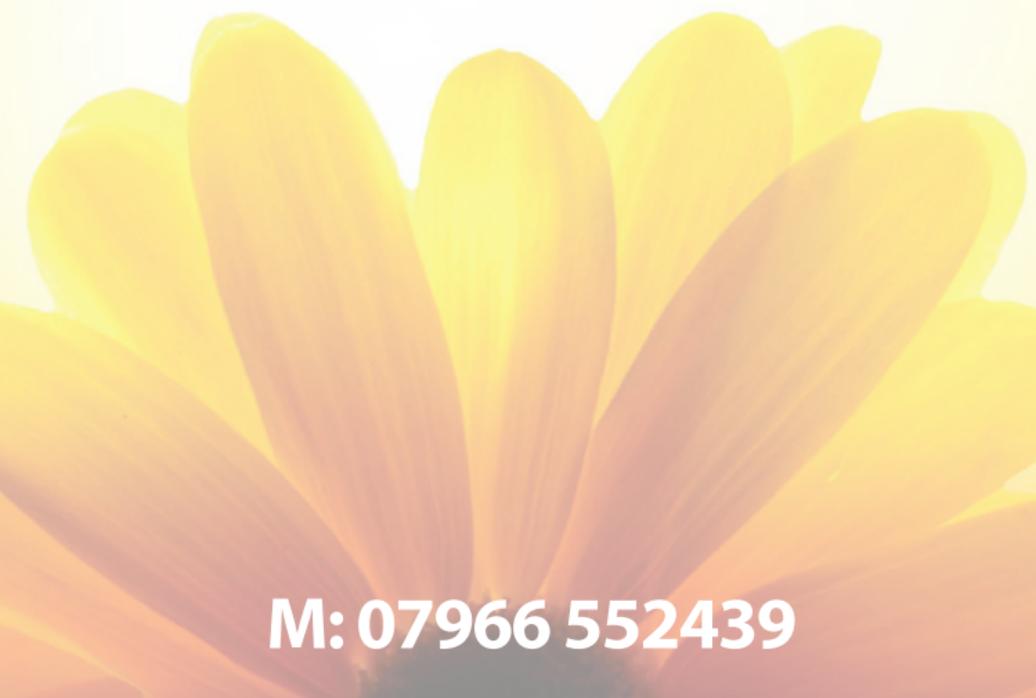


Janet Smith

Emotional Wellness Coaching

Your First
initial chat
FREE

**Helping you build
a brighter future ...**



M: 07966 552439

**Specialist in Counselling, Hypnotherapy
and Spectrum Therapy**



“One in three people will suffer depression in a lifetime”

How happy are you right now? Is there anything stopping you from living the life you truly want?

I work with clients who are struggling to cope, who want to improve their wellbeing, become more positive and confident. You may know something needs to change, but have no idea where to start.

I have over **800 hours clinical experience** helping people just like you. My **Emotional Wellness Programme** helps with a variety of issues for example...

Stress and Anxiety

Whether at work or in your home life, stress and anxiety can have a debilitating effect. You may be plagued by negative thoughts, unable to sleep, lack motivation or self-confidence.

Our body's response to stress can cause **'dis-ease'** within us, often appearing with physical consequences. Together we can tackle the underlying cause, helping you to find a more gentle state of being.

Depression

One in three people will suffer depression in their lifetime and medication may only be part of the answer. Depression can cause mood swings, feelings of hopelessness or even anger and irritability. I can help you.

Together we can look back and work on any past experiences which may have led you to this point, and help you find your courage and commitment to make the positive changes that will allow you to start enjoying life again.

Loss and Bereavement

Grieving is a natural process and loss is something we deal with in many ways throughout our lives. If you are struggling to cope with emotional distress and adjust to everyday life, working through the stages of loss will help.

I invite you to **share your story**, exploring your loss and helping you to **readjust to life** without your loved one.

Trauma

Whatever your deeply distressing experience, Spectrum Therapy can help you to move on and enjoy life again. I have used Spectrum Therapy to help those recovering from trauma who suffer Post Traumatic Stress Disorder (PTSD) or have been victims of abuse.

Spectrum Therapy is a safe, gentle and effective treatment which does not require you to relive your past experience.



"I didn't even have to relate to any of the traumas... I felt completely at ease, I was never judged... As a result of Spectrum Therapy™ I now not only have my life back but have a bright and shiny future ahead of me."
Mrs P - Anxiety/depression

Stop smoking - emotional eating

Do you find yourself lacking motivation, belief or the emotional strength to tackle negative patterns of behaviour that impede your wellbeing? Let's face it, if you could be free of the fear, the anxiety, the guilt attached to how you feel you are treating your body, wouldn't you choose to do so?

Combining **Hypnosis and Spectrum Therapy**, I will help you stay focused and keep motivated, restoring your self-belief and embedding in you positive new behaviours. Don't be a slave to your negative emotions. **Free yourself for good.**

Relationships

Are you struggling right now with a difficult relationship, perhaps you're unable to let go of the past, or even make sense of your own feelings? Gain greater confidence as you explore the unconscious workings of your relationships; find what truly makes you happy, what you want for the future and how to have loving and confident relationships with those around you.

Sessions are for **90 minutes** and will combine **Counselling, Hypnotherapy, Spectrum Therapy, NLP, Mindfulness and Relaxation** techniques to help you reach your desired goals.

Sessions available weekly or fortnightly, or alternatively you may prefer a...

Freedom2 Change Day

This is an intensive day for those who wish to experience real shifts in their emotional wellbeing to feel lighter, calmer and more positive after just one day. Explore:-

- What's going on right now?
- Telling your emotional story
- Spectrum Therapy and Spectrum Emotional Coaching
- Visualisation and Hypnotherapy
- Next steps – Introduction to Wellness

Testimonials

"In my opinion Janet Smith is one the of best therapists using Spectrum Therapy in the UK at the moment".

*Martin Webster, Clinical Director
New Leaf Programme*

"Janet helped me unravel my deep feelings of grief, sadness, helplessness, guilt and anger... Seeing Janet has turned my life around."

Mr D - Bereavement

**For more information and to book
your FREE consultation contact
me today on 07966 552439**

Sessions available in: **Horndean, Cosham and London.**
Telephone and Skype sessions are also available



www.facebook.com/Emotionalwellnesscoaching

www.twitter.com/JanetEWC



Janet Smith Emotional Wellness Coaching

| Counsellor Acc NCS | Adv Hypnotherapy |
| Platinum Spectrum Therapist ^(TM) |
| Master NLP Practitioner |

www.emotionalwellnesscoaching.co.uk