ROSINA BARNETT

ROSINA BARNETT · EX-CITY MIND-BODY COACH

The job didn't change. *You did.*

FOR INDIVIDUALS AND TEAMS · GUILDFORD AND ONLINE

THE CATALYST DAY

One day to get out of your own way.

Imagine a whole day where nobody needs anything from you. No inbox, no meetings and nowhere else to be. We look at the situation that keeps coming back, find where it started and take the charge out of it. Then comes the fun part. We work out what you want next in enough detail that you can see it and feel it and agree your first step towards it.

WHO IT'S FOR

You've worked hard to build your life. But what's next?

Maybe you're...

Doubting yourself. A restructure or a new boss has moved the goalposts and you're questioning judgement you've relied on for years.

Waiting to be found out. You've got the title and the salary but part of you still feels like a fraud. You over-prepare for meetings other people wing.

Ignoring the hints from your body. You get a cold the minute you go on holiday, you can't switch off on a Sunday night and you're on first-name terms with your physio.

Plenty of capable, senior people feel exactly like this. Most keep it to themselves, like I did for years. It can feel like you're the only one. You don't have to blow your life up to change it. You have more say over what comes next than you think.



What mattered to us ten years ago may not be what matters now.

"I came to Rosina as I kept being pulled into a difficult dynamic at work. Rosina asked questions that were so intuitive it helped us get to the crux of the issue really quickly. She draws on a whole host of techniques so it's not a generic coaching session. I could finally see the story I was telling myself, my own behaviour and how I was perpetuating part of the problem. I no longer feel the need to change the other person."

ELLA, EVENTS DIRECTOR, FINANCIAL SERVICES

THE WORK BEGINS BEFORE YOUR CATALYST DAY

Before we meet.

We start with a call about what's going on, what you'd like to explore and what you want from the day. You then receive your Human Design profile and a personalised EFT or hypnotherapy recording to help you notice what your body is telling you.

NOTICE

Pay attention to what you keep thinking about, what interests you, what surprises you and what keeps coming back. Journal, make notes or record voice clips, whichever suits you.

HOW THE DAY WORKS

We start with your body: where you feel it, what it's reacting to and what it's been trying to tell you.

From there we follow it back to the story you've been telling yourself, where it began and the role you've been playing in it. We work with your body, your mind and your energy. You set the pace. We finish with a final round of tapping or Reiki before you head home.

Your brain creates shortcuts to keep you safe, then never updates them. You don't learn to cope with the fear. You update your source code.

The day runs from 10am to 4pm (flexible if more time is needed), at my home in Guildford or online over two sessions. Lunch is included.

HOW YOU'LL FEEL AFTERWARDS

You leave understanding your situation differently, calmer and with the agency to choose what you want next.

You take home tapping you can do on your own, a summary of your notes, an integration recording and your Human Design profile. We talk again two weeks later, once you've tried things out at work and at home and started listening to your body.

Old habits can creep back when life gets busy. Noticing when they do is part of the change. When you're ready for the next step, you can come back for another day.

WHAT CHANGES IN THE WEEKS AFTERWARDS

- You respond rather than react when someone presses your buttons.
- You notice when your shoulders tense or your stomach churns and you know what it's telling you.
- You stop waiting for other people to change or to give you permission.
- You have the conversation you've been dodging and nobody bursts into flames.

PAY ATTENTION TO WHAT ISN'T BEING SAID

Hello, I'm Rosina.

I spent 27 years in top-tier asset management across sales, relationship management and consultant relations at Schroders, LGIM, BlackRock, Fidelity International and Northern Trust. I was good at it and always on.

In 2014 my baby had an accident. I pushed the guilt and shame down and went back to work. Over the next few years my knee, back, stomach and asthma all started telling me to stop. In 2019 I booked my first one-day coaching session and made the connection: everything I had pushed down had been showing up in my body all along.



I kept telling myself I was fine. My body disagreed.

I left in 2024. I know how it feels to keep performing while your body is asking you to stop. I also know the freedom that comes once you understand why.

CREDENTIALS

- Master NLP Practitioner
- Advanced EFT Practitioner
- Mind-Body Speciality Certification
- Hypnotherapy
- Human Design
- Timeline Therapy
- Reiki Level 2

EFT Practitioner at The Fountain Centre, Royal Surrey County Hospital

ONE-TO-ONE SESSIONS

Other ways to work with me.

Focus Session

For one thing you want to get right.

3 HOURS

For an interview, presentation, leadership meeting or difficult conversation. We work through what you want to say, what you might be asked and how to handle the unexpected. We also calm the nerves so you can think on your feet on the day. I draw on 27 years of preparing investment, sales and leadership teams for the meetings that mattered.

EFT (tapping)

When understanding alone isn't enough to change how you feel.

You tap on points on your face and body while we talk through the feeling, memory, belief or physical sensation. It calms your nervous system so the same situation stops setting you off. In Guildford or online.

Human Design Profile

A different way to understand yourself.

A profile written for you on how you naturally make decisions, use your energy and handle stress, work, relationships and money. You might read it and think "Well, obviously." Equally, you may read sections and think "Really?" It's something to explore and come back to over time.

Reiki

For when you need rest more than talking.

A Japanese energy practice that grounds and nurtures you, using light touch or hands held above the body while you lie fully clothed. In person in Guildford.

"Rosina has uncovered an overlooked, yet incredibly important, aspect of my wellbeing, my emotional wellbeing. To date, I had only considered my physical and mental wellbeing, without explicitly considering my nervous system and the critical role it plays. It has definitely made me feel better and the insights from the Human Design report resonated and affirmed my belief in this approach. They provided practical steps to help progress in a personal and professional context."

A.S., INVESTMENT CONSULTANT

TEAMS

Close the gap between the values on the wall and the culture people live.

Most organisations know what they want their culture to be. Under pressure, people fall back on old habits, hold back what they think and spend more energy on each other than on the work.

Most workplace training works with the mind. I also work with what stress does to people's bodies, reactions and working relationships, drawing on the muscle memory of 27 years in corporate environments.

Half-day and full-day workshops at your offices or a venue of your choice, plus talks for conferences and away days.

THIS IS FOR YOUR TEAM IF

- After a restructure
- Conflict that's costing you
- A leadership team that hasn't gelled
- Good people running on empty

> "We left with a better understanding of our innate strengths and why we sometimes lock horns. It's made working together smoother. We are certainly experiencing less frustration and have more respect for how each of us operates."
>
> LEADERSHIP TEAM · FINANCIAL SERVICES, UK

GET IN TOUCH

Start with a free 30-minute Game Plan.

If not now, then when?

GUILDFORD · NATIONWIDE UK AND EUROPE · ONLINE WORLDWIDE

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We spend a fortune adding years to our lives. Let's put some life into those years.

ROSINA BARNETT

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This is coaching, not therapy or medical treatment. These services are not a substitute for medical, psychological or psychiatric diagnosis or treatment.