

- **I can help you if you are living with chronic pain, are being held back by your pain level and low self-esteem, to become positive, focused, confident and most importantly in control of your pain level.**
- **This allows you to go on to achieve your unique desired outcomes and goal for the future you desire and deserve.**
- **I offer a complementary therapy which is designed to work alongside conventional medicines and treatments rather than replace them.**
- **I concentrate on treating the whole person rather than specifically treating the condition itself.**
- **Like conventional medicine, my complimentary therapy can not cure but it can help you take control, choose how you show up in the world and allow you to learn to:**  
**Master you MIND : Master your PAIN.**
- **There is no manipulation, medication or needles - you have all the answers within you.**  
**The truth is hidden in the unconscious mind - shrouded by fear, anxiety and stress.**
- **I offer gentle supportive mindset mentoring through NLP, hypnosis and coaching conversations.**
- **I want to give hope to people living with chronic pain.**