



**ALCHEMY
LIFE THERAPY**

Clinical Psychotherapy Medical Hypnotherapy Life Coaching
www.alchemylifetherapy.com



THE BRAIN GYM

Train your brain. Free your mind.

**WORLD RECORD-BREAKING
BRAIN TRAINING & MINDFULNESS
FOR SPORT PERFORMANCE**



WORLD RECORD-BREAKING BRAIN TRAINING & MINDFULNESS FOR SPORT PERFORMANCE



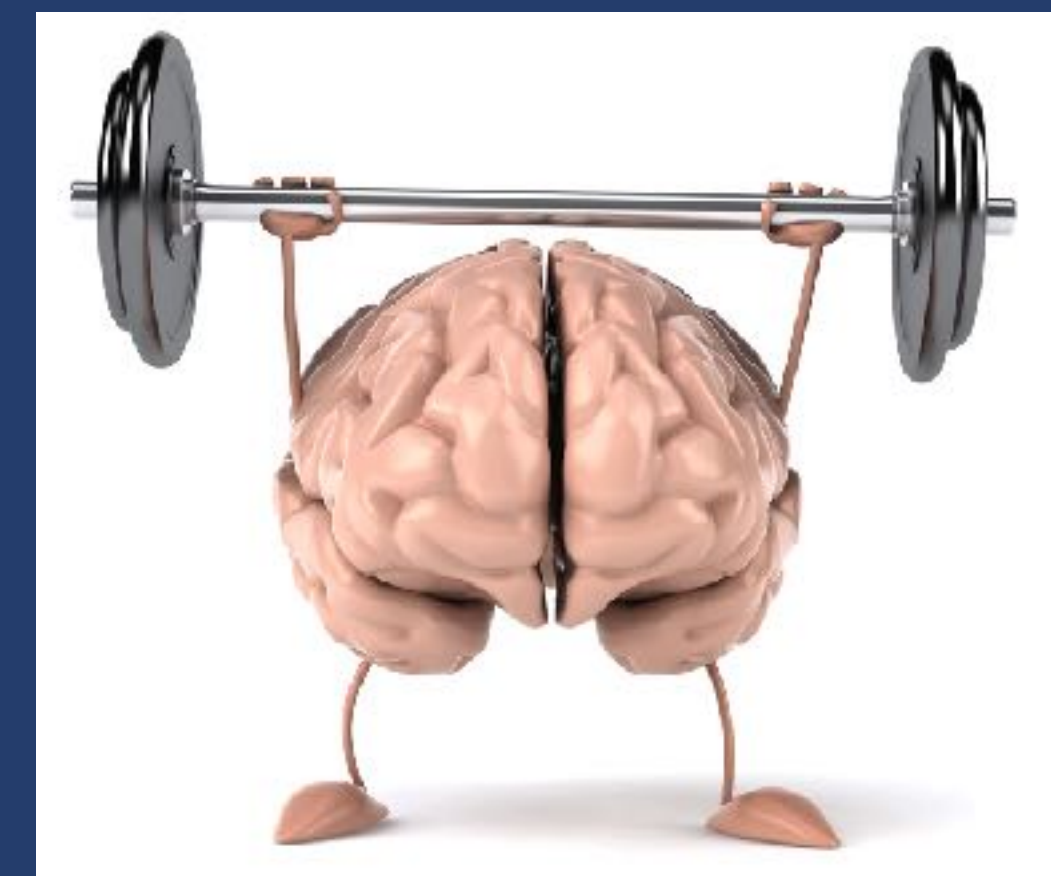
NEW WORLD RECORD ACHIEVED!

Guy Rigby and David Murray have become the oldest pair ever to row across The Atlantic or, indeed, any ocean!



To help them meet the extreme endurance challenge, they used Alchemy Life Therapy's unique blend of

- Brain Training for Sport Performance
- Advanced Medical Hypnotherapy
- SFBT (Solution Focused Brief Therapy)
- CBT (Cognitive Behavioural Therapy)
- Mindfulness
- NLP (Neuro Linguistic Programming)
- Leading-edge Neuroscience



WORLD RECORD BREAKERS!



Guy & David in The Canary Isles before setting off



Halfway across The Atlantic



Crossing the finish line off Antigua



Back on land, with new world record confirmed

WHAT'S THE STORY?

Who broke the record? Guy Rigby (68) & David Murray (56) in The Entrepreneur Ship

What record? The oldest pair to row across The Atlantic and, indeed, any ocean

Why? As part of The Talisker Whiskey Atlantic Challenge (2022)

Where from? La Gomera (The Canary Isles)

Where to? Antigua (The Caribbean)

How far is that and how long did it take? That's 3,000 nautical miles in 53 days, 3 hours, 42 minutes

Anything else? They raised more than £750,000 for UnLtd (The Foundation for Social Entrepreneurs)

What's that? A UK charity that supports people setting up social enterprises. UnLtd finds, funds and supports social entrepreneurs - enterprising people with solutions that change our society for the better!

SOME OF THE CHALLENGES



They rowed 3,000 nautical miles across the second largest ocean in the world

They encountered waves measuring up to 40ft high

They rowed 2 hours on 2 hours off

They had to be able to deal with sleep deprivation, stress, anxiety, depression, frustration, anger, loneliness and other issues

They had to be able to face doubt, fear, hallucinations and extreme conditions that could challenge their confidence

They burned so many calories a day, the associated hunger would impact on performance and mental health

They needed to drink 10 litres of water per day and the associated thirst would cause many to capitulate

SOME OF THE CHALLENGES



They had to stay alert

They had to stay motivated

They had to stay alive



“Our minds were in tip top shape all the way thanks to the Brain Training & Mindfulness in The Brain Gym from Gareth Strangemore-Jones!”

**Guy Rigby,
The Entrepreneur Ship**



Guy Rigby, The Entrepreneur Ship

“David and I worked with Gareth in The Brain Gym on the mental challenges associated with an unassisted Atlantic Row. He has been a fantastic help, explaining many of the drivers of the emotions we would experience and the associated chemical reactions in the brain. We didn’t know quite how we were going to fare, but our sessions with Gareth no doubt helped us overcome the extreme challenges we faced. Thank you, Gareth. We very much appreciate the warmth of your approach and the engaging way that you taught us about the mysterious workings of the human brain!”



David Murray, The Entrepreneur Ship

“Gareth helped us prepare mentally for our expedition. Steering us through our weekly sessions with clarity. He highlighted that it is not just practical and physical considerations that need to be addressed in preparation for a challenge of this nature. I can 100% recommend Gareth and The Brain Gym!”

NOT JUST SPORT PERFORMANCE



Guy Rigby, Gareth Strangemore-Jones, David Murray

Taken at the World Record award celebration at The St Ethelburga's Centre for Peace, Bishopsgate, London

***“This was Extreme Endurance Sport Performance!
With Gareth’s help, we nailed it!”***



**Gareth Strangemore-Jones,
Alchemy Life Therapy
& The Brain Gym**

“This is a new level for us. Our clinic helps people with Stress, Anxiety, Depression and a range of mental health issues and life challenges. We also help people to achieve their worthwhile goals. We have had some great successes in working with sporting athletes and we are now looking to work with sports clubs, governing bodies and associations as well as with individuals. We can work in person or completely online as I did with Guy and David. We believe the mental health and wellbeing of the athlete is paramount and it is from that stability that they can put all their efforts towards excelling.”



SPORT PERFORMANCE



"I could see it. I could almost feel it. When I proclaimed that I was the greatest of all time, I believed in myself and I still do!"

Muhammad Ali, World Champion Boxer (1942 - 2016) RIP

Lightbulb Performance Solutions was the previous name for this programme



SPORT PERFORMANCE



**“You can't put a limit on anything.
The more you dream, the farther
you get!”**

**Michael Phelps, the most
decorated Olympian of all time
with a total of 28 medals**



SPORT PERFORMANCE

Other Brain Training & Mindfulness for Sport Performance experience includes

- **An Olympic Martial Arts Medallist**
- **The Wales Gymnastics Development Squad**
- **Wales Youth Rugby Player**
- **Wales Youth Tennis Player**
- **Wales Youth Downhill Skier**
- **Female Bodybuilding Champion**
- **Competing Amateur Golfers**
- **Ballet & Contemporary Dancers**





SPORT PERFORMANCE

“The Brain Training & Mindfulness for Sport Performance Classes have really helped my boy with not just his skiing, but also with his school work. We've all noticed the difference at home too - he is much happier and sleeps so much better. This week, he won his ski-ing competition and was streets ahead of the others. He knows your classes have helped!”

Dad and No.1 Fan



SPORT PERFORMANCE

“I finally performed my perfect pirouette live on stage after visualising it as you taught me in The Brain Training & Mindfulness classes! I saw it before I went to bed the night before, I saw it on the way to the show, I saw it as I was getting ready, I saw it while I was warming up, I saw it before I started, I saw it as I went into the move. Then, I felt it as I was turning and I landed perfectly - it was so graceful and it felt wonderful!”

Amanda, aged 16, Ballet Dancer



SPORT PERFORMANCE



“I won my first Bodybuilding Championship with the help of Gareth’s Brain Training & Mindfulness for Sport Performance. First, we emptied my stress bucket and then we put my brain’s boss back in charge and then we focused on the competition. I found myself much happier at home and work, too!”

Monique Coleman, Champion Bodybuilder



SPORT PERFORMANCE



“Gareth was just taught the same Sport Performance techniques I learned to win my title!”

Glenn Catley, Former WBC Super Middleweight Boxing Champion



SPORT PERFORMANCE

The Neuroscience of winning

Immerse in your reality

Visualise yourself winning

Achieve your destiny





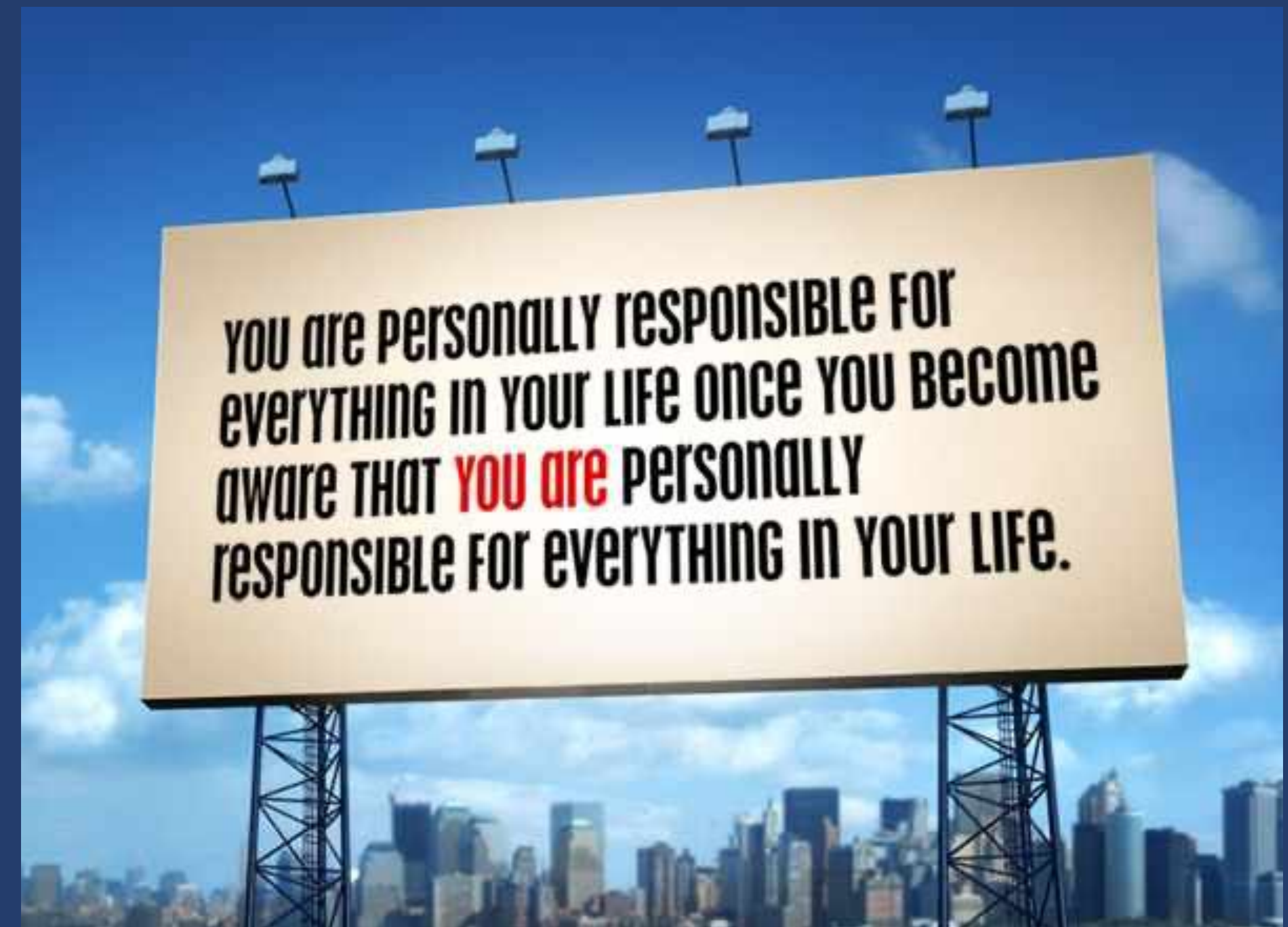
SPORT PERFORMANCE

Set your goals

Sharpen your focus

Perfect your skills

Ignite your flame





SPORT PERFORMANCE

Zone in to win



ALCHEMY LIFE THERAPY

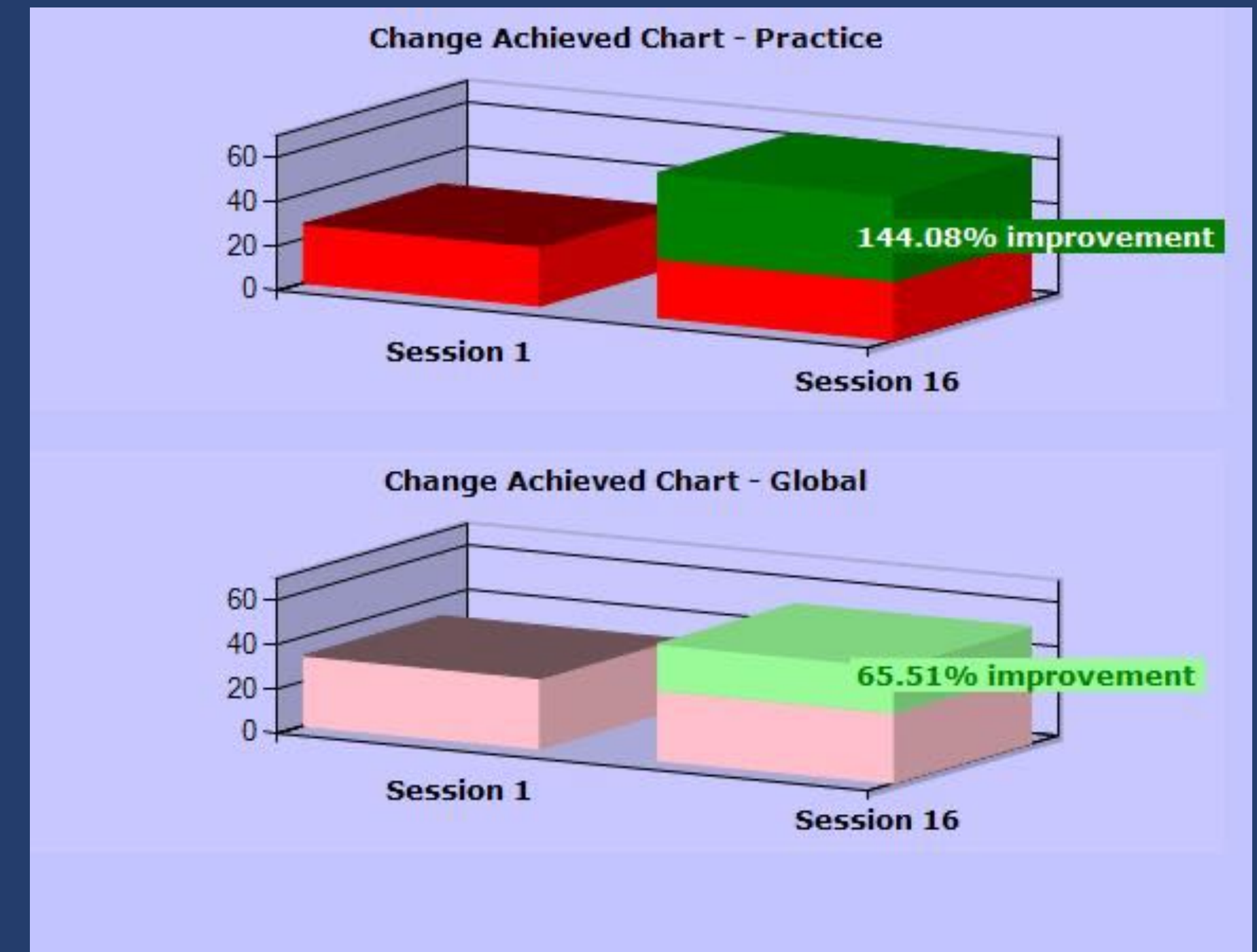
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According to your needs and wishes, we offer an integrative Brain Gym programme of

- Clinical Psychotherapy
- SFBT (Solution Focused Brief Therapy)
- CBT (Cognitive Behavioural Therapy)
- Advanced Medical Hypnotherapy
- NLP (Neuro Linguistic Programming)
- Mindfulness
- Brain Training for Sport & Performance
- Mentoring & Life Coaching
- The latest research-based and clinically-proven Neuroscience

CLINICALLY PROVEN TECHNIQUES



The International CORP Research measures 7 Key Areas of Life (Thoughts, Interactions, Activities, Confidence, Strengths, Achievements, Happiness).

There are >49,000 clinical hours in the bank of research proving the efficacy of the core techniques we use (Global) and our clinic in particular (Practice).



ALCHEMY LIFE THERAPY

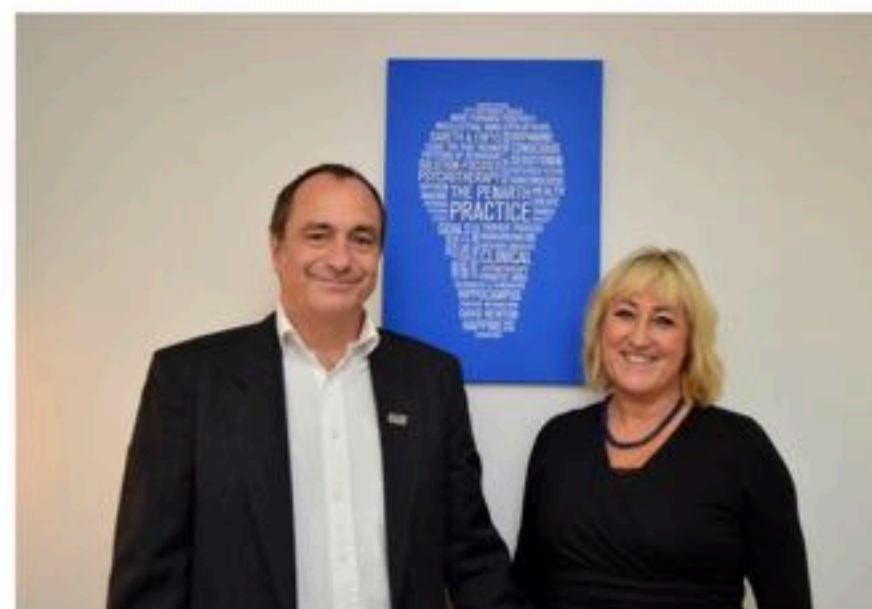
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MULTI AWARD WINNING

Penarth Times

PENARTH HYPNOTHERAPISTS NAMED AMONG WORLD'S TOP PERFORMERS

By Tomos Povey (14th October, 2016)



A REPORT has placed a Penarth hypnotherapists clinic within the top bracket in the world. The Penarth Practice - run by Gareth Strangemore-Jones and Enfys Jones - has been described as "trailblazing" in the hypnotherapy world.

The duo, who founded the Rowan Close-based business in 2014, said they are thrilled.

Mr Strangemore-Jones, who is from Penarth, said the practice is currently taking part in the an international research programme called CORP, which records progress charts for individual customers and charts average progress across the practice as a whole.

He said: "CORP means you can see how well we perform in helping people deal with their relative issues and challenges.

"We will know how they deal with issues and concerns because customers are asked to record - and we will see - their progress in seven key areas of life on a scale ranging from 0-10 which includes thoughts, interactions, activities, confidence, personal resources and strengths, achievements and overall happiness.

"A line graph is plotted for customers to see session by session progress and a block graph showing any change achieved.

"October's CORP report results see our customer's areas improve by 138 per cent - that's more than twice the global average.

"We are very proud of our results, they speak for themselves putting us among the top clinical hypnotherapists in the world."

Ms Jones added: "We are really pleased and very proud.

"We are so passionate about our work and it is wonderful to see our work being recognised."

For any additional information, contact The Penarth Practice on 07419 195673 or visit the website www.thepenarthpractice.com



Called "Trailblazers" and named
among the World's Top
Performers by Hypnotherapy
Today & The Penarth Times (2016)

MULTI AWARD WINNING



**Zokit Business Award Winner for
Outstanding Contribution to The Community (2017)**



**SME UK Enterprise Award Winner for
Best Online Clinic (2022)**



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Gareth Strangemore-Jones

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Clinical Psychotherapist, Consultant Medical Hypnotherapist, Mindfulness Teacher & Brain Gym Coach

ALCHEMY LIFE THERAPY & THE BRAIN GYM

Natural brain chemistry creating resilient positive change

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THE BRAIN GYM
Train your brain. Free your mind.