Hi Paula,

Thanks for all your help, I was very sceptical at the start but had to do something and was prepared to try anything. I found the sessions to be very beneficial especially as I am now sleeping through the night, YAY. The techniques you taught me are working well in the office and yes the bully is still here but I can now deal with his antics and I am even able to laugh at them.

Thank you so much I cannot recommend you highly enough

Stu ……………