



Over 7 **Friday Afternoons** this November & December 2024

You can have one **FREE Consultation** with me

If YOU or YOUR CHILD has a Health, Mental Health or Emotional upset which WORRIES you...

My end of year focused, in-person offer is designed **for you to re-gain direction and positivity** in this fundamental aspect of your life.

I would love to welcome you to my warm and expert Sessions at **44 Salmon Lane, CB5**.

Make an Appointment - **I invite you to ring, text 07732 633128 or email me gunilla@focus-on-emotion.com to book a slot** to bust worrisome issues and develop a plan.

I will listen as you explain what is happening for you and with what you would like help.

I am committed and excited to provide you with the best and most fruitful life changing guidance I can.

I have a wealth of health experience and expertise in my Practice as an Emotional Health Practitioner; from the NHS as a Speech & Language Therapist and in my personal transformation of health challenges.

You will leave:

- ✓ Feeling heard and valued
- ✓ Feeling CLEARER about what to do
- ✓ Feeling CONFIDENT that improvements can happen & with EASE and FUN
- 😊 Having an option to learn practical **techniques for reducing stress** straight away
- ✓ With a *specific, personalised* action plan
- ✓ With suggestions of resources that progress you with what you want to achieve

Spending up to an hour of your time with me is a great investment for yourself, your family, enjoying Christmas and for a flying start to 2025.

Go on! **Make that call and get in touch with me**. Details below. I am sure you will benefit and I will very much enjoy meeting you.

