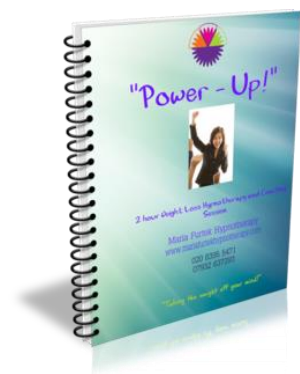


- Diet Failed?
- Constantly thinking about food?
- Feel demoralised about your weight?

What is clear is that most women start out on their weight loss resolutions, with high hopes and dreams of what they want to achieve. However, maintaining the level of motivation is not always easy: life gets in the way, stress gets in the way, sometimes partners and social commitments get in the way. What happens then is you lose your focus, stop seeing results, end up cheating, feel demoralised, hear your own negative thoughts telling you that it's not going to work, your motivation disappears and you don't achieve the results that you wished for: You end up feeling overweight, a failure and miserable about the whole issue.

If you identify with this, and are failing on your diet or find that you can never stick to a weight loss plan to get the results you want, then keep reading: this is the programme to get you back on track and "fired up" with your motivation. This session with me will "kick-start" your motivation to lose weight, and will ensure you keep your motivation going, until you achieve the results that you want.



The 2 hour "power-up" Weight Loss Motivation session uses proven Hypnotherapy and Coaching techniques to get you really "fired up" about losing weight, and will help you to create the right mindset to achieve results!

### Why these sessions work:

If we look at the neuroscience of "willpower," there are 3 components that are involved. These correspond with 3 different areas of your brain, within the prefrontal cortex, which is found just behind your forehead.

There is the right side – This area is responsible for our ability to stop doing something, which is not useful or in line with our goals. It corresponds with "I won't" – working with this part limits self-sabotage, which may have prevented you from sticking to your weight loss programme in the past.

The Left side – This area is responsible for our ability to find motivation to do something, stick at it and stay on track, even when it gets a bit tough, boring or inconvenient. It is the part that says: "I will ....."

And underneath – This area is responsible for our ability to have a really clear idea of what we want, what the point is, the bigger picture, why our goals are so important to us. This area keeps us in touch with remembering what is really important to us and what we care about most. It's the part that says: "I want" e.g. health, long life, energy, to wear better clothes, to feel happy etc These higher level values are an essential component of motivation.

I will use Hypnotherapy and NLP Coaching to strengthen these lines of communication in the brain, both inside, and between each specific area, so willpower becomes less of an issue. I can help you re-wire your unconscious patterns and neural pathways in a new and more useful way: A way that is aligned with the "I want" and this makes it easier to raise your motivational levels to match your desire for weight loss.

After this 2 hour session with me, you will leave with the tools and ability to keep your motivation fired up and ready to take action. The best bit is that you will also have a powerful audio MP3 to boost your motivation, if and when needed, so that you stay on track and continue to take the action that you have identified is right for you, to lose your excess weight. You will also have a "Power up" handbook of information to take away

after the session. This is what Karen B said about her session: "I have clarity about my weight loss aims; I now feel focused and motivated about achieving my goal." Jan 2014

In this session you will :

- ✓ Define your higher value motivational weight loss goal (I want part of your brain)
- ✓ Deal with self-sabotage (I won't part of your brain)
- ✓ Learn how to manage cravings ( I won't part of your brain)
- ✓ Create a clear path of action to achieve successful weight loss ( I will part of your brain)
- ✓ Re-train your unconscious mind to create a healthy relationship with food and eating ( I will part of your brain)
- ✓ As an additional special bonus offer for this 2 hour session, you will be given a complimentary MP3 to help you "Programme your mind for weight loss success." Listening to this after the session will enable you to create a new neural pathway in your brain for successful weight loss.(valued at £14.99)

As a specialist Weight Loss Hypnotherapist and Coach, I work with my clients to keep them motivated and accountable throughout their weight loss journey: this is an essential element of losing weight and maintaining it. So many of my clients, when they first come to see me, tell me that in the past they have followed diet plans, and have had the right equipment, but have not succeeded in becoming slimmer and healthier. It is clear that for some of my clients, one of the reasons for this was lack of consistent motivation and support. In the past, this has led many of my clients to the long and difficult road of yo yo dieting, frustration and unfulfilled expectations. This 2 hour session will change this for you.



Please note the offer is for an MP3 not for a cd, this is for illustrative purposes only.