

About Angela.....

With over 25 years blue chip experience Angela Whitlock understands educational pressures and has helped many young people to make better choices and improve their future, using a unique blend of;



Hypnosis, Cognitive Behaviour Therapy, EMDR, Coaching and Mentoring

We have helped Young People to;

- ✓ Reduce, Prevent and Manage Their Exam Stress & Anxiety
- ✓ Make Their Study Time More Productive
- ✓ Develop Greater Confidence Both One to One and in Groups
- ✓ Boost Their Decision Making
- ✓ Choose the Right Career Path Saving Costly Mistakes
- ✓ Turn Negative Experiences Into Useful Resources
- ✓ Improve Their Relationships
- ✓ Break Unwanted Habits

Contact us now to find out how we can help or **sign up** for our newsletter now, on the **website** below.

Our Services.....

Hypnosis helps with:

- Emotional issues
- Habits and Phobias

Eye Movement Desensitisation and Reprocessing (EMDR)

- For Processing Severe Emotional or Anxiety issues
- Traumatic Events
- Recurring Disturbing Memories

Cognitive Behaviour Therapy

- For Recognising Irrational Thoughts, Emotions and Actions
- Faulty Learning Patterns

Personal Coaching

- For Goal Setting
- Installing Positive Beliefs

Mentoring for Students:

- Career Choice
- Life Skills Guidance

Also available

Group Talks & Workshops

- 45 to 90 minutes
- Tailored to suit the audience

WANT TO KNOW MORE?

Just email info@angelawhitlock.com or

0845 6436117



Lifeskills Consultancy For Young People



- ✓ Reduce Exam Stress
- ✓ Improve Confidence
- ✓ Focus on Career Choices
- ✓ Redirect The Future

t: 0845 643 6117

e. info@angelawhitlock.com

Lifeskills For Young People

As a parent or guardian who do you turn to when a young person needs help and someone to talk to? Who do you turn to if they are reluctant to listen to a family member or friend.

Psychologists, Counsellors and Psychiatrists all have a very important part to play but sometimes young people, who do not have an identifiable mental health issue, just need someone to help them;

- ✓ **realign their goals**
- ✓ **get back on track.**

We deal with many adult clients who have suffered for decades with stress and anxiety caused in childhood. Addressing these issues whilst a person is young can **change the entire course of their future life.**

We all want the very best future for our children and we are here to help them focus on the very best they can be.

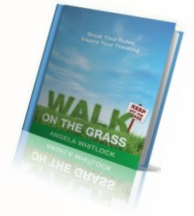
Contact us now for a FREE initial discussion to see where we can help.



N.B. All consultants CRB checked

Walk On The Grass

Break Your Rules and Inspire Your Thinking



by Angela Whitlock

Walk on the Grass is a book aimed at inspiring those of you who are ready to ignore the tired habits that keep you standing still and rooted to the past, to greater success and personal achievement using your own emotional and creative intelligence.

Step by step it seeks to help you breakthrough established patterns of behaviour and ways of thinking that prevent you from taking positive action to improve every aspect of your life.

What Our Clients Say.....

Inspiring book....brings home to you what can be achieved...whether in your career or personal life. E Ryder Otley

The real benefit can be found in the many techniques that have really helped me look at the way I run my business and my life in a different way. They are simple and easy exercises to follow and they really do work. J Greaves Collingham

**Available via
www.walk-on-the-grass.com**

For more information contact info@angelawhitlock.com or Tel 0845 643 6117