

Smoking Cessation



About Susan

My name is Susan Rayat and I help people to stop smoking.

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

In 2005 I found myself at a cross-road when faced with redundancy and it was then that I decided to re-train and become a Life Coach wanting to play to my strengths of working with people on a one-to-one basis. Since then I have trained in therapeutic areas such as Time Line Therapy™, NLP and Hypnotherapy and use these skills to my help clients make certain changes and live their lives to the full.

I use a combination of NLP and Hypnotherapy to assist people in making the change from being a smoker to a non-smoker.

Most smokers are already aware of the effects of smoking on their health; some may desperately want to stop but for some reason haven't been able to in the past.

In my sessions we look for any conflicts and clear these up prior to making any changes, i.e. "on the one hand I really want to give up, but on the other hand something is stopping me". If you know in your heart that you would rather choose the part of you that says "I really want to give up" then change can be made.

For some change can be simple for others more complicated because of the 'emotional benefits' attached to smoking,

Take control.

Most smokers started smoking because they wanted to fit in with peers as a teenager or at a later stage in their life to perhaps fit in with other adult peers. At the time of starting the habit, it served a purpose but does it now? For some they know that their habit is now outdated for them and for those who are seriously motivated to stop; hypnosis can be the tool that will enable them to make that change.

How much does it cost?

It costs £195 for two main stop smoking sessions; this includes written NLP self-help tools to assist you to remain a non-smoker and an aftercare strengthening hypnosis CD. One additional follow-up is also included for a very small percentage of people who may need it.

Where are sessions held?

Sessions are held in Shepperton Middlesex.

How many sessions will I need?

Most people will only need only the two main sessions. Some stop smoking as soon as they have had their first session; if you are really truly ready to stop, you can make the change very quickly. In some cases if smoking is a symptom of another problem then it is wise to deal with that firstly (through additional sessions) before progressing to the second main stop smoking session.

Hypnotherapy & Coaching Service



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