



## CONTACT

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## SPOKEN AT/SEEN IN



## TESTIMONIAL

"A big heartfelt thank you for the wonderful session you delivered this morning. I don't think you need me to tell you how much the delegates enjoyed it and more importantly how much they will have walked away with."

Thank you for the really supportive conversations you had with the delegates during the break outs!"

CHILTERN LEARNING TRUST

## SOCIALS

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 mindset-coach

# Caroline Tyrwhitt

CREATOR OF THE MINDSET DIET

FOOD RELATIONSHIP COACH, NLP TRAINER

## Helping busy women to lose weight without dieting

While working long hours in education and sometimes in a toxic environment, Caroline went from a size 8 to a size 18. It was only when she learned Neurolinguistic Programming that she was able to reframe her thinking and lose weight without going on a diet. Those same techniques also helped her build her confidence back after working in a bullying environment.

Caroline created a coaching, training and mentoring programme The Mindset Diet to share with other busy professional women what she learned about losing weight without dieting. And she has now packaged her strategies in a book launched on February 1st 2024 that is a #1 bestseller on Amazon and winner of Janey Loves Platinum Awards.

She has previously shared her story in a short story collection and shared NLP techniques with students for managing wellbeing in The School Yellow Book.

Caroline is passionate about empowering women: not only through her Mindset Diet programme but in her work coaching female teachers for leadership confidence and her work as a Soroptimist supporting women in the UK and Uganda.

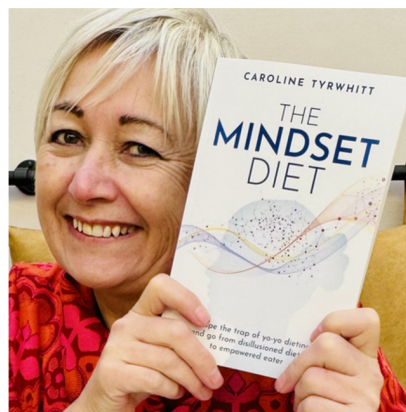
## TRAINING AND PRESENTATION TOPICS

- NLP Practitioner - using neurolinguistic programming in a wellbeing setting
- Why small habit changes have bigger and better results
- How to overcome overwhelm and stress less
- Shifting from shame to self-compassion
- Breaking old and building new eating habits
- 5 of Secrets of Motivation
- Ways to prevent yourself sabotaging your weight loss efforts
- How to stop thinking about food



## THE MINDSET DIET BOOK

#1  
amazon  
BEST SELLER



The Mindset Diet helps you understand what influences your eating habits and use proven NLP techniques to change them. Practical coaching strategies enable you to transform your relationship with food, escape the trap of yo-yo dieting and become an empowered eater.

"As a former weight-loss programme consultant and yo-yo dieter, I would heartily recommend anyone drawn into restrictive weight-loss plans take a look at this book. You will find a whole new door opening for you."  
 ANGELA ROTH, BUSINESS COACH FOR HEART-LED ENTREPRENEURS

"This is a truly must-have book for anyone who is interested in the relationship between the mind and diet."  
 KATE MCCARTNEY, NLP MASTER TRAINER