

Mindfulness & Stress Relief Coaching

What to expect from me:

- Listening and understanding what you would like to get out of the session(s)
- Helping you to understand your own habits and actions
- Teach you self-awareness to recognise your triggers and when you start to get stressed/nervous – most important thing you'll ever learn!
- Teach you breathing techniques, short meditation and energy exercises suited to your personal needs
- Motivate you to change your mental and physical habits over time, using individual techniques; thus improving mental and physical wellbeing and joy.

PRICES

45 min session - £35.00
60 min session - £40.00

THE POWER TO CHANGE IS WITHIN YOU!

Create an awareness of your own behaviour and reactions/actions (consciousness).

You will learn and adapt new behaviour patterns to change old habits that are detrimental to your health and wellbeing.



Discover your balance

You will be able to recognize triggers to be able to 'stop' a stress response, i.e. "losing it".

Easily learn techniques to bring you back into balance:

- Short term
- Long term