

Emotional Freedom



Supporting Life Challenges ...

- Stress
- Anxiety
- Depression
- Confidence
- Pain
- Trauma
- Weight



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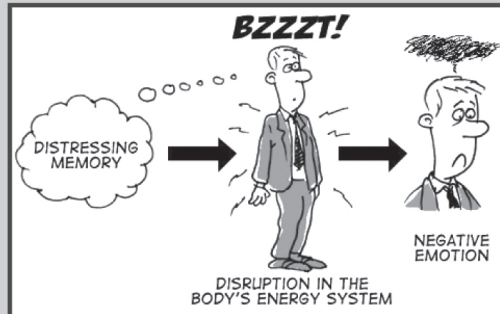
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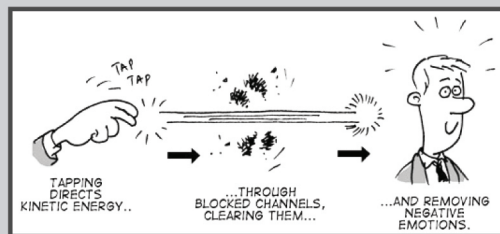


Emotional Freedom

What is Emotional Freedom Technique



How does it work



Thank You

After my wee son died I suffered from depression, a few years later I was in a serious road traffic accident while heavily pregnant, leaving me suffering from bad anxiety, panic attacks and a phobia of driving. I met Simone and instantly we built rapport, she used a technique called EFT (emotional freedom technique – tapping). The difference even after the first session was amazing, I continued with weekly sessions and this has been life changing. I can't thank her enough, she has really turned my life around. I'm enjoying life again. I highly recommend her and the amazing work she does, from a very thankful Mum and Wife.

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