

Samantha Grant MSc

Wellbeing & Resilience Coach

www.samanthagrant.co.uk

Samantha will be offering FREE consultations, exclusively for Green Park residents on 8th October 2018, at Green Park.

Receive a FREE, stress reducing hypnotherapy MP3 and 20% off future sessions with every free consultation on 8th October 2018.

Spaces are limited. To arrange a consultation: email contact@samanthagrant.co.uk or call 07919 577 512

Free consultation & MP3 - 8th October

What can it help with?

Job performance	Public speaking	Happiness	Anxiety
Career progression	Body confidence	Self esteem	Bullying
Sports performance	Anger/Resentment	Feeling stuck	Depression
OCD/over analyzing	Negative patterns	Panic attacks	Confidence
Stress management	PTSD/Trauma	Assertiveness	Phobias

What will it do for me?

It will help you change your unwanted behaviours and negative beliefs. Leaving you free to enjoy those positive feelings and achieve your goals.

How does it work?

Updating your beliefs is similar to updating the software on your computer. When the software is up to date, it gives you the best results.

Who is it for?

It is for anyone who wants to change an aspect of their lives that is not working for them. It is fast and effective, regardless of how long you have had your problem.

Come along for a no obligation consultation to explore the possibilities or read the reviews on the website.

