

**Balanced Approach** was set up to enable its clients to live a stress free and more balanced life. Maybe you have a phobia (fear of flying, spiders, needles, doctors/dentist etc), low self-esteem, wanting to lose weight, stop smoking, improve your communication skills or simply learn to relax... Balanced Approach has the solution.

Founder Mark Peters felt after completing yet another exhausting and stressful day as an operations manager in manufacturing, surely there must be a more productive way to use his skills. "My wife and I sat down and had a '**blue-skies**' day when we worked out where we'd like to be and how we could achieve it". With his wife's support Mark quit his job and set up **Balanced Approach**. "Until now I have been working with the NHS, special needs groups, local companies and individual clients in my spare time...." Now is the time to take the big step. We even renamed the house Blue-Skies

"Throughout my career I have always been more interested in people as individuals rather than just employees. With this in mind I trained as a counsellor while completing my MBA". Mark also qualified as a Clinical Hypnotherapist with the British Society for Medical and Dental Hypnosis – the only society working closely with the NHS - and became a licensed NLP practitioner with the Society of NLP.

While training, one quote that stuck with me, by Maudsley, "**Sorrow which finds no outlet in tears, makes the organs weep**".

So many illnesses are psychologically induced. Most of us live stressful busy lives and many of us hold the stresses and anxiety inside. Without being properly addressed, all manor of seemingly physical conditions can manifest themselves as aches and pains, stomach disorders, headaches, poor sleep patterns etc.

You, like us, want to live the best life possible. Our aim is to offer you options that really work. Whether you come to us as an individual or arrange group sessions, our male and female staff will help. If you keep doing things the same way, you'll keep getting the same results; it's a vicious circle. We're here to facilitate change and give you the skills to break the cycle and to keep moving forward. Why accept a life less perfect when you could have the strength to accept the things you can not change and the abilities to change the things you can.

In addition to working with national Primary Care Trusts on rehabilitation, Mark also runs the Kai Ming Association for Tai Chi Chuan and is the regional officer for the Tai Chi Union for Great Britain and the British Council for Chinese Martial Arts. He represented Britain at the US World Championships in 1994 and captained the team at the World Games in Taiwan 1998, and while in Taiwan he was elected vice-president of the World Tai Chi Federation – he is still the only non-Chinese person to hold this position.

Balanced Approach are based at:  
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