

Pain

Pain is an unpleasant sensation and emotional experience that links to tissue damage.

It allows the body to react and prevent further tissue damage.

People feel pain when a signal travels through nerve fibres to the brain for interpretation.

Chronic Pain

Chronic or persistent pain is pain that goes on for longer than 12 weeks despite medication or treatment.

Management

Management is a set of principles relating to the functions of planning, organising, directing,

and controlling those principles to effectively achieve goals.

Mindset

Mindset is a set of assumptions, methods, or notions that can affect world views and the philosophy of life. Simply put it is a way of thinking.

Mentor

A mentor is a person with experience of a situation who supports and advises someone with less experience to help them develop in their life.

Keep reading to discover why I know what it's like to be where you are on your journey with pain, why I'm an expert in my field with the lived experiences I have had and how I can help you move forward from where you are, achieve more tomorrow than you did yesterday, creating a positive mindset to take you into your desired future that you so deserve.

I look forward to guiding you on your journey of discovery