



About Susan

My name is Susan Rayat and I work with clients to help them overcome obstacles in their lives.

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 initially re-trained 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. I often see clients who want to work on increasing their self-esteem and confidence.

Self-esteem, self confidence

Low self-esteem and confidence is something that many people suffer with and it can affect people in the following ways:

- Negative black and white style thinking
- Constant rumination (worrying)
- Feelings of sadness, anxiety or guilt
- Feelings of being misunderstood
- Feelings of loneliness
- Feelings of helplessness
- Feelings of low self-worth
- Feelings of paranoia
- Feeling frustrated
- Isolating oneself from others
- Being too afraid to say what they really feel
- Doing things despite not wanting to do it, i.e., never saying no or taking on too much
- Lack of career progression
- Shying away from new relationships

Take control.

Imagine how much happier you will feel when you learn to recognise your own strengths and positive attributes, allowing you to be more self confident. My sessions will help you explore who you are from a different angle and I will teach you certain NLP techniques to help you through situations where you want to feel more confident.

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 4 -6 sessions.

Hypnotherapy & Coaching Service



Visit online at www.DefinitiveSuccess.co.uk

Email: susan@definitivesuccess.co.uk

Tel. 01932 429166 / 07956 827826