

# Time For Me

Boost your confidence, motivation and mental well-being



Hypnotherapy  
& Mindfulness  
Solutions



## I'm Carol, owner of Hypnotherapy & Mindfulness Solutions

### Support to strengthen and empower yourself

During a difficult time in my life, I felt lost and realised I needed help to move forward, find my confidence and be me again. As a nurse I considered many ways to get support, but decided to try hypnotherapy. It was life changing for me. I found I soon felt stronger and able to make decisions to move forward in my life.

As it helped me so much, I retrained as a hypnotherapist. It is a privilege to be trusted by clients to be part of their empowering journey of change. I am a certified and registered clinical hypnotherapist and mindfulness instructor.



# About

## **Time to reset and reconnect with the real you**

Life...it's unknown, unpredictable and this can affect how you feel and behave in your daily life at work, at home and in any situation. Maybe it feels like your confidence, energy, or enthusiasm has taken a hit lately.

Maybe you just don't feel like you, feel overwhelmed, a bit low, lost your direction or mojo, or just can't seem to over come a challenge or difficult event in life. Feeling as if you just need a boost, or to reset to help you get going again?

Hypnotherapy and mindfulness can empower you to find your balance, your motivation, even help you to find you again to move forward to live life as the best version of the you that you want to be.



# Testimonial

“Hypnotherapy has changed my life! I am now confident, calm, and self-assured. Upon starting my course, I discussed with Carol what I wanted to achieve from hypnotherapy, and 6 months later, I have achieved every single goal.

I am now the happy, vibrant person I visualised, when I first came to see Carol. The difference hypnotherapy has made to my life is unprecedented, and I am now the biggest advocate for it. Thank you soooo much Carol, for your support, professionalism and helping me unlock what I have always had.”

Rebecca, Time For Me Client



# Services & Fees

## **Time For Me options available:**

Hypnotherapy Appointment £70

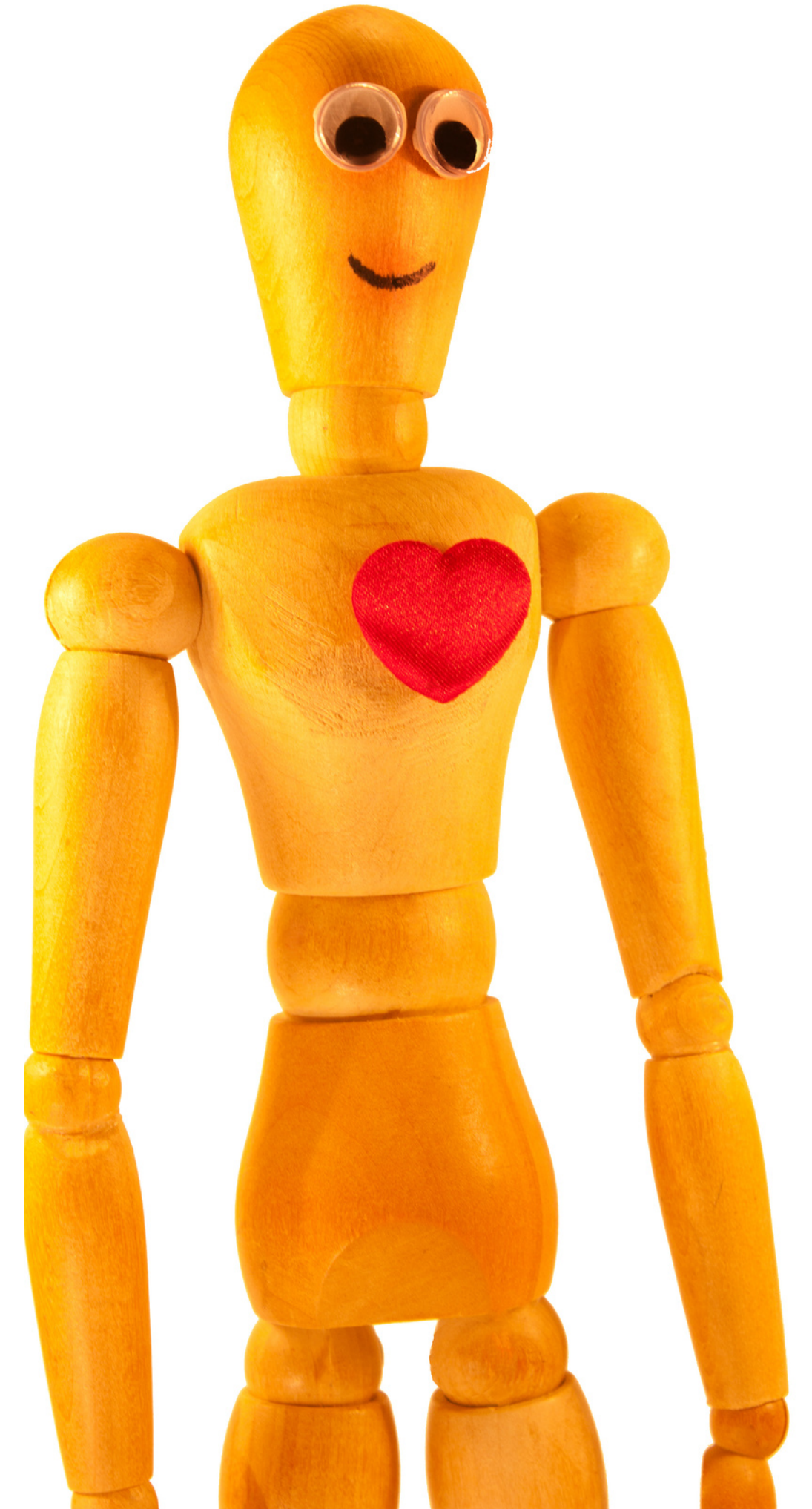
Time For Me Programme £199

Individualised Time for Me Programme providing practical techniques to support you to live your life with positive changes that bring confidence and enrichment to your life. The package includes:

- Three personalised appointments using hypnotherapy and mindfulness techniques
- Mental Well-Being, its management information & self-help materials
- Two Mp3 audios to enhance your positive mindset change

Programme appointments can be taken over an agreed time frame.

20% discount for NHS, Care, Emergency Services, Armed Forces apply to all sessions and packages.





# Extra Info

## **Free Initial Consultation**

To help you to decide if working together could help you, I offer a no obligation free phone call. This is a chance to explain the help you want, find out more about how we can work together and ask any questions you have. Please contact me to book.

## **Mental Well-Being for Groups**

Please enquire for details.

# Contact Me

For further details or to make a booking:

- T: 07305 810935
- E: [enquiries@hypnomind.co.uk](mailto:enquiries@hypnomind.co.uk)

To visit the website:

- [Hypnotherapy & Mindfulness Solutions](#)
- Or scan the QR code



***Disclaimer: Results may vary from person to person.  
Hypnotherapy is not suitable if you have epilepsy, psychosis or a personality disorder.***