

Reiki. Reiki balances the energy in the body, renewing vitality and bringing about a powerful feeling of serenity and relaxation. It can relieve the problems associated with stress, tension and chronic illness and post-operative pain, making the mind healthy and powerful.

Crystal Therapy. Today crystal therapy is a holistic therapy that uses crystals to help create health on all levels – mind, body and spirit. Its holistic approach means the whole person is taken into account not just their symptoms. This creates a feeling of wholeness and balance. Crystal therapy is a recognised therapy within the NHS.

Colour Therapy. Colour therapy is a complementary therapy that can be used alongside conventional medicine. Its simplicity allows it to be combined with other complementary therapies but it can also stand alone as a complete therapy in its own right. It is a way of life and a universal language.

Neuro Linguistic Programming. At the heart of NLP is a wide range of methods and models it offers for understanding how people think, behave and change. It offers a flexible approach which brings about positive, fast change in individuals and organisations and empowers them to adapt to an ever-shifting world.

Hypnotherapy. The aim of Hypnotherapy is to bring about beneficial changes to certain problems which have their origins in the mind. There are many branches of hypnotherapy and hundreds of uses. Probably the most widely known use is to help people to stop smoking. However, hypnotherapy is also used to break many other habits, and to strengthen self-control. Hypnotherapy is used to overcome stress – and stress related ailments. Hypnotherapy can be extremely powerful in addressing psychological and medical conditions in as little as one or two sessions.

Law of Attraction Coaching. The science of attracting more of what you really want and less of what you don't want. As The Law of Attraction is the most important law in the universe – there is a lot to say about it! I truly believe that, regardless of where you are in your life now, you can achieve everything you set your heart on, focus upon, and work hard to get, so long as you don't give up. And part of my job it to see that you never give up.

Life Enhancement. Change your thoughts, and you can change your destiny. Make wonderful new discoveries about who you really are, what you can personally do, and how to focus your mind effectively to make the progress you are looking for. Accomplish your potential without compromising your health, happiness or relationships. My coaching approach offers you creative, inspiring and effective solutions that will bring you new insights, strengthen your resolve and transform your actions...

Law of Attraction Workshops. All of our workshops are structured as 'participation workshops' rather than 'sitting in a room listening to someone speak'. All workshops include practical exercises and the formulation of plans for your affirmative future. Our workshops also provide an opportunity to obtain powerful ideas, tools and techniques to help you move through change with ease and grace. We offer a practical, down-to-earth approach to living with joy, creating true prosperity, fulfilling your higher purpose and transforming your life – with abundance. Your new and incredible journey begins right here. Empower yourself by unleashing your potential with us, we will direct you each step of the way on your incredible journey!

I have been living and teaching the principles of the Law of Attraction and been intentionally living in harmony with this universal law for several years now. I feel that my personal success is evidence to its power.

Now, I would like to share my knowledge and experience with you by means of some well-designed tools, for you to put the Law of Attraction into practice directly. Remember, what the mind of man can conceive and believe the mind can achieve! So if you would like to attract good and positive things into your life this work shop is for you!