



## About Susan

My name is Susan Rayat and I work with people to help them overcome weight issues.

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 lose weight and maintain their weight loss.

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 where needed.

# Weight Loss Sessions

If you have less than 2 stones to lose and don't use food as a source of comfort but just need a little help get you to your weight loss goal then you can opt for singular weight loss sessions (as opposed to the hypnotic gastric band program or WHY program).

These singular weight loss sessions can help to focus your mind on healthy food options, teach you to eat consciously whilst focusing on exercising regularly.

Being overweight (and not being happy with it) can lead to:

- Low self-esteem / confidence
- Low sex drive
- Feelings of helplessness
- Feeling frustrated at the lack of clothes options
- Feeling inadequate compared to other slimmer people

## Take control.

Whether you want to lose weight for a holiday, a special occasion, are going to a wedding or getting married and want to look your best then these weight loss sessions can help you get to your goal.

## 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?

I recommend a minimum of 3 - 4 sessions to help get you in the right frame of mind to make the changes you want.

## Hypnotherapy & Coaching Service



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