

## CORPORATE SERVICES

Working in partnership with you, our innovative and practical approach:

- improves worker satisfaction, motivation and attendance
- increases the effectiveness and efficiency of your business
- strengthens communication and interpersonal skills
- fulfils obligations under Health and Safety legislation
- assists key employees to overcome issues that may be preventing them from fulfilling their true potential
- focuses teams on achieving targets

We offer bespoke workshops and training days as well as team facilitation and one-to-one coaching sessions.



**The first step on a new journey is easier...**

**...if you have a guide with a good map**



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**Unlocking Potential...**

**Assisting you to make the changes you want to make in your life...**

**...in the way you want to make them**

- Life coaching
- Cognitive Hypnotherapy
- Neuro Linguistic Programming
- Emotional Freedom Technique

# I've tried a number of other solutions but nothing works... What's so different about you?

## A fair question.

It's certainly different to other approaches; we have a thorough understanding of the mind/body connection, grounded in modern neuroscience.

Trained by, and following the principles of the internationally recognised Quest Institute, we combine:

- Cognitive Hypnotherapy
- Neuro Linguistic Programming (NLP)
- Positive Psychology
- Emotional Freedom Technique

...giving us a very powerful approach which enables change to happen quickly.

You will find us completely flexible in our approach as we tailor all our interventions to meet your specific needs.

We can assist with a range of issues from things you might expect like:

- Smoking
- Weight Issues/Eating Disorders
- Phobias

...to other areas, including:

- Anxiety
- Depression/Low Mood
- Low Self Esteem/Self Confidence
- Relationship/Sexual Issues
- Stress/Anger Management
- Addictions
- Sleep Issues
- Obsessive/Compulsive Behaviour
- Pain Management
- Physical Conditions e.g. I.B.S.
- Examination Fears and Anxieties
- Presentation Skills/Public Speaking
- Assertiveness
- Sports Performance

We are always happy to discuss any aspect of our work so please contact us if you would like to find out more or to arrange an initial consultation. We would only charge for this consultation if you agree to book a further session(s) and once we have established that our approach is the right one for you. Sessions last about one hour. Most clients report positive change after just a few sessions.

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## Unlocking Potential...

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**You don't have to see the whole staircase,  
just take the first step...**



Members of the National Council for Hypnotherapy  
www.hypnotherapists.co.uk