



Relaxation Reset



*You're not broken.
You don't need fixing.*

You need someone to hold space for you.

To have the time to step out of the day to day,
into a calm space and gain clarity.



Relaxation Reset is a hypnotherapy programme designed for women who lead busy lives and may be experiencing:

- ♥ Stress
- ♥ Overwhelm
- ♥ Low mood
- ♥ Loss of confidence or identity

*This programme is
designed to help you:*

Move from feeling stuck
to shining like

the star you are ★

THE RESET



4 – 8 WEEK PROGRAMME

Allowing for small
steps and shifts
to create big
changes over time.



SMALL STEPS BIG CHANGES

Gentle, supportive
changes that build
momentum and
lasting transformation.



CALM. CLARITY. CONFIDENCE.

Release what no longer
serves you and reconnect
with your strength,
purpose and peace.



GAIN CLARITY ACHIEVE RESULTS

Feel clearer, calmer
and more confident
so you can create
the life you deserve.

What You Can Expect ♥

- ✓ A sense of relaxation
- ✓ Calm your mind & improve wellbeing
- ✓ Boost confidence & self-belief
- ✓ Release the feelings of overwhelm
- ✓ Reconnect with who you are
- ✓ Feel supported in a safe, nurturing space

For Individuals or Groups

Supporting women to feel
seen, heard and empowered
in a safe, nurturing space.



VISIT

www.clearthinkingnlp.com

Find out more and take
the first step today.



EMAIL

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I'd love to hear from you
and answer any questions.



VENUE

Health at Heart,
Chorley

A calm, welcoming space
designed for you.

Gain clarity. ♥ Achieve results.