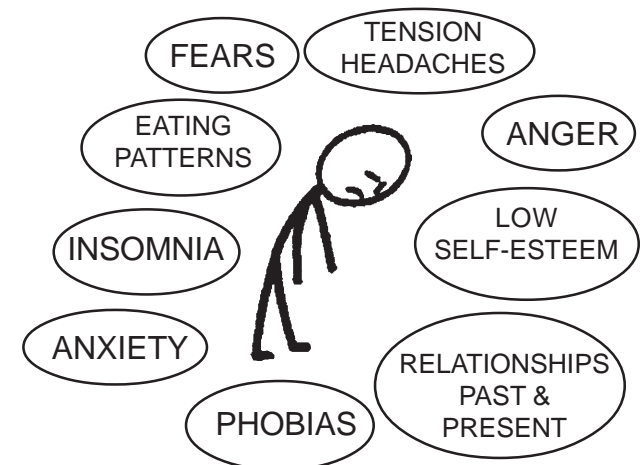


Real Solutions for Real People



Let us put the smile back on your face



sendmeinfo@balancedapproach.co.uk
www.balancedapproach.co.uk
tel: 0121 445 0093 or 07831 743737

We will help you to look at events and see them with a different perspective. Focus on your strengths even if you can't see them yet... Remember "If you always do what you've always done, you'll always get what you've always got".

- Don't be a prisoner of your past. Become the keeper of your future....!!
- Learn to move forwards
 - Deal with past traumatic events
 - Destructive relationships
 - Limiting beliefs

So many people are needlessly living with the anxieties of the past that can cause:

- Headaches
- Poor sleep patterns
- Panic attacks
- Poor self-image
- Feelings of loss of control

During a hypnotherapy session your busy, maybe stressed, conscious mind is allowed to take a rest for a while, and give your inner mind the chance to look at your problems in a different way whilst relaxed and free of anxiety.

Hypnosis is an entirely natural state and has been likened to daydreaming (remember how pleasant that can be). You will remain in control at all times.

You will be aware of all that is happening whilst the therapist guides your thoughts in ways which will help to achieve the changes you want. Many of the limitations we have in our lives are a result of what happens in our unconscious mind.

Continued stress and anxiety can manifest itself in many physical symptoms that can be improved fairly quickly without the use of medication. Emotionally induced illness counts for nearly 75% of all GP visits so why wait until your condition becomes very severe. Anti-depressants can initially lift you but they will not remove the problem. In the long term they may become addictive and, for many, the side effects can outweigh the curative benefits.

Call now so we can help you to help yourself... **0121 445 0093**

We offer a balanced approach to mind and body and can help you with:



- Over-eating
- Stop smoking
- Self esteem
- Phobias - (e.g. needles, spiders, dentists)
- Work/life balance
- Depression / Anxiety
- Stress
- Migraine / headaches
- Goal setting (reach your goal & beyond)

We offer one-to-one sessions, group and workplace solutions. We are based in the South Birmingham area or can come to you.

We will work with you to change whatever you want using NLP and clinical hypnotherapy.

~ ~ ~ ~ Who we are ~ ~ ~ ~

Jenny Peters

As a Registered nurse I spent the first part of my career working within the hospital setting as a ward sister in many specialities including Coronary Care. I then spent some time as an Occupational Health Nurse before moving into the GP setting where I am now a Senior Practice Sister.

A large part of my work involves one to one contact with my patients and to develop my listening skills further I gained a certificate in counselling.

From this evolved my fascination with the use of words and the power they have to make us feel happy or sad, anxious or relaxed, angry or calm.

In turn this led me to train as a clinical hypnotherapist with the Birmingham branch of the British Society of Medical and Dental Hypnosis. Since then I continue to be amazed at the positive effect this form of therapeutic intervention has.

Mark Peters

I came through a pretty standard apprenticeship and design engineering background, working my way up to Operations Manager. Along the way I trained in Counselling and NLP to help support and build my workforce as a team. Even through my management training I realised I was more interested in individuals rather than just company gain. Along with my hobby of Tai Chi I developed an interest in psychology and eventually trained as a clinical hypnotherapist. My wife and I decided a few years ago that we wanted something different for our lives so planned to make changes. I quit my job in March 2006 to concentrate full time on hypnotherapy, NLP and Tai Chi, and now work extensively within the NHS as well as corporate and private clients.