

Essential Living

Success at your own pace

Overcoming personal hurdles with mental empowerment

1ST SUCCESS EVENTS

WHEN it comes to finding out what we want out of life, it can seem like a daunting task, especially when 21st century living decides to take its toll.

All too often we can be challenged and pushed out of our comfort zone, resulting in arriving down a one-way path of stress, pressure, panic or anxiety-related illness. Sometimes

destructive habits can be the result of such pressure, with smoking, over-eating, nail biting, or some other type of habit or addiction, making us even more disillusioned, or demotivated as a result.

So how can we combat this new and challenging 21st century way of living?

And how can we accomplish our personal goals, wants and desires, without the later regret that can sometimes result from 'failure to launch' into our own dreams and goals?

Well, you'll be pleased to hear that help is well and truly at hand, at 1st Success, where we understand just how hectic life can get and how unwanted results, lack of focus, motivation and negative behaviour can sometimes occur as a result.

At 1st Success, we can offer a keen variety of products to fit the needs of every client, with each service offering a tailor made therapy to suit the individual, in order to create maximum results in a shorter space of time.

As a qualified clinical hypnotherapist, NLP practitioner, stress consultant and colour therapist, I can answer any of your concerns in relation to hypnosis, with your first 20-minute consultation, absolutely free of charge, without obligation.

There is also the added option of EFT, E-Coaching and Hypnocolour for those looking for a more alternative approach.

At 1st Success, we notice what is needed by our clients, which is why we also offer a set of weekly programmes and classes especially designed for women, who wish to enhance their confidence through gaining their personal empowerment and presence in order to

further their career, relationship, social and family choices.

Alongside our Confidence and Empowerment Programmes for women, we also offer our fun side to therapy through our La Seduction Coaching Programme for women who are seeking a little extra spice in their lives.

Within each class, we take a look at how to improve personal confidence using self-hypnosis, NLP and self-coaching methods, with the use of personal values and desires, along with make-up tips, tricks and demonstrations, as well as help with colour, style, dress-up and fantasy, and even burlesque dance, finishing with our crème de la crème... your very own optional boudoir photo shoot, and your La Seduction certificate and prize – if you are voted most improved class member.

With valid experience within the modelling, television, dance and beauty industry, I think you will agree that 1st Success has many areas of experience to share, with personal stylists, hairdressers and nail artists giving live demonstrations in your class and, as with any client, you are automatically rewarded with a 10 per cent discount from any therapy with each referral that you may choose to pass on.

Interested? Then please contact Jo'anna for further information on up and coming 1st Success Events and therapies, on 01628 780470 or visit www.1stsuccess.com today.

Jo'anna Davies DHP

