Introduction to Services offered by The Mindful Entrepreneur

My name is Stuart Hillston.

I am trained as a Mindfulness Teacher, Hypnotherapist, Exec & Team Coach, Supervisor, and Counsellor/Psychotherapist.

I am insured to provide services face-to-face in the UK and online.

My background is entrepreneurial – 20 years in software, building companies, a small number of which went as far as an exit.

I spent 8 years as a professional investor, four years as a financial advisor, and since 2015 I have been offering personal services in line with my training as described above.

I work with managers, leaders, and entrepreneurs at every stage of their journey. I also work with the people they employ.

Much of my work is in the form of one-on-one sessions, however I regularly run workshops and training sessions on a wide range of topics relevant to high-growth companies, such as Management, Leadership, Sales, Presentation Skills, and Story Telling.

I am passionate about good Mental Health practice in the workplace and in particular the Psychology of Entrepreneurship.

During 2020 I ran workshops on Mental Health First-Aid; Psychological Safety; Resilience; and the challenges of working from Home (WFH). During 2021 I ran workshops on Management and Leadership in high growth companies; Listening Skills; Conversational Skills; Simple Sales Skills; and Overcoming Stage Fright.

The Mindful Entrepreneur® is my business offering my services. I do sometimes work with other coaches and counsellors, especially when working on Team Coaching in companies.

You have most likely received this document because we have discussed working together, or you have been looking at my web site. This document is often accompanied by two others – one is my Terms and Conditions, and the other is the Basic Client Record.

The Ts&Cs document explains how I work. If you book a session, I will assume you have read and understood this document, and that by attending you have accepted it – especially your part in us working together. You do not need to sign it unless you want a signed copy from me. I would draw your attention to the payment, cancellation, and session length – all of which are normal but often overlooked.

The Basic Client Record is a requirement of my Professional Body – The National Counselling Society for Counselling/Psychotherapy; The European Mentoring & Coaching Council for Coaching/Team Coaching.

If you are sure we will just be working as coach & coachee then you only need to fill in the first part of the Basic Client Record, if we are working as counsellor & client then please complete all parts. You may, if you wish, simply email me the questions & answers without filling in the form – either is acceptable.

When we agree to work together, I will also advise you of rates. I generally recommend that we have an initial block of four, weekly, sessions to get to know how we work together. After that it is something we will discuss. You can of course decide for yourself.

I will send a Zoom invite for our sessions and 24 hours beforehand, a reminder with an invoice to be paid by the start of the session please.

I look forward to working with you.

Stuart