

# Hypnotherapy for Confidence & Self-Esteem

Break Free From Self Doubt



Wellbeing  
Pathways



# I'm Carol, owner of Wellbeing Pathways

## **Passionate about helping you live life to the full**

Welcome to a transformative journey towards greater confidence and enhanced self-esteem. I'm dedicated to helping you unlock your full potential, guiding you towards a more self-assured, positive, and fulfilling life.

Whether you're struggling with self-doubt, facing challenges in your personal or professional life, or simply looking to boost your overall sense of self-worth, my tailored hypnotherapy sessions are designed to address your unique needs and goals.

Along with being a certified and registered clinical hypnotherapist, I am a mindfulness instructor.





# About

## **Build belief and confidence in your ability and value**

Hypnotherapy is a powerful tool that can bring about profound changes in the way you perceive yourself and your abilities. It offers a gentle yet effective method to make lasting improvements to your self-worth.

Hypnotherapy works by accessing the subconscious mind, where many of our deeply held beliefs and habits reside. It allows you to explore these areas in a safe and supportive environment. Hypnotherapy can help you:

- Identify root causes
- Transform negative beliefs
- Build resilience
- Visualise positively
- Improve social confidence

Building your confidence and self-esteem can be life-changing. If you're ready to embark on this transformative journey, I am here to support you every step of the way.





# Why Choose Hypnotherapy?

- **Boost Self-Confidence:** Hypnotherapy can help you build a stronger sense of self-worth, enabling you to face challenges with greater assurance.
- **Enhance Self-Esteem:** By addressing and transforming negative self-beliefs, hypnotherapy can elevate your self-esteem, allowing you to value yourself more fully.
- **Reduce Anxiety:** Many people find that their confidence issues stem from anxiety. Hypnotherapy can help calm these anxious feelings, creating a more relaxed and positive outlook.
- **Strengthen Decision-Making:** With enhanced confidence, you'll find it easier to make decisions and trust your judgment.
- **Promote Personal and Professional Growth:** Increased confidence and self-esteem can lead to better relationships, career advancement, and a more fulfilling life overall.



**BOOST  
YOUR SELF  
CONFIDENCE**





# Testimonials

“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

## Case Study

A case study for a confidence and self-esteem client is available to read [here](#).



# Services & Fees

## **Confidence & Self-Esteem options available:**

Hypnotherapy Appointment £65

Hypnotherapy for Confidence & Self Esteem Programme £180

Individualised Confidence & Self Esteem Programme providing you with practical techniques to support you to build belief and confidence in your own ability and value. The programme includes:

- Three personalised hypnotherapy appointments
- Confidence & Self Esteem information & self-help material
- Two Mp3 audios to enhance your positive mindset change

To support you, hypnotherapy sessions can be taken over an agreed time frame.

10% discount for NHS, Care, Emergency Services, Armed Forces apply to all sessions and packages.







# Extra Info

## Location

I offer in person appointments at a choice of two private clinics (Elland and Lea, nr. Preston), and also offer online sessions, please see here for [details](#)

## 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 or choose a slot [here](#).

# Contact Me

For further details or to make a booking:

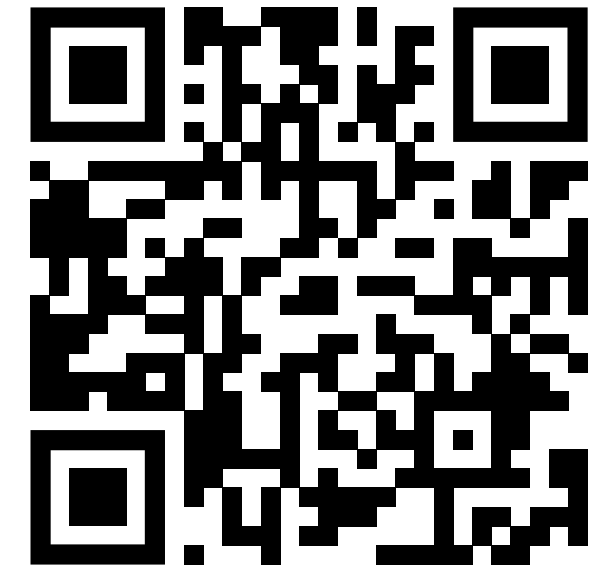
T: 07305 810935

E: [carol@wellbeing-pathways.co.uk](mailto:carol@wellbeing-pathways.co.uk)

To visit the website:

[Wellbeing Pathways](#)

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.*