



About Susan

My name is Susan Rayat and I work with clients to help them overcome obstacles in their lives. I have a particular interest in helping clients with stress, anxiety and depression.

I started out my career in Human Resources working for various commercial organizations in Generalist HR roles.

In 2005 I found myself at a cross-road when faced with redundancy and it was then that I decided to re-train as a Life Coach wanting to play to my strengths of working with people on a one-to-one basis. Since then I studied and trained in therapeutic areas such as Time Line Therapy™, NLP and Hypnotherapy.

I now work with clients helping them to live life to the full. Clients suffering with depression can achieve greater control over their lives and their depression through the sessions.

Depression, Anxiety & Stress

Depression can effect up to 1 in 10 men and a staggering 1 in 4 women. Symptoms of depression can be:

- Negative black and white style thinking
- Low self-esteem
- Constant rumination / worrying
- Tiredness
- Feelings of anxiety or guilt
- Low serotonin levels in the brain (happy hormone chemical)
- Low sex drive
- Feelings of being misunderstood
- Feelings of loneliness
- Feelings of helplessness
- Suicidal thoughts / self-harm

If left untreated depression can feel like an uphill battle and can last for several months or longer leading to frustration.

Take control.

Thankfully depression can be lifted with the correct approach and in my sessions I use a mix of coaching together with hypnosis to help you decrease your stress / anxiety levels and worry less. You are also taught tools and techniques that will enable you to deal effectively with depressive style thinking patterns.

How much do sessions cost?

Sessions cost £75 and last an hour.

Where are sessions held?

Sessions are held in Shepperton Middlesex.

How many sessions will I need?

This really depends on each individual but significant changes can be noticed at an average of 6 sessions.

Hypnotherapy & Coaching Service



Visit online at www.DefinitiveSuccess.co.uk

Email: susan@definitivesuccess.co.uk

Tel. 01932 429166 / 07956 827826