

Spiritual Life Coaching, Mentoring, Counselling



Location

South East, East Sussex

<https://www.freeadsz.co.uk/x-395277-z>


Hello. Spiritual Life Coaching and mentoring is about guiding you to unlocking your inner passion. To help you live the life you long to live. I don't do the work, but I help you go from where you are to where you'd love to be. You'll feel more dynamic, more creative, more alive, when you realise that you, and only you, is in charge of your life.

Do you wake up and feel alive? Can't wait to get out of bed, and live your day? Or is there often a sense of dread, unease. The commute, the children, the spouse, the work? Do you think 'what will go well' today, or 'what will go wrong today'. Is this really how life should be lived?

My work and my passion is to help you find your passion, hopefully to turn it into a burning desire. Tools 'we' use are EFT - Emotional Freedom Technique, the Imagination, and Energy exercises. It really doesn't matter what it is, anything from writing a book, to gardening, to getting married, to singing, to climbing the highest mountain, to playing an instrument, but something that when you think about it you feel sad, or smile - you know! My fee is £60 per hour, though I am offering a considerable discount to the first three of you who respond to this advertisement. Tools 'we' use are EFT - Emotional Freedom Technique, MetaMedicine, Beliefs and Habits, the Imagination, and Energy exercises. We look into the past, but we don't dwell there. Most of our 'problems' stem from there, but have been compounded over the years. My suggestion is that we have 6 sessions and sometimes fewer, as this is usually sufficient to make amazing headway. It may be fewer. Should you decide you want more, then I would suggest a break of a month so that you can put into practice more fully what you have learnt. I work one on one, with couples, face to face and on Skype. I much look forward to working with you. Best wishes, and may life always be good for you. Susannah ;

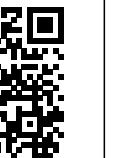
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