



Press Release

15 October 2009

Alex Gunn and Chrissy Richman of the Life Change People bring their consultancy to Chiva-Som

Chiva-Som regularly hosts practitioners of exceptional ability to provide variety for their guests. Their visiting consultants calendar is constantly changing on a monthly basis. To expand the offering even further, for the first time Chiva-Som is providing psychological support to complement its mind body, spirit concept

Alex and Chrissy, the Life Change People, will visit Chiva-Som as guest consultants for two periods from the 9th-20th November 2009 and from the 22nd February – 6th March 2010 to offer life change therapy.

If you are struggling with depression, anxiety, stress, dealing with difficult situations, or feel that you lack direction and uncertain how to improve things; and if everyone except you thinks you're happy and successful...that you've "got it all", then Life Change Therapy can help you to overcome these barriers.



Life Change Therapists, Alex Gunn and Chrissy Richman, have been helping people overcome life's problems for over 20 years. Over the past few years they have been running The Life Change Programme, a unique combination of sophisticated personality profiling, life coaching, recent advances in counselling based on motivational psychology along with evidenced based psychotherapy techniques.

They work with lots of busy successful people, including journalists, lawyers, architects and those in the arts and media, who are managing their lives and impressing their colleagues, whilst deep down feeling dreadful. "Career a success... relationships a disaster" is a familiar phrase.

Anyone who wants to make life changes fast, or is having to cope with difficult situations, should experience a session with Alex and Chrissy at Chiva Som.

"...with Alex and Chrissy of the Life Change People I knew I'd hit the counselling and life coaching jackpot" -Tania Cagnoni, Conde Naste Editor and Travel Writer"

Alex commented; "The relationship between physical, spiritual and mental/emotional health is well documented and there is a strong evidence base to suggest that a joined up approach, integrating psychology with the existing high quality treatments at Chiva Som, will make a lasting difference, enabling people to change their lives and maintain those changes. Your Chiva Som/Life Change people experience will be with you for a lot longer than your sun tan"

Chiva-Som offers fully inclusive retreats. A consultation with Chrissy Richman and Alex Gunn can be purchased at an additional fee. Please contact our reservations to book your stay. Tel +66 (0) 32 536 536 or fax +66 (0) 32 511 154 or email to reservation@chivasom.com or visit www.chivasom.com

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Note to Editors:

The Life Change People

Alex Gunn, *B.A. Hons, PGCert, PGDip, MSc*

Alex specialises in Motivational Psychology and has recently written both a Degree and Diploma in Counselling and Behaviour Change for the University of Plymouth where he worked as an associate lecturer.

As well as working over the past 20 years with numerous people seeking to establish major life changes, he has spent many years training groups of professionals, both in the private and public sector, in Motivational Enhancement and Life Change Behaviour. He is a long-standing member of the International Network of Motivational Trainers. He also works as a moderator for the Open College Network. His main professional interest is in the continuing understanding of why and how we make changes in our lives.

Chrissy Richman

Chrissy has helped many people make profound changes to their lives, managing, developing and delivering counselling and change programmes in a variety of settings. She has over 30 years experience and is well known within this sector.

Most recently she was the Chief Executive and Head of Treatment of a large charity in the UK, helping over 6,000 people overcome complex life difficulties arising from drug and alcohol problems. She has been invited to advise on UK government policy, participating in think tank forums on a variety of social issues.

Her first love however, remains the delivery of Life Change Therapy.

Chrissy has changed her life many times, living and working in London, Devon and Amsterdam and is now enjoying living in Thailand.

Chiva-Som

A secluded world of beauty and serenity, Chiva-Som is the "Haven of Life" – a luxury health resort dedicated to revitalising the mind, body and spirit. The beachfront resort represents tranquility at its best with luxurious accommodation, nestled within lush tropical gardens.

Focusing on greater well-being and vitality, Chiva-Som offers extensive fitness, spa and holistic health facilities to help you relax, restore, rejuvenate and redirect. Personalised programmes and treatments are designed for everyone, blending Eastern philosophies with Western diagnostic skills. Widely regarded as the Best Destination Spa in the World, Chiva-Som welcomes you with unique Thai hospitality. Located in the Royal city of Hua Hin, the resort is less than three hours by car south of Bangkok.

Chiva-Som is the proud recipient of numerous accolades, most recently 'Best for Mind, Body and Spirit' and 'Best for Medical' SpaFinder's Readers' Choice 2009; 'Top 5 Overseas Retreat' Condé Nast Traveller Readers' Spa Awards 2009 (and every year since 1999); '2nd Favourite Destination Spa' Conde Nast Traveller 2009 Readers' Travel Awards; 'Best Overseas Spa' Luxury Travel&Style Magazine 2009 Gold List; 'Spa Cuisine of the Year' AsiaSpa 2008; 'Favorite Spa in Thailand' and 'Top 10 Medi-Spas' Spa Finder 2008; 'Best Spa in the world' The ULTRAs-The Ultimate Luxury Travel Related Awards 2008; 'Best Overseas Spa' Luxury Travel&Style Magazine 2008 Gold List;

Chiva-Som has achieved the prestigious Green Globe certification recognising our commitment to operating at the world's highest environmental standard on all levels of operation. The resort has several initiatives, policies and practices in place for energy efficiency and conservation, waste water treatment and reuse, fresh water conservation, waste minimisation and recycling, air quality management and environmentally friendly product-usage.

For more detailed information on this press release please contact:

narumol.k@chivasom.com

Narumol Keadpukdee

PR & Communications Manager

Chiva-Som International Health Resorts Co., Ltd.

11th Floor, Modern Town Building

87 Sukhumvit 63, Bangkok 10110, Thailand

Tel: +66 (0) 2711 6900-12

Fax: +66 (0) 2381 5852