

THE ONE THING

What's the one thing you want to transform?

Maybe there's something that keeps showing up. A belief. A pattern. A feeling. A reaction. An experience from your past. Something you understand intellectually, yet it continues to influence how you feel, respond or move through your life.

The One Thing is a personalised RTT experience that gives us the space to focus on the one thing you want to explore and transform.



Personalised RTT

We begin by exploring your One Thing together. Through Rapid Transformational Therapy, we go beneath the surface of what you are experiencing to explore the beliefs, meanings and experiences connected to it.

Your RTT experience is personalised to you, your experiences and the transformation you want to create.

21 Days of Integration & Support

The work continues beyond your RTT session. You'll receive your own personalised transformational recording to listen to for 21 days, alongside guided reflection, creative prompts and personal WhatsApp check-ins.

At the end of your 21 days, we come back together for an integration conversation to explore what you have noticed, what has shifted and what you are taking forward.

Swipe to discover everything included in The One Thing →

WHAT'S INCLUDED IN THE ONE THING?

1. Clarity & Presenting-Issue Call

We begin with a conversation about your One Thing. This gives us space to explore what you are experiencing, how it is showing up in your life and what you would like to transform. It also helps me understand you and begin shaping your personalised RTT experience.

2. Happy-Scenes Introductory RTT Session

Up to 2 hours

Before we work directly with your One Thing, you'll experience RTT through a gentle introductory session using positive and happy memories. This gives you an opportunity to become familiar with hypnosis, my voice and the experience of going inward before your personalised RTT session.

3. Personalised RTT Session

Up to 3 hours

This is where we focus specifically on your One Thing. Together, we explore what sits beneath what you are experiencing and work with the beliefs, meanings and experiences connected to it. Your session is completely personalised to you and the transformation you have chosen to focus on.

4. Personalised 21-Day Transformational Recording

Following your RTT session, I create a personalised transformational recording based on the work we have done together. You'll listen to your recording for 21 days, allowing the work from your session to continue as part of your everyday life.

5. Three Personal WhatsApp Check-ins

During your 21-day integration period, we'll have three personal WhatsApp check-ins. These give you space to share what you are noticing, experiencing and discovering as the work unfolds.

6. Guided Journal Prompts

You'll receive carefully chosen journal prompts to support reflection throughout your 21 days. They give you somewhere to capture insights, changes, observations and the things you may begin seeing differently.

7. Creative & Art Prompts

Not everything needs to be understood through words. You'll also receive simple creative prompts that invite you to explore your experience through colour, marks, imagery and expression. No artistic experience is needed.

8. Integration Call

Up to 1 hour

At the end of your 21 days, we come back together. This is your opportunity to reflect on your experience, recognise what has shifted, explore what you have discovered about yourself and consider what you want to carry forward.

YOUR ONE THING

What's the one thing you want to transform?

BOOK A CLARITY CALL

