

About Angela.....

With over 25 years corporate experience Angela Whitlock understands the pressures that business people are under and has helped many individuals and business owners improve their lives, using a unique blend of; Hypnosis, Cognitive Behaviour Therapy, EMDR, Coaching and Mentoring



We have helped people like you to;

- ✓ Reduce, Prevent and Manage Your Stress & Anxiety
- ✓ Develop Greater Confidence
- ✓ Gain a Healthier and Fitter lifestyle
- ✓ Improve Your Relationships
- ✓ Manage Your Time Better
- ✓ Boost Your Decision Making
- ✓ Break Unwanted Habits
- ✓ Enhance Your Image

If you want to **break free** from what holds you back and bring your goals to **reality**, contact Angela Whitlock to find out how we can help or sign up for our newsletter now, on the **website below**.

WANT TO KNOW MORE?

Just email info@angelawhitlock.com or

0845 643 6117



Lifeskills Consultancy



- ✓ Hypnosis for Business People
- ✓ Stress & Anxiety Management
- ✓ Confidence Boosting
- ✓ Healthier Lifestyle Planning

t: 0845 643 6117

e. info@angelawhitlock.com

Individual Services We Provide

Hypnosis to help 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 & Business Coaching

- For Goal Setting
- Installing Positive Beliefs

Mentoring for Business Owners

- Business Guidance
- Career Guidance
- Life Skills Guidance

Also available

Group Talks & Workshops

- 45 to 90 minutes
- Tailored to suit the audience



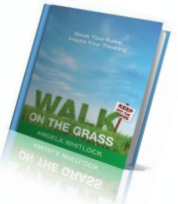
Walk On The Grass

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. Are you ready for the challenge?



What 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

***You don't need to be an Electrician to turn the lights on in your mind,
you just need to know where to flick the switches.***

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