



Linda Marshall, Grief Relief Co. – Relocation Notice

As of May 1, 2024, I will be relocating back to my home province in beautiful Nova Scotia. There will be no change in my contact information, as provided below. It has been an absolute pleasure working with my clients here in Brantford and surrounding areas. I am happy that most of my clients have decided to go with me, virtually of course. I also recognize that a few are still on the fence regarding the virtual world of therapy, so I thought I would take this opportunity to provide you with some valuable information on virtual coaching and/or hypnotherapy.

For some of us virtual therapy is a new concept, but to me it goes back to 2014 where I started helping clients across North America via Skype. Since Covid, Zoom has become my preferred platform. Now that we have put Covid behind us, virtual therapy is here to stay and for many is preferred. The good news, Covid has opened doors for clients to search for the therapist that feels right for them with no boundaries on location.

Virtual appointments are more convenient and allows clients the convenience and comfort of their own space, reducing expensive and time-consuming travel. Plus, for the most part, the sessions have shown to be just as effective as in-person. Halifax is a beautiful place to live and work, and I will continue to have my same home office nestled in Indigo Shores, just outside of Halifax. You never know, maybe your future is visiting for vacation or business.

Many clients are feeling more confident in seeking help online and hypnotherapy and coaching are two areas that's seen a lot of growth. Virtual coaching and therapy work the same as in-person. We meet via a screen as if we are sitting across the table or room from each other.

Many are curious as to how hypnotherapy works online. Let me share a few steps and tips as to how a successful session works, and you can then decide on your own.

First, all my new clients get a free 30-minute free consultation, so you can decide if I am the right therapist for you and I can provide feedback as to how I can help. This will provide you with the information you need to make an informed decision to move forward or not. There is no commitment. From time to time, I may express that I do not believe I am your best option and I will do my best to make a recommendation or provide resources.

Second, we set up our first full session. It is important to find a place in your space that you can be relaxed and supported. Clients have reported they are able to get most comfortable in their own space and feel less anxious about their upcoming session. Give yourself time to prepare, by at least having 10-15 minutes before your appointment to relax without feeling rushed. Also give yourself 5 or 10 minutes after the session to process and decompress.

Thirdly, it is important to have a good internet or data connection, to reduce the chance of a disruption during sessions. You can use your computer or phone. I recommend using headphones to reduce outside distractions, but it's ok to use the speakers on your chosen device. I will need to see your head and your shoulders to monitor your progress. You can sit in a comfortable supporting chair or lie down. I have had some clients even join from their car, for a quiet space from a busy house or office. Ultimately, it is up to you as a client to make the decision for what feels most comfortable and fits your lifestyle.

Now, for those who have not yet experienced Hypnosis, this happens through guided instructions, that allows your mind to imagine specific scenarios while creating total

relaxation of your mind and body. Once you have reached a relaxed hypnotic state (often called a trance), this state allows for your subconscious mind to become open to suggestions that will allow positive changes in your life. It is up to you subconsciously to decide if the suggestions are what you need or reject them if they are not helpful, while remaining in full control. Some have described sessions like daydreaming or others like a relaxing refreshing nap. The plan of the session is to positively shift your thought patterns and achieve the goals discussed during coaching.

Ultimately, only you can make that decision what is best for you in terms of virtual or in-person sessions. Some clients find having the option of both works well too. From my experience, whether it is Coaching or Hypnotherapy there is no difference in the results between the two. Sometimes it just comes down to your own preference and what fits best into your lifestyle. Both are totally OK!

I want to thank you for choosing me, and I am hopeful that we can continue to work together in the future.

Linda Marshall, www.griefreliefcoaching.ca, 902-266-9206