

## Life Coaching

### Living your dreams

*'It's a funny thing about life, if you refuse to accept anything but the best, you very often get it.'*

Somerset Maugham.

### The Life Coaching Process

Using a life coach is an exciting way to initiate change into your life. A life coach will assist you in getting from where you are now to where you want to be. A life coach will also help you to define where you want to be, that is, setting your goals. She or he will help you reach that destination, to achieve your goals and live your dreams.

We can offer a free fifteen-minute consultation and personalized Life Coaching sessions can either take place face to face or by telephone.

### Life Coaching helps

- Relationships
  - Stress Management and Balance
  - Spirituality and Personal Growth
  - Career Planning and Development
  - Motivation and Time Management
  - Creativity for Artists, Writers, Musicians & Performers
  - Health, Ageing, Lifestyle & Self-Care
  - Family & Parenting
- And much more

### About Sheila Levi-Watkins

Sheila Levi-Watkins, B.ED. (Hons) C.D.L.C.D.P.C., D.H.P  
Member of C.T.I.S.  
C.I.T.U.K.C.P.

After gaining an Honours Degree in Education and after teaching in Secondary Schools, Sheila Levi-Watkins opened the Ulverston Natural Health Centre in 1990 and also became a mother.

She is a qualified therapist with many years of experience and training including Hypnotherapy & Psychotherapy, Life Coaching, Performance Coaching, Parent-Link and Healing Through Art.

Members of Centre Training International School are required to undertake continuing professional development and supervision and to adhere to a strict code of ethics.

### Appointments

Ulverston Natural Health Centre  
1 Trinity Hall,  
The Gill,  
Ulverston,  
Cumbria,  
LA12 7BJ

e: [sheila@creativespace.fsbusiness.co.uk](mailto:sheila@creativespace.fsbusiness.co.uk)  
t: 01229 586959

### Alternative Treatments

At the Ulverston Natural Health Centre, we offer a range of treatments & therapies including jgfg;ig;oihg fghljqwirqirh fr'ireopifhkdhfg^' 'aksgjh' skdghj/lskdg 'ksdghj'pkj`klj

## Hypnotherapy, Hypnopschotherapy and Life Coaching Consultancy

services to empower individuals & organisations in embracing change

# Hypnotherapy & Hypnotherapy

## What is hypnosis?

Hypnosis is the state where the body is unusually relaxed and the mind is focused upon the imagination. All people enter into the hypnotic state several times every single day and do not even notice it. This experience is commonly known as daydreaming.

The only real difference between daydreaming and hypnosis is that in hypnosis the therapist enables and guides the daydream for therapeutic purposes.

## How does hypnotherapy work?

Hypnotherapy works by utilising the powers of suggestion and rapport to enlist the positive healing powers of the subconscious. The powerful subconscious mind can be empowered to help the individual move towards potential possibilities of self-development and personal growth.

Hypnotherapy uses a safe and naturally occurring state. In the hypnotic state the clients are still in control of their own mind. In effect, the state of hypnosis is simply a special type of daydream utilised by the therapist to enlist the positive healing forces of the subconscious.

Hypnotherapy is a reliable and safe therapeutic technique which is centuries old and is recognised by many branches of orthodox medicine as a valuable alternative to drugs, to accelerate healing, and to help relieve pain.

## What is hypnotherapy?

Hypnotherapy is the practice of psychotherapy with applied hypnosis being the primary approach.

## Why use hypnotherapy?

- 1) To guide you to your inner strengths and problem solving capabilities
- 2) To leave you with self-help techniques so that you are able to help yourself from now on.

Through our lives, we experience a variety of life situations: cycles of relative ease and well-being: times of great challenge and difficulty. The cause of our difficulties may be known - but the cause may also be unknown.

Although most clients enter into a therapeutic relationship for reasons of challenge, for some the motivation is simply the desire to grow in awareness, to become more true to oneself, to reawaken more spontaneity and aliveness.

## Uses for Hypnotherapy and Hypnotherapy

- Letting go of unwanted habits (e.g. smoking, nocturnal enuresis, nail biting, stuttering).
- Obtaining relief and often remission from symptoms such as: asthma, migraine, gastro-intestinal and neurological disorders.
- Dermatological conditions such as eczema, psoriasis, neurodermatitis, herpes simplex and even warts.
- Pain control for minor surgery, dentistry, arthritis and general neuromuscular aches and pains.
- Hypnosis can free people from phobias, compulsions, emotional problems, insomnia, inhibitions, guilt feelings, jealousy & many of the worries and anxieties of everyday life.
- The use of Self-Hypnosis will help prevent stress and tensions caused by modern day living, reduce high blood pressure and the risk of cardiovascular disease.

- Hypnotherapy for effective weight-control, increasing work/study/sporting performance, improving concentration & memory, developing the imagination, boosting self-confidence and helping to achieve more of the potential, which we all possess.

## Benefits of hypnotherapy & hypnotherapy

- ✓ Feeling CALMER and more RELAXED as a person
- ✓ Becoming more CONFIDENT at work or socially
- ✓ Fully RESOLVING your issues
- ✓ Feeling like a weight has been LIFTED away from you
- ✓ Becoming emotionally far STRONGER and more STABLE
- ✓ Feeling HAPPIER and more at EASE with yourself
- ✓ Feeling more in CONTROL of yourself and your life in general
- ✓ Being far more RESILIENT to stress
- ✓ UNDERSTANDING yourself and where your anxiety (really) came from