



LIVE WELL
PRACTICE

Helping you change your life



Is it time to make a change?

With more than 20 years' experience, I have helped hundreds of people address and overcome a range of problems negatively affecting their lives. If you're ready to make a positive change in your life, I can help you:



Lose weight & control eating habits



Stop smoking



Overcome stress & anxiety



Eliminate long-term pain

Hypnotherapy is a proven way of unwrapping the underlying cause of an issue and the behaviours that keep you stuck in a pattern that reinforces it.

“My name is Ken, I’m 67 years old and I’m a non-smoker. I couldn’t have said that two weeks ago but after two sessions with Samantha I no longer feel the urge to smoke and after fifty years of smoking that is a mighty statement.”

KEN, NOTTINGHAM



A short, tailored treatment programme of 121 sessions is usually enough to make permanent life changes.

How does hypnotherapy work?

In the first session, we'll identify what triggers lead to the behaviour you'd like help with and uncover why you've adopted them. We'll also delve into your beliefs about your behaviours and the benefits of staying stuck - sometimes this can be something you're not even aware of.

I'll show you how to dissociate from your triggers and substitute positive responses and behaviours you enjoy for the habit you want to break.

Hypnotherapy works for everyone

Hypnotherapy is a simple way of making long-term changes to your habits and lifestyle. As long as you want to be a better version of yourself, it can work.

Working together:

- 1 I'll assess your needs and we'll set up a treatment plan.
- 2 You'll attend one or more hypnotherapy sessions.
- 3 You should see a change immediately!

I'm here to support you and help you change your life for the better throughout and after your treatment plan.



“Having enquired about sessions at a real low point in my life, I immediately began to relax when we met. Sam was incredibly warm, friendly and professional. She took the time to listen and understand and tailored the sessions accordingly. I’ve had a couple of sessions now and have learnt so much already.”

NATHALIE BAILEY-FLITTER

Issues I can help with



Lose weight and keep it off

- + Learn what causes you to overeat
- + Reset your mind to control your eating
- + Develop the willpower to stay motivated and focused

Programme: 4, 6 or 8-weeks of hypnotherapy and motivational coaching (plus daily text and SOS support, as appropriate).



Overcome stress and anxiety

- + Take back control and override your worries
- + Feel more confident and at ease with yourself
- + Embrace life and fulfil your potential

Programme: 3 tailored hypnotherapy sessions (plus psychological support to maintain the new calmer you).



Stop smoking for good

- + Learn to respond to your smoking triggers in a different way
- + Become - and start believing - you are a non-smoker
- + Enjoy a happier, healthier life with no cravings

Programme: 2 sessions plus a Stop Smoking for Life Toolkit (with Smash Smoking guides and a new behaviour generator).



Eliminate pain completely

- + Tackle your physical or emotional pain whatever the cause
- + Release the issues that are creating your pain
- + Take back your life and fulfil your potential

Programme: 1 session of Rapid Pain Elimination Therapy (plus an MP3 for you to listen to at home).

About me

I worked as a lecturer in further education for 15 years and became interested in complementary therapies several years ago as a way to help a family member combat their anxiety.

In 2010, I qualified as a Registered Hypnotherapist accredited by the National Council of Hypnotherapy. Since then I've helped hundreds of clients address all sorts of health issues and make long-term positive changes in their lives.

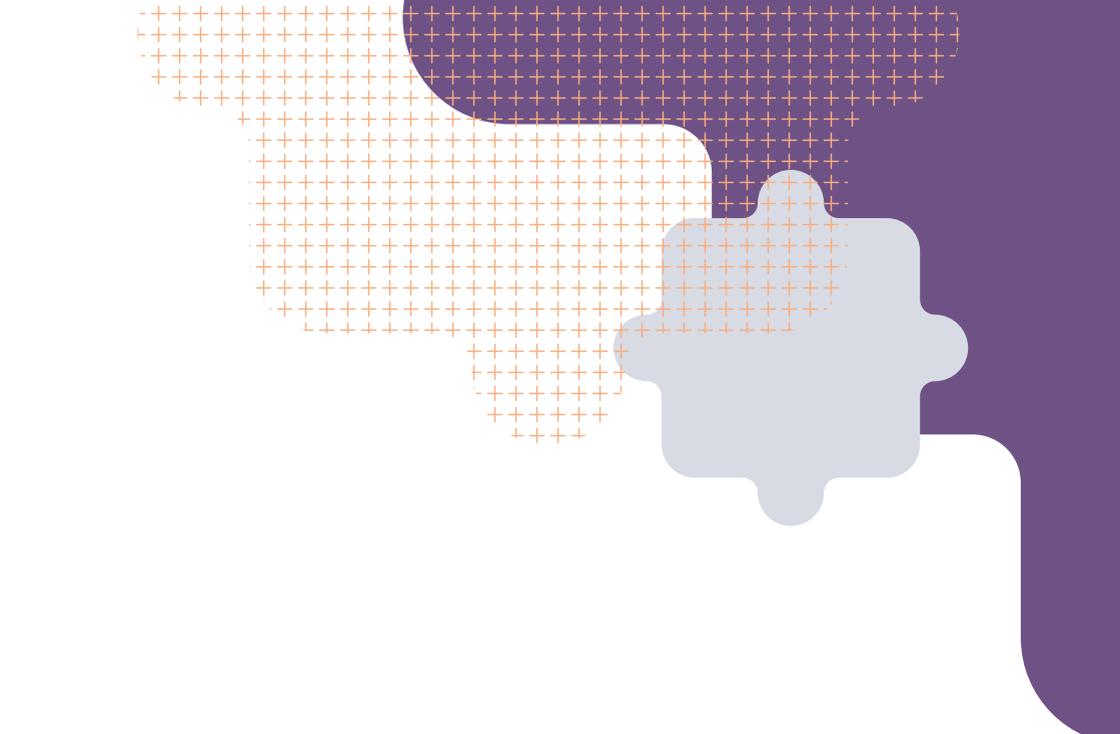
I'm also an NHS-trained mindfulness coach and wellbeing consultant, and I have an MSc in Workplace Health and Wellbeing. I run courses and workshops in the corporate world as well as working with private clients at my treatment room outside Nottingham city centre.



**SAMANTHA
CULSHAW-ROBINSON**
MSC CERT ED (FE) DIP HYP

Sam





Ready to make a change?

Call **07522 277722** or email **Sam@livewellpractice.co.uk** to make an appointment or to book your free 30-minute consultation.

Appointments: Monday - Friday 9:00am to 6:30pm



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1 Kirks Buildings, Carlton, Nottingham NG4 1GY

www.livewellpractice.co.uk