

Client testimonials

What some of my clients have recently said:

"You're definitely earning your money. I had in my head what I wanted to feel like by the end of the session and I feel much better than I hoped so I'm pleased."

M.S.

Work issues and relationship with line manager

"It's amazing, it's completely gone. I feel light and bubbly!"

M.M.

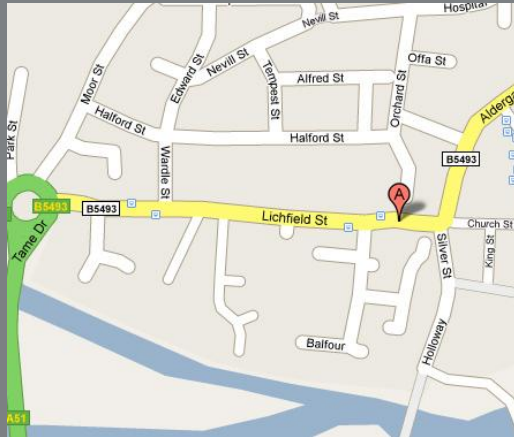
Pain in elbow over previous year

"Meant to tell you how amazing EFT is! It occurred to me recently I don't even think about what I'm doing anymore! So thank you."

J.R.

Confidence issues. Like many of my clients, once we'd dealt with the problem, JR almost forgot she'd ever had it!

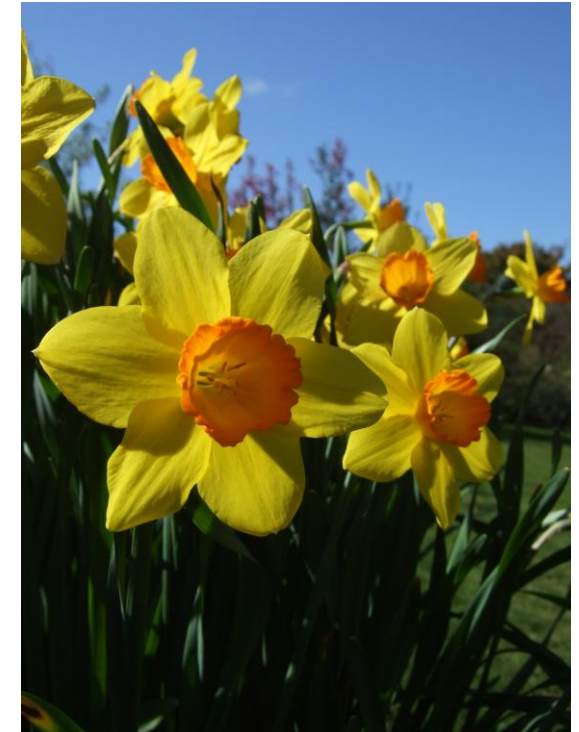
What could your testimonial look like? Could it soon be you saying that you feel better, lighter, free, confident, purposeful and happy? **There's only one way to find out.** Call me on **+44 (0)7736 280947** for a free, no obligation chat.



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Life therapy to help you make the changes you want

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What would you change if you could?

You might have one or more specific goals, either work-related or personal, in mind.

Perhaps you want to improve your situation in general, or gain more self-awareness. Maybe you'd like to get clarity around an issue or identify a way forward. There may be some particular skills you want to develop, or a behaviour or belief that you want to challenge.

I also work with all sorts of emotional and physical issues – anything, in fact, that is limiting your life, possibilities and happiness.

Whatever your situation, I can help you to make the changes you want.

What can I help with?

- Anxiety and depression
- Fears or phobias
- Health conditions or pain
- Relationship difficulties
- Addictions and smoking
- Children's issues
- Unwanted memories or past trauma
- Weight or food issues
- Goal setting and improvements
- Finding purpose and direction

One of the things you're really going to love about life therapy is that you can easily and quickly make the changes you want because we'll be using the very best techniques available: coaching, neuro-linguistic programming (NLP) and Emotional Freedom Techniques (EFT). I promise this is all good common sense stuff that really works!

Coaching is a two-way conversation, in which I listen to you – *really* listen – and question, observe and, where appropriate, give feedback. I work to your agenda, not my own. This kind of conversation is very powerful and effective, and can quickly result in significant insights and understanding.

Neuro-linguistic programming (NLP) is a powerful tool for helping you to achieve peak performance in your work or personal life. Using techniques 'borrowed' from areas such as psychology and linguistics, NLP helps you to consciously influence your mind, language and physiology in order to consistently achieve the outcomes that you want.

Emotional Freedom Techniques (EFT) combines talking with gentle self-applied tapping on acupuncture points around the face, hands and upper body. Respectful and non-invasive, it quickly clears out negative emotions and old, unhelpful behaviours giving you emotional freedom and space to move on and grow in life.

The fact that you're reading this shows you're ready to make the changes you want.

Life therapy can be carried out face-to-face or over the telephone, so I can work with you wherever you live. I offer two options, so that there is something for everyone:

Life therapy (flexi option)

Sessions as and when you need them. Sessions last between 1 and 1.5 hours, and cost a flat rate of £65. *(Life therapy sessions for couples are also available - 2 hours for £85).*

Life therapy (6-session package)

Life therapy packages give you access to 6 sessions, lasting between 1 and 1.5 hours, and unlimited email and telephone support inbetween sessions. The cost for a life therapy package is £450. *(Life therapy packages for couples are also available - format as above but sessions last 2 hours - for £550).*

When did you last make a real investment in yourself?