



About Susan

My name is Susan Rayat and I work with people to help them overcome insomnia. Having suffered with insomnia for many years throughout my days at school and college I know just how frustrating it can be.

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.

Clients suffering with insomnia are able to overcome this frustrating problem with the help of hypnosis and nlp techniques.

Insomnia and broken sleep

Insomnia affects many people in today's modern society. Having suffered with insomnia myself for years I truly understand how awful it feels. Insomnia can lead to:

- Tiredness / low energy
- Headaches
- Low sex drive
- Feelings of being misunderstood
- Feelings of frustration
- Feelings of helplessness
- Irritability
- Poor performance, i.e., exams / work etc.
- Time off work

If left untreated insomnia can build and build and is very frustrating for the sufferer.

Insomnia can be caused by a number of factors such as caffeine and alcohol intake, stress, anxiety and worrying.

Take control.

Thankfully insomnia can be treated effectively using hypnosis.

How much do sessions cost?

Sessions cost £75 and last an hour.

I recommend opting for a recording of your session (an extra £10) or to ask for a bespoke CD to be made £50 for you to listen to nightly.

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 between 1 and 4 sessions.

Hypnotherapy & Coaching Service



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