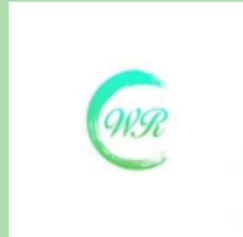


Your headline

07859332909



Individual and
Couples Therapy
Online and Face to
Face

My-Headlines

1. Why do you always have that feeling of uncertainty and anxiety when looking into the future?
2. Are you afraid of getting laughed at or looked down on when thinking of reaching to family or friends?

3. What you are doing wrong which is damaging all relationships around you
4. Do you always feel like your brain never stops working, can never get it to rest to cool down?
5. Become the master of your mind and never feel apprehensive when faced with difficulty

Yours-anxiety

Anxiety: My clients often have anxiety as the core issue and are struggling to manage or cope with this on their own. This includes social anxiety and generalised anxiety disorder. Some clients have anxiety from using dating apps, starting fresh with someone new or ending something (e.g. relationship, job, moving etc..) and the anxiety that comes with it.

Mine anxiety

Notice big dark eye bags from all of them sleepless nights, because you can't calm your brain down?

Feeling queasy or uncomfortable about starting that dream job you've been telling your friends all about, maybe threw up a couple of times an hour before you start?

All relationships you have with people are deteriorating.

Anxiety is slowly squeezing the life out of you, making you feel as brittle as a glass in a hurricane.

It may seem you have no one to reach out to, but this is nothing new to me and have helped [amount of people] from hiding in fear whenever faced with a minor obstacle...

...to people who embrace the unknown and are excited for that new job, can't wait to meet the special someone again to ask them out, and sleep like a king (the night before that new job and meeting up with that special person)

Yours-depression

Depression: We all have times when our mood is low, and we're feeling sad or miserable about life. Usually these feelings pass in due course. But if the feelings are interfering with your life and don't go away after a couple of weeks, or if they come back over and over again for a few days at a time, it could be a sign that you're experiencing depression.

Mine –depression

Instead of saying “Can’t wait to get back from work so i can see my partner” or “Can’t wait to try out that new restaurant everyone's talking about.”

You find yourselves bingeing some show on Netflix for hours and hours on some series you don't even like. Your eyes hurt from staring at a screen for hours so you decide to go to bed.

You get up, brushing all the crumbs off onto the floor (which has now piled up for weeks)

And as you sluggishly climb up the stairs, You think to yourself “What the hell have i been doing for the last 5 hours?”

But you do the same thing, day after day.

We have all been blessed with life, which is filled with excitement, adrenaline, purpose.

You should be pumped for waking up the next day.

Get in touch to find out how to turn your life in to an adventure, where you are the hero who will always come out on top

Yours- work related stress

work related stress: My clients are going through a career change, do not like their jobs anymore or have started in a new job role and find it overwhelming or stressful. It's helpful to learn how to manage stress caused by work. If you often experience feelings of stress, you might be at risk of developing a mental health problem like depression or anxiety.

Mine- work related stress

Starting a new job can be stressful. Your manager is overburdening you with impossible tasks which you need to somehow finish at the end of the week.

You look forward to seeing your beautiful children or partner, but start shouting and getting violent at them when they try to play/talk to you.

You go to bed filled with remorse and regret. And have the same hot-headed feeling as you did at work.

This can take a heavy toll on you, and if you don't take action, you can eventually develop mental health problems such as depression and anxiety.

Get in touch to find the magic 'hack' [number of clients] uses to alleviate all the burden from your head so you can raise your children lovingly and make your house a place of nourishment and growth

Yours- relationship issues for individuals

Relationship issues for individuals: Do you struggle to form or maintain relationships with others? Maybe you're afraid to try again as you do not want to get hurt? My clients have said it feels like when a relationship ended for them it was 'their fault' or 'they were too much.'

Mine- relationship issues for individuals

Ever feel like you're the reason all your relationships end?

Whether that be with your friends, girlfriends, family...

The people you once loved and cared for whole heartedly, all of a sudden want nothing to do with you and end up just casting you aside like a doll

You then resort to keeping yourself to yourself and do not form any other relationships with people

If you continue like this, 5 years down the line you will have no one to socialise with.

No one to share Christmas with.

No one to look forward to when you come home

No one to share any moments of triumph with

Then you will start to think, who am I doing all this for then? Leading you to a downward spiral of shame and alcohol

Or

You can be the reason all your relationships bloom and are able to meet new people (without the fear of rejection or separation down the line)