

Balance Hypnotherapy

Solution Focused Hypnotherapy



How to get things right!

Work and personal life balance, energy, happiness, self-belief isn't life wonderful when things are all just right? It's when these things seem to go out of kilter, slowly at first, imperceptibly, then 'suddenly' we find that we are no longer in complete control of our lives and we can't see a way forward.

But there is a way forward. The balance of getting it 'right' starts within, and you can start at any point along your current path. Why do people start smoking or drinking, over-eating, or arguing with their partner, not doing well at work? And how is it that any negative habit, behaviour or thinking style can take hold? The solution to these problems lies in the subconscious, which is where hypnotherapy is designed to help: looking at what you want, instead of what you don't want; and possible solutions. As you become calmer in mind, you may find that one day things just turn - something small perhaps - and by building on these small successes, you can move towards what you want and learn how to enjoy each moment!

If you have any questions about how solution focused hypnotherapy may help you to make positive changes, call now for a free chat with Fiona Robinson on 07801 436633 or please email: fiona@balancehypnotherapy.co.uk.



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