

Mind, Body & Spirit

Featuring **positive guidance**



A life changing experience

AS she prepares to celebrate five years in business, Caroline Smith can look back with pride on the hundreds of people she has helped to change their lives.

Her hypnotherapy business Positive Guidance is based in Lindley's Heritage Exchange and most clients, who are seeking help with a range of issues and problems, come to her via word-of-mouth recommendations. Caroline sees the majority of clients on a one-to-one basis but will also organise

individual or group sessions for local businesses on issues such as stress management and relaxation techniques.

Most of Caroline's sessions take place in her premises at Lindley but she also works from Willow Lodge near Penistone.

With a background in Human Resources and counselling, Caroline was always well equipped to move into the field of hypnotherapy. Today she deals with all kinds of life issues including stress management, weight management, smoking cessation, confidence and low self-esteem, fears and phobias, anger management and pain management.

All sessions are completely confidential and non-judgemental.

She said: "Hypnotherapy is a safe and enjoyable way of dealing with various life issues. Many of my clients have struggled for years with issues and problems. Once these are addressed, it can be a life changing experience. "The key to success is always an individual's desire for change."

Caroline achieved a new national standard of excellence for her therapy. She has been registered by the Complementary & Natural Healthcare Council (CNHC), the UK regulator for complementary healthcare. The recognition places her at the forefront of a national drive to provide a benchmark for standards and safety for the public. Practitioners registered with the CNHC meet national occupational standards and abide by a rigorous code of conduct, performance and ethics. She is a Master Practitioner of Hypnotherapy and a member of the British Institute of Hypnotherapy (BIH).



■ **THERAPY:** Caroline chats with a client

positive guidance
hypnotherapy
...a life changing experience

SPECIAL OFFER
10% Discount*
off first Therapy Session
booked and taken
before
30th November 2011

- Confidence/Low Self Esteem
- Depression
- Fears & Phobias
- Pain Management
- Stop Smoking
- Stress & Relaxation
- Weight Loss Management...and many more

*Excludes stop smoking

For more information or a free consultation
Tel: 01484 485360 Mobile: 07967 666035
Heritage Exchange, Wellington Mills, Lindley, Huddersfield

SPECIAL OFFER AT POSITIVE GUIDANCE

● There is 10% off the first therapy session booked and taken by November 30, 2011. The offer excludes stop smoking. A free initial consultation is always available from Caroline on 01484 485360 or 07967 666035

Opening Offer

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£12.50

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Quote 'Ruddi's Retreat' and £5.00 from your treatment will go to this fantastic charity

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