



## About Susan

My name is Susan Rayat and I work with people to help them achieve their weight goals.

Having lost nearly 2 stones in weight myself (through the coaching process alone) and having tried numerous diets I know the mind-set of a 'dieter'. I now work with clients helping them to gain a better relationship with food.

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 and use a combination of these in my sessions.

## Hypnotherapy & Coaching Service



# WHY Program (Weight, Hypnotherapy & You)

Being overweight can take over the 'self-talk' in your head, making you feel obsessed about food or trying out every diet under the sun! Being overweight (and not being happy with it) can lead to:

- Low self-esteem / confidence
- Low sex drive
- Feelings of loneliness / sadness
- Feelings of helplessness
- Feeling as though you are out of control of food
- Feeling as though food is a valid source of comfort
- Feeling frustrated at the lack of clothes options
- Feeling inadequate compared to other slimmer people

Diets alone simply cannot tackle the massive complicated relationship you have with food. This can only be done through analysis of your behaviour and breaking down these negative eating behaviours (i.e. comfort eating).

## Take control.

The WHY Program consists of 8 sessions and teaches you to get control over what you eat, how you eat, emotional eating, your motivation to exercise and your mind with the power of self-hypnosis.

When you have completed sessions 1 -4 you must drop a further 4lbs before booking your 5<sup>th</sup> session, then another 4lbs before booking your 6<sup>th</sup> session and so on until you get to your 8<sup>th</sup> session. The reason for this is to continue your focus and motivation.

Sessions 5, 6, 7 and 8 are recorded onto CD and given to you to for regular listening.

## How much do sessions cost?

The cost of this program is £600 and includes an essential mind training client work book which helps you to 'reprogram' your behaviour with food. You will also receive my powerful hypnosis CD on conscious eating as a bonus.

## Where are sessions held?

Sessions are held in Shepperton Middlesex.

Visit online at [www.DefinitiveSuccess.co.uk](http://www.DefinitiveSuccess.co.uk)

Email: [susan@definitivesuccess.co.uk](mailto:susan@definitivesuccess.co.uk)

Tel. 01932 429166 / 07956 827826

