

Increase confidence at school, work and life

[] Tutoring and education courses

Support for adults and teenagers who want to reduce stress, fears and phobias, and improve confidence. Did you know that you can be free of fears of things like - exam stress - interview jitters - presentations and public speaking - spelling problems and remembering information - spiders and animals - heights, flying, open spaces, or driving - appearing performing in public, like in sports or at events and parties - low self-esteem and lack of confidence Do you want for yourself or your child, the ease and freedom to do regular things, interact with others normally, and be confident in your knowledge and ability to perform and get results? How would that be to be free of those things that hold you back, but you really want to do? Imagine the possibilities of what you could do and have in your life.... if only! You'd be able to pass those exams, get better grades, go to new places, ask your boss for more salary, or finally impress that customer. It is possible, and no magic is involved. We all have the ability to do this, it's a matter of finding the right way to make it happen and let our brain work FOR us, not against us. Most of us don't learn how to use our brain, but it's actually our best friend and ally. I specialise in helping people to find solutions, increase their options and help them to solve their personal challenges, issues and problems. Using unique modern approaches and combinations of methods, including rapid hypnosis, content free techniques and coaching sessions to help you make the changes you want. Using "content free" methods there's no need to "dig up" or "dwell in the past" to change your future. Using modern "content free" techniques, we don't actually even have to "discuss" the problem or even tell me what it is you want to change or feel differently about... I use Hypnotherapy, Coaching, NLP, Timeline Therapy and a variety of progressive relaxation and breathing techniques, depending on the individuals needs. My Goal - Keeping it Simple, Getting Results, help people get the life and results they want, using whatever tools are at our disposal. I am "solution focused", and many of the methods I use do not require us to delve into the past and "re-live" the past at length. In fact, in a few techniques I don't even need to know or discuss what "the problem" is at all. Instead we focus on how you want to feel and be instead. "Getting rid of" and "letting go" of unwanted or no longer useful behaviours, feelings or responses. This is a great way to go from here today to a much better tomorrow, quickly, directly and safely, when you are prepared with the techniques to guide you. I am available for sessions at your home, at my home office, or online via various platforms - no account required for you. Send an email or call with your query, and let's get you on the road to a better life! How effective is this? During our sessions, we will establish goals and criteria to measure your success and how you will know when you have achieved your successful outcome. All people are different and you will need a positive desire to change. I will help you find your own resources for change and offer ways for you to access your internal power. The doing is up to you!



Link

<https://homehelp.lu/increase-confidence-at-school-work-and-life,o704>

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