



**Our Attitude determines our Altitude**

**Grant Hamel**

Certified NLP Master Practitioner

Certified Practitioner of Eriksonian Hypnotherapy

Certified Practitioner of Energy Re-Sourcing™

Certified Project Manager

Certified Performance Coach

Certified Trainer: Personal Growth & Counselling Skills

**Contact details:**

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**Specialities**

- Personal breakthrough sessions
- Personal coaching
- Specialised Training & Workshops
- Business coaching

## Biography

Grant is a passionate individual and inspires others towards living their lives passionately. He has been training and coaching individually and into corporate from an early age, and continues to facilitate, train and coach people on a daily basis. His focus is on inspiring people towards managing their state towards their own inner excellence, and towards evoking their genius within. He is on a journey and a mission towards "succeeding on purpose" and assisting others to do the same.

Grant has worked in many technological and managerial positions, and has vast experience towards evolving and growing teams. He maintains a high interest in people evolving themselves, and is currently working on leveraging technology towards finding high touch and quality lifestyles within a constantly and rapidly changing world.

Living in Milnerton, with his wife, two daughters, dog and cat, affords him the opportunity to find balance through beach walks, traveling and holidaying around the Western Cape and overseas. Being born and bred in Cape Town he loves hiking, red wine and spending time with his family.

We need two things to achieve success, skill and attitude.

Grant coaches people towards their own excellence, using the very latest NLP and coaching techniques, one step at a time.

How do you eat an elephant? One bite at a time!

How do you transform into the very best YOU that you can be? One step at a time!

To add yourself to the list .