiences all contribute to how we interpret and respond to the world.

Sometimes we become so accustomed to these influences that we no longer recognise their effect on us. By exploring your environment, we begin to identify what supports your goals, what creates pressure and what may be contributing to the patterns you experience. This understanding helps you recognise which influences you can change, which you need to manage differently and how to create conditions that better support you.

02. Communication — Understanding Yourself and Others

Communication begins long before we speak to another person. It includes the way we speak to ourselves, interpret situations, express emotions and communicate our needs.

Your mind, body and nervous system work together to create a safety system, and much of this happens automatically. Once we create the right environment, we can begin to understand these signals at a deeper level and change the patterns behind them. When we don't understand what we're experiencing internally, it can become difficult to explain ourselves, establish boundaries or feel understood by others.

This pillar explores the relationship between your internal dialogue, your experiences and your external communication, helping you recognise how beliefs, expectations and emotional responses influence your interactions. In short, when we feel safe internally, we are better able to help others feel safe.

As you develop greater understanding and reassurance within yourself, you can communicate your needs, values and boundaries more clearly, build healthier relationships and respond with greater confidence rather than reacting automatically.

03. The Why — Understanding the Reasons Behind Your Patterns

Our thoughts, feelings and behaviours don't develop in isolation. They are influenced by our experiences, learning, beliefs and the ways we've adapted to different circumstances throughout life.

Even behaviours that now seem unhelpful may once have served a purpose. Rather than simply trying to stop a behaviour or change a feeling, we explore why it may have developed and what continues to influence it.

This isn't about finding something wrong with you or assigning blame to your past. It's about recognising that your responses often make sense when understood in context.

When you begin to understand the reasons behind a pattern, you can question whether it still serves you and consider different ways of responding.

04. What You Need — Turning Understanding Into Choice

Understanding yourself is valuable, but its real purpose is to help you recognise what you need and what you can choose to do next.

Often, people spend years trying to meet expectations, please others or follow advice without stopping to consider what is genuinely right for them.

This pillar brings together everything explored through your environment, communication and underlying patterns to help you identify your needs, values, priorities and available choices.

Rather than being told what you should do, you're supported in developing the confidence to trust your judgement and make decisions that reflect who you are and what matters to you.

Change then becomes something you choose deliberately, rather than something you feel pressured to achieve.

Each of the Four Pillars follows our principles of Understand. Choose. Change. Together, they help you develop a deeper understanding of yourself and make it easier to put what you have learnt into practice.

Start where you are

You do not need to commit to a longer programme before finding out whether this approach is right for you.

The Mind Mentor Community Resources | FREE

Community

I have created a free WhatsApp group that anyone can join, providing a supportive community whether you have already worked with me or are considering working with me.

Taking Off The Mask Webinar

A free webinar that introduces you to the Four Pillars and helps you begin to understand how meaningful change becomes possible.

Community Resources

I have created a number of free online resources, including immersions, webinars and book recommendations.

The aim: To help you explore the approach without any financial commitment. To gain access, simply send me a WhatsApp message on +44 7967 049161.

The Truth About You | £47

Self-guided introduction

A practical starting point for self-awareness, confidence and direction.

Includes: Teaching, demonstrations, audio tools and access to The Mind Mentor WhatsApp Support Group

The aim: Begin exploring yourself at your own pace.

Power Hour | £97

Focused 1:1 clarity session

For one issue you would like to understand more clearly.

Includes: Where-you-are analysis, first-step insights, practical tools and The Truth About You course.

The aim: Leave with clearer next steps.

Five Foundations | £347 - £447

Structured self-guided programme

For people who prefer to learn and practise independently.

Includes: Video lessons, immersive audios, journalling and group support.

You can also upgrade to include access to my AI Coach and six independent coaching calls.

The aim: Build practical understanding through guided learning.

A free Clarity Call can help you decide which starting point, if any, fits your needs.

PERSONALISED PROGRAMMES

Get the results you deserve

Programmes are recommended after a Clarity Call and may be tailored where appropriate.

Foundations | £647

21 days | One clear challenge

For a specific issue you want to understand and address.

Includes: Primary analysis, deep-dive intervention, bespoke toolkit, support calls, 1:1 WhatsApp access, online hub resources and 24/7 AI Coach access.

The aim: Understand the issue and identify practical ways forward.

Enhanced Foundations | £997 (Most Popular)

6 weeks | More complex or connected challenges

For experiences involving several patterns, or where more time is needed to apply what you discover.

Includes: Everything in Foundations, plus a two-hour assessment call, additional coaching and mentoring support and further online courses.

The aim: Explore more deeply and practise new responses with support.

Growth | £1,497

2 months | Multiple challenges

For broader work across several areas of life.

Includes: Everything in Enhanced Foundations, with enhanced mentoring, deeper integration and practical everyday tools.

The aim: Apply greater understanding across different situations.

Mastery | From £4,997

3 months or longer | Longer-term development

Bespoke mentoring and support for long-term personal or business development.

Includes: Ongoing mentoring, accountability and tailored support across 3–12 agreed areas.

The aim: Strengthen independent judgement and work towards longer-term goals.

UNDERSTANDING THE INVESTMENT

More than your time together

Your programme is not simply a series of appointments.

Alongside personalised professional support, you receive access to our online hub, which includes additional resources, relevant courses and practical tools. You also benefit from 1:1 WhatsApp support outside formal sessions, so you know you have support throughout your programme.

What does that mean in practical terms?

You are investing in the results, not simply the hours. However, I understand that you may want to compare the cost with what other professionals charge. The following breakdown shows the hourly equivalent for our two entry-level personalised programmes.

Programme	Professional support	Hourly equivalent
Foundations · £647	Minimum 9 hours	£71.89
Enhanced Foundations · £997	Minimum 14 hours	£71.21

These figures illustrate the cost per allocated professional support hour, before considering the additional value of the online hub, learning resources and other support included in your programme.

What you are investing in

- A tailored programme and an approach shaped around your circumstances.
- Time to understand the patterns behind your experience.
- A dedicated online hub with additional learning and practical resources.
- Support in applying what you learn between appointments.
- Practical tools and a deeper understanding of yourself that you can continue using independently, alongside a wide range of additional resources and support.

The value is not only the time we spend together, but what you can take forward afterwards.

06 / PROFESSIONAL EXPERIENCE

Experience matters. So does the person in front of you.

Marcus Matthews is an Advanced Clinical Hypnotherapist, Clinical Hypnotherapy Supervisor, Life Coach and Professional Trainer, with CNHC registration.

He is also Mentoring Psychology Lead for National Mentoring Day. His experience spans the British Army, policing, education and the public and private sectors.

That background informs a practical, person-centred approach to pressure, responsibility, uncertainty and change.

It does not mean assuming that two people with similar experiences need the same support.

Qualifications provide a benchmark, but experience helps turn knowledge into meaningful results.

Recognition of service

The Mind Mentor offers 10% off packages for people working in the Armed Forces and Emergency Services. Please mention this when booking your Clarity Call.

A responsible approach

No particular outcome can be guaranteed. The service is not a replacement for medical treatment or specialist mental health care where these are needed. Recommendations are made with your individual circumstances and suitability in mind.

Finance Options

Finance options are available, and payment plans can be discussed for higher-level packages.

If you are a business owner or have private medical insurance, there may also be other options available to help cover the cost.

07 / BUSINESS AND PROFESSIONAL SERVICES

Support for the person behind the work

Business development

Build a business that works with you, not against you. We combine commercial thinking with personal understanding, so decisions, communication and direction reflect what matters to you.

Programme	Investment	Focus
Confidence Programme	£997–£1,497 · 4–6 weeks	Business clarity, mentoring, communication and a development roadmap
Elite Mentorship	£1,979–£3,575 · 8–12 weeks	Deeper strategy, visibility and communication.
Bespoke Development	By consultation	Specific leadership, commercial or development needs.

Clinical supervision and practitioner mentoring

Clarity Foundations: £447 for six sessions, typically one hour each. A constructive space for case reflection, professional judgement and development.

Tailored practitioner mentoring is also available by consultation.

Bespoke packages for therapy professionals can be discussed if required.

Corporate support

Programmes for leadership clarity, resilience and performance, workplace mentoring and bespoke team development. The aim is stronger understanding, clearer communication and more considered decisions.

Every business involves people. When you understand yourself and your staff understand the vision, your business can begin to change.

Day rates start at £847. For more information, please book a call to discuss your requirements.

08 / NEXT STEPS

The first conversation creates trust

You do not need to know exactly what is wrong or have everything worked out before speaking to us.

Your free Clarity Call is a chance to explain what you are experiencing, ask questions, understand the options and decide whether the approach is right for you.

There is no obligation to book a programme.

BOOK YOUR FREE CLARITY CALL

themindmentor.co.uk/claritycall

THE MIND MENTOR

UNDERSTAND. CHOOSE. CHANGE.

The Mind Leads. The Body Follows.

All prices are indicative and subject to consultation and applicable terms and conditions.