



Clare Hudman

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The Phil Parker Lightning Process® Information Pack

The Lightning Process® is an empowering training course which teaches you how you can influence your health and life using techniques based on the way the brain and body interact.



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“My core principle is that **people are geniuses with amazing skills, qualities and talents**, and I hope I can help as many people as possible to find that out about themselves. Your local practitioner, Clare Hudman, will be very happy to answer your questions I wish you the very best of luck on your journey to living the life you love and deserve.”

Phil Parker

Do Dip E Hyp Psyc CMP NLP
Designer of The Lightning Process



“In 2006 after 7 years of ill health I did the Lightning Process course and got myself back to full health. That was a huge achievement for me especially as it also gave me the tools to meet future challenges and to embrace new adventures. Life is so much more enjoyable and easier.”

“I am now one of the most experienced Advanced Lightning Process practitioners in the UK, keeping my skills and training up to date to help my clients get the best results. It is wonderful to hear my clients say to me...”

“Thank you. You gave me my life back!”

Clare Hudman

Advanced Lightning Process Practitioner

B.A. Hons, Dip. COT, Dip.Clin.Hyp, NLP, Coach, CMP NLP
NLP Master and Licensed Lightning Process Practitioner



Testimonials...

“Doing the LP with Clare *changed my life*. A friend of mine, who had seen my transformation, asked if it could help with her daughter crippled by depression. One course later she’s done her A-levels, been to uni, is training as a teacher and is getting married next year – I’m doing the flowers and cake!”

Sarah (CFS)

“Clare we were *very impressed* with the way you ran the course and the sensitive way you adjusted everything so that our daughter understood.”

Parents of a 12 year old

“What I find extraordinary at 54, is that I can go on making changes and choices that make me feel *happier and in charge of my life.*”

Noelle (anxiety and alopecia)



Sarah still ‘getting cracking’ 5 years after the LP



What is The Lightning Process®?

The Lightning Process® is an empowering three-day course which teaches you how you can influence your health and life using techniques based on the way the brain and body interact.

In just a short while, often only hours after the first session, the new effective patterns start to replace the old ones and allow people to make more productive and happier choices.

What is The Lightning Process® used for?

People have reported rapid improvements (and often complete removal of all symptoms), from many **physical conditions**. Some examples are:

- Back and Neck Problems
- Chronic Fatigue Syndrome (CFS/ME)
- Chemical Sensitivity
- Chronic Pain
- Exccema
- Electro-magnetic Sensitivity
- Food and Chemical Intolerances
- Fibromyalgia (FM)
- Headaches/Migraines
- Irritable Bowel Syndrome
- Lupus
- Multiple Sclerosis (MS)
- Muscle Fatigue
- Psoriasis
- Tinnitus
- Vertigo

Most people, at some stage in their lives, experience some degree of difficulty with unwanted **thoughts, feelings and behaviours**. People have reported positive outcomes in using The Lightning Process for:

- Addictions
- Anger
- Anxiety, Panic Attacks and Fear
- Compulsive Behaviours
- Depression
- Eating Disorders
- Fear of Failure
- Guilt and Shame
- Inability to Communicate
- Insomnia
- Low Self-esteem or self-doubt
- Motivation/Procrastination
- Obsessive Compulsive Disorder
- Feeling Overwhelmed
- Perfectionism
- Prolonged Grief
- Quit Smoking
- Shyness
- Stage Fright
- Stress and Struggle
- Weight Issues



What will I learn during the Lightning Process

The Lightning Process is an intensive training programme that combines concepts from many different techniques, in order to help people to recognize how their mind and body interact and to know how to actively create the patterns that they want to have in their lives. Here is a brief summary of the course:

Day 1

- When is excellence excellent and when does it get in the way?
- Change your use of language to positively impact on your perceptions of yourself, your health and the world
- Uncover patterns that you may not be aware of, which have been having a big impact on your well-being
- Learn about how Long Term Stress depletes your physical and mental resources and has negative impacts through many body systems. We refer to this state as the Physical Emergency Response (PER). This can lead to a whole range of symptoms that reduce the quality of your life or even make you unhappy with who you are
- Rebalancing of your body systems
- At the end of Day 1, you will learn the Lightning Process itself, which is a series of steps, simple movements, self-coaching and visualization. The Process is not physically demanding, thus allowing it to be tailored to all levels of ability
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The Lightning Process Core Concepts

- You are extremely influential in your life and health
- Your physical and psychological patterns exert a huge influence on your health and life (though this does not mean that it's all in your mind or that you are making it up!)
- Your patterns are often unconscious
- Your brain and body can influence each other
- You can learn to influence these patterns

By the end of Day 1, often only HOURS after the first session, the new effective patterns start to replace the old ones and allow you to make more productive and happier choices in your life. You will immediately be able to put the Lightning Process into action in your own life and see the enormous benefits that unfold.



Day 2

Day 2 starts with a review of the positive changes that people have already noticed since Day 1. My experience is that people are delighted and encouraged by the improvements they have made already. We also spend some time reviewing any areas that people are finding more difficult to shift.

Then we proceed to the Day 2 concepts.

- An introduction to neurology, synapses and processing of emotions in the brain
- How to break predictable response patterns
- The underlying structure that creates good or bad experiences
- How to build your “brain muscle” to create good experiences

You will also practise the Lightning Process with your trainer’s assistance, to ensure that you are getting the most out of it.

By the end of Day 2, you will have a far more advanced understanding of the physiology of your mind and body interaction, the unconscious patterns that have affected your well-being, and how to use the Lightning Process to create new patterns which serve you far better.

Day 3

We start Day 3 with another review of how much further you have now come in your Transformation Process. The changes that people report at this stage are frequently truly inspirational!

We then move onto the topics of the day, which focus around preparing for your future, now that you have made such significant changes in your health and well-being. You will learn how to:

- Respond to friends and family
- Build yourself up in terms of exercise and activities
- Avoid traps like co-dependency and perfectionism
- Modify your home/work environment to support the changes you’ve made
- Use the Lightning Process to prepare for future events and experiences so that you are able to perform at your best
- Access ongoing support from your trainer and from further resources such as books, podcasts, a free support download and the Graduate website

By the end of Day 3, many people report that this has been the most life-changing course they have ever done and they feel very empowered to move forward in their life and their future. I remain in close contact with my participants over the coming months to ensure that they are on track and living the life they love.

“My experience is that people are delighted by the improvements they have made.”



Frequently Asked Questions

How effective is it, and do the changes last?

If you do the simple homework required by the Process, (and it is within the ability of everyone), then we've found that **people are able to produce amazing results** which do last long term. A recent snapshot survey* of 1297 people showed that 81.3% of clients report having completely resolved their issue/symptoms. Only 2 people out of 1297 did not experience improvement.

Is it just Positive Thinking?

No, The Lightning Process is not just positive thinking. It is a Training Programme, which combines **NLP, Life Coaching and principles of Physiology and Osteopathy**. It offers a range of tools to empower people to create change in their lives.

Will I Relapse?

This is a big fear for some people. I follow up all my clients and find that most people are maintaining the changes they made and are living the life they love. For some people, this means using the Lightning Process to stay on track and I offer follow-up support if they are having difficulty with this. My experience is that only about 30% of my clients have required ongoing support to maintain their positive changes.

Why in groups?

We find that being part of a **positive supportive group** of like-minded individuals with similar issues and experiences helps you to apply the Process. You also learn a lot through observing other people doing the Process. I choose to restrict my groups to 5 people to ensure that everyone gets plenty of 1:1 support from me within the group.

Are there follow ups?

While success is largely determined by how much you use the Lightning Process, I offer ongoing support to ensure that you are on track. I offer up to 3 hours 1:1 telephone coaching in the first year starting in the first 1-2 weeks after the course. I also offer voluntary membership to a monthly Graduates Email Top Tips. Face-to-face follow-ups are also available as are 3-4 hour group Top Up courses.

Will it work for everyone?

While we cannot guarantee results, our snapshot survey data* indicates that the Lightning Process is very effective for most people who choose to do the course (and are assessed as ready by the trainer). You would expect to get little benefit from a gym membership if you did not regularly use it. The same is true of the Lightning Process. To get the most changes, you need to be pro-active and use the techniques that you have been taught until it becomes easy and automatic.

* The snapshot surveys were completed by 1297 people who attended a Lightning Process (LP) seminar, in a variety of locations throughout the UK and Norway, between January 2007 and May 2010. The data was collected by 34 different practitioners.

81.3%*
of 1300 clients
reported
completely
resolving their
issue/symptoms

93.4%
reported at
least 7/10 change



How does the Lightning Process work?

When the body experiences a threat (such as physical injury, viruses, drug reactions, emotional shock or trauma), it creates a physical stress response (PER), which stimulates the Sympathetic Nervous System and produces stress hormones. Temporarily this is an excellent solution for dealing with most threats, but **long term arousal of this system causes disruption** to normal Hormone, Immune, Muscle and Digestive System function and changes the way our nerve cells transmit nerve signals.

The combination of the original cause plus prolonged stress and imbalanced body systems cause a downwards health spiral. The spiral can be further worsened by the emotional distress of being unwell and all the concerns about ones future.

When you understand the physical processes that go on as a response to ill health or trauma, it becomes clear that a training programme, such as LP, which **teaches you how to influence these physical processes**, can open up a whole new set of options and choices for your health and life.

Is CFS/ME all in the mind?

People with CFS are very rightly concerned at any suggestion that it is a psychosomatic illness. **It's not all in the mind.** It is a physical illness, classified as a Neurological Illness by the World Health Organisation, and as "a multisystem disease, primarily neurological with variable involvement of liver, cardiac and skeletal muscle, lymphoid and endocrine organs" by Ramsay. We are very keen to emphasise that we agree with this view.

Our approach is based on the understanding that the body and the mind are interrelated and interact with each other. **Changing the automatic processes of the mind can have powerful effects on the physical health of the body**, but that doesn't mean we consider it to be all in the mind.



Clare – Full Health after CFS



About Clare Hudman

It's important to trust your Trainer's expertise and also to like them as a person. Here are a few facts about me and my approach to being a Trainer. You're welcome to phone me for a further chat...

"Clare really helped me turn around my life for the better."
Chelsea

"Thanks for all your help. It's made a huge difference to the whole family."
George's mum

- I run my groups with a very positive atmosphere, using a **strengths-based approach and lots of encouragement**. I like to be approachable and nurturing to my clients.
- I have now led **over 500 clients** through the LP so have a wealth of experience
- My clients have had **high success rates** and have given very positive feedback about my skills and kindness as a Trainer.
- I used the Lightning Process to recover from my 7 year Chronic Fatigue Illness, so I **understand** what clients are going through and I have **full confidence** in their ability to recover.
- I provide regular courses and am **readily available** for follow-ups if required.
- I include 3 hours of follow-ups for free within the LP Package and offer a discounted rate for people who want further follow-ups beyond this.
- I take a **maximum of 5 clients** per course to ensure that everyone gets plenty of 1:1 support from me.
- I have a Diploma in Clinical Hypnotherapy, Neuro-Linguistic Programming and Life Coaching (Phil Parker Institute, London), as well as a Diploma in Occupational Therapy (Heath Hospital, Cardiff), thus combining **advanced practical skills with a good knowledge of psychological issues**.
- I have extensive professional experience working with all ages in a wide variety of contexts in hospitals, schools, business and the community. I am a tutor, a writer, a gardener, a dancer and I love working with people to help *them* to find their potential.

About Phil Parker

Phil Parker has an **international reputation** as one of the foremost Hypnotherapists, Master Practitioners of NLP and Osteopaths. He is the Director of The Phil Parker Training Institute where he designs programmes, produces a range of inspirational books and CDs, and trains Postgraduate students in Clinical Hypnotherapy, NLP and Life Coaching.

His core principle is that **people are geniuses with amazing skills, qualities and talents**.

Phil Parker personally selects and trains all Lightning Process Practitioners, thus ensuring a very high and consistent standard is maintained.



Clare Hudman & Phil Parker



How to enrol for The Lightning Process

1. I recommend you listen to Part 1 of the home study audio available at www.lightningprocess.com or to read Phil Parker's book, 'An Introduction to the Lightning Process' if listening is not possible.
Listening to the audio or reading the book will help you to understand the philosophies behind LP and to prepare fully to get the most out of the course.
2. You can also read my website www.getbetter.me for more LP success stories or to download an application form (or ask me to post it to you).
3. If you have further questions, please contact me on:
01453 750382 or getbetter@therightplace.net
4. Once I have received your application form I will phone you to ensure that you are ready to take the training. If you are not ready, I will offer you ways to prepare yourself. If you are ready, we book you into a course, you pay a deposit of £50 and you pay the balance one week before the course.
5. The Lightning Process costs £695 which includes the assessment phone call, 3 day course in a group of 5 people maximum, course materials, up to 3 hours 1:1 coaching and a monthly Graduates email of Top Tips.
6. If you would like follow up over and above your 3 hours in the first year, I offer this special price of £25 per ½ hour to ensure that you are getting the most out of using the Lightning Process *whenever* you may need it.

I look forward to hearing from you!

"Clare's approach was clear, kind and sensitive whilst being very much in control of the course flow, structure and organisation." Jodie's father