



Information Pack

Thank you for downloading my information pack, this pack will give a brief overview about the programs, courses and workshops that I run. Also a little about myself, the way in which I work and the tools that I use to resolve the issues that clients come to see me about.

I have had my own private clinic for over 25 years. Over the years with 1000's of clinic hours under my belt I have had the fortunate opportunity to work with clients of all ages, experiencing every difficulty, issue or condition that you could imagine.

Having vast experience of working with different clients for many different reasons, it became apparent that whatever the client may be experiencing or struggling with, once unpacked, it always come back to '**Sleep, Stress and Anxiety**'. Sleeping issues go hand in hand with stress and anxiety and vice versa. How that stress and anxiety shows itself for each individual can vary greatly; Poor sleep, panic attacks, loss of confidence, poor self -esteem, over whelmed, OCD, unhappy, poor motivation, relationship issues, poor performance, illnesses, negative thinking. I've seen it all, it always comes back to; poor quality sleep, stress and anxiety.

Ultimately my programs are developed to address sleeping issues, to reduce or remove stress and anxiety, yet at the same time resolving all the additional issues that are experienced.

Simply put; by reducing or removing the stress and anxiety in one's life will help to restore good sleep, to resolve any sleeping issue will then enable the stress and anxiety to be removed.

How do I know if this program is right for me?

Before commencing into any treatment program I offer a free private one to one consultation in my clinic, where you have the opportunity to discuss or ask any questions that you feel are relevant to the reasons why you may require the program. At this time I also explain how and why you are experiencing the things you are experiencing; I explain how the programs work and how the changes can occur. By the end of the consultation you will know clearly if it's the right program is for you, if for any reason you are unsure go away and think about it, there is no obligation and no charge. Even when working with children I do not take payment or agree to work with a child, unless the child feels it's the right thing for them and feels comfortable with me. The clinic room is always warm, calm and friendly so clients feel very quickly at ease.

How do I know you're the right person to help me?

You don't, that's why you need to meet with me first. I could give you a huge list of all of my qualifications, explain in great detail all my experiences over 25 years of working, you could read a book full of testimonials; have me referred by 1000's of my previous clients. All might help you decide to try a free consultation but it's not until you meet with me when I can I explain to you I know exactly how I can help you and explain how I will do it, if you feel safe, comfortable and at ease with me will you know if I'm the right person for you to work with.

I've never done anything like this before; I don't know what to say to you, some of the things are really personal is it all confidential?

Yes, everything that is discussed in the clinic room stays in the clinic room. Even when working with more than one family member at a time, each client's sessions are private unless the client has asked me to act as a mediator at a

Mindset & Solutions, Suite 4, St Mary's House, 40 London Road, Newbury, Berkshire RG17 1LA

T: 01635 789712 M: 0780 133 2012 W: www.mindsetandsolutions.com E: Amanda-jane@mindsetandsolutions.com



later session. You never have to tell me anything that you may be uncomfortable with, the program is solution focused and aimed at making changes to affect the future, rather than digging up emotional issues from the past. I promise if you didn't feel comfortable with me you wouldn't be working with me, I will help you make these changes as easy and as quickly as possible.

How does the Program work?

All programs are bespoke for each client. The programs run for 6 sessions. After the initial consultation a 1 hour appointment time is made, these appointments will vary from weekly, fortnightly, monthly or 2 monthly depending on your personal program requirements. At each session a combination of tools will be used to achieve the required end result; Clinical Hypnotherapy, Psychotherapy, CBT, NLP, Mentoring, Coaching, Communication and Leadership. Various CD's are supplied and are to be used at home at night time throughout to help support the Program.

What are some of the things I can expect to get from the Program?

- Identifies stress, anxiety and poor sleep as well as the impact this has on every area of a person's health and wellbeing
- Creates solution focused techniques in dealing with stress and anxiety
- Gives practical suggestions, strategies and techniques in managing stressful or challenging situations and people
- Provides the skills and mindset required to remain calm, in control and focused whilst the chaos of life surrounds you.
- Removes negative and destructive patterns of thinking or behaviors
- Removes self - limiting beliefs
- Removes the physical symptoms of stress, anxiety and fear
- Helps communicate with clarity, conviction and purpose, establishing successful conducive relationships at home and at work.
- Inspires, builds confidence, self -esteem and personal development
- Uses diagrams and strategies to help energise each person and manage their thoughts more positively
- Restore good quality sleep
- Feeling happier, more fulfilled and in control of life and oneself
- Motivated and driven and improve personal performance.

This is just an idea of what the Program offers as each Program is bespoke each client will experience additional benefits as well.

What if I want or need extra sessions?

I developed the program to be 6 sessions because over the years I have found this is all that is typically needed for the majority of cases, however on the odd occasion in particularly long term or in depth case an additional 2 or 3 sessions may be required after the program has finished, these are usually spread out over a 6 -8 week period and paid at an hourly rate.

What other Course and Workshops do you run?

Sleeping Difficulties, Reducing Stress and Anxiety

A 6 session group course (max 10 clients)

- What exactly is poor quality sleep, what is good quality sleep
- Different types of poor sleep
- Why Insomnia occurs
- What makes poor sleep worse
- What is REM, why is it important
- Establishing good REM
- What happens chemically to our body at night
- Addresses sleeping issues and the effects of poor sleep
- What are we doing in the day that effects our sleep
- Removing stress and anxiety
- Teaches basic sleep Hygiene Factors
- Restoring good sleep

Simply put; “Everything we do in the day WILL and DOES impact our sleep”

Student Workshop; Confidence Building and Communication

A 2 ½ hour Workshops - aimed for students in the final term of Year 6 or throughout Secondary school.

For some students it can be a particularly difficult time as they enter their teenage years. The emotional and physical changes that take place are challenging enough. This coupled with social pressures and peer influence means that not all students manage the transition from child to teenager to young adult positively or easily.

Students that are supported and taught new concepts of how to deal with challenging situations, people, thoughts and behaviours during this critical and influential period of their development, are fully equipped to deal with and resolve any inner turmoil and the negative impact that could occur is reduced considerably.

How the programme works

Through a combination of Clinical Hypnotherapy, Psychotherapy, CBT, NLP, Personal Development and Communication, Mentoring and Coaching, Students are able to develop a new mind-set in which to deal with any future situations in a more positive and effective manner.

- Teaches students new coping strategies of how to deal with stressful or challenging situations either in school or with family life
- Removes negative or self-limiting beliefs
- Changes negative or destructive patterns of behaviour and habits
- Reduces stress and anxiety and feeling generally calmer and more in control of life
- Increases confidence and self-esteem
- Creates a positive, focused and productive mind-set, achieving better results in all areas of life
- Creates positive social skills

Mindset & Solutions, Suite 4, St Mary's House, 40 London Road, Newbury, Berkshire RG17 1LA

T: 01635 789712 M: 0780 133 2012 W: www.mindsetandsolutions.com E: Amanda-jane@mindsetandsolutions.com



- Ability to listen and communicate effectively
- Develops more engaged, happier, and enthusiastic students

What age clients do you work with?

The youngest client I have successfully worked with was 4, this is extremely young and obviously the program contents varied greatly, typically most of my clients are above 12. The majority are over 30 yet have been known up to the age of 91. The beauty is, because I am qualified to work with a vast range of different techniques, I can develop a bespoke program for any age client for achieve maximum affect.

Do you work with families or more than 1 member of the family at the same time?

Yes, particularly if working with teenagers it is crucial to get the family and sometimes the school on-board with the treatment program to help support my client in the best way possible. I will often support the whole family when dealing with a challenging situation or when there has been a breakdown in relationships. It is not uncommon for me to work with couples, it enables the programs to be more effective and results are achieved so much faster when everyone is working towards the same end goal.

How can I pay?

All charges are known to the client before any program is commenced.

During the initial consultation or after, via email or on the telephone you will have been given a price on your particular bespoke program.

Once the price has been agreed by both parties, if the amount is being paid in full with a 5% discount it must be paid before or on the day of the first session of the program.

A **Payment Plan** is available upon request in 2 or 3 payments. 1st payment must be paid before or on the first session date, 2nd Payment before 3rd session date, 3rd Payment before 5th session.

Workshops/ Courses to be paid in full 2 weeks before workshop/course date.
Payment can be made by: Cash, Cheque, Pay Pal, Bacs Transfer, Payment card.

How do I contact you for more information or to book a free consultation?

Amanda- Jane Sopp - Mindset & Solutions,
Suite 4, St Mary's House, 40 London Road, Newbury, Berkshire, RG17 1LA
Tel: 01635 789712
Mob: 0780 133 2012
Web: www.mindsetandsolutions.com
Email: Amanda-jane@mindsetandsolutions.com