



**Hello :)**

I'm Honey, an experienced therapist and coach. I help women overcome negative thoughts and feelings, including issues where anxiety and depression are a feature.

Everything I do with you is designed to help you heal, grow and be, so you can be happier as yourself.

I guarantee you'll feel different after your first session.

I am trained in many things and mostly use coaching, hypnosis, NLP, Rapid Transformational Therapy and tapping.

I am accredited with the Complementary and Natural Healthcare Council). This professional body is recognised by GP's.

Please find details of the services available to you. You can book your service for a time that suits you or we can chat first which you can [book here](#)

All sessions are taken online.

You can read my reviews on google and facebook



## 4 hour self-discovery package £450

### Two separate sessions of 2 hours each

In the first session we do deep state hypnosis to soothe & smooth any issues of the past which may include:

- Low self-esteem
- Confidence issues
- Trauma
- Childhood issues
- Guilt
- Shame
- Fear
- Rejection
- Anxiety and depression
- Not feeling good enough

The second session is all about 'work of the self' where we explore your values and identity and how you can feel more you, more at peace and more confident.

This package is life changing.

**Book  
now**

[www.honeylansdowne.co.uk](http://www.honeylansdowne.co.uk)



## **Rapid Transformational Therapy™** **(RTT™) A two hour complete solution-** **based treatment £350**

Rapid Transformational Therapy™ (RTT™) combines the most beneficial principles of Hypnotherapy, Psychotherapy, NLP, CBT & Neuroscience, to offer fast, effective and lasting results.

It's ideal for gently exploring long standing issues which may have begun in childhood. Clients have described it as intensive psychotherapy, in which you are actively involved.

It was created over 30 years by Marisa Peer.

Included in your RTT breakthrough package:

- A thorough, tailored session lasting 2 hours
  - A bespoke audio recording for you to keep
  - A 30 minute scheduled call within a month of therapy
- Email/text check-in after the therapy session

**RTT is for you if you want to heal your inner child or have always felt like there is something wrong with you**

**Book  
now**

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## Hypnotherapy training. Become a fully certified confident and competent hypnotherapist £1999

Would you like an interesting and rewarding career as a Hypnotherapist?

Hypnotherapy is one of the fastest growing, most effective forms of therapy available today. You could be part of this exciting therapy trend which helps people with issues like anxiety, depression, trauma, weight loss and stop smoking.

Included in this training:

- A certification to be a hypnotherapist
- 6 weeks business training after your course
- Facebook community with other trainees
- Lifetime access to online training material
- Confidence! In yourself and your abilities
- The opportunity to experience great hypnosis
- The opportunity to change your life
- A new fulfilling career
- The chance to help people change their lives

**Book  
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## 2 hour hypnosis session £250

This hypnosis session will take you to a deep level of hypnosis where you can heal and renew on a mental, emotional, physical, spiritual and soul level.

This session will heal your past and restore your confidence, calm and self-esteem to where it was before your life experiences may have impacted how you feel.

Typically people who have this session want to work on:

- Anxious thoughts and feelings
- Feelings of depression or sadness
- Self-esteem
- Feelings of not being good enough
- Trauma healing
- Stress, overwhelm and burnout

**Book  
now**



When you book, you will be emailed full details of how to join your online sessions.

If you have any questions at all please do [get in touch](#)

Other ways to work with me:

- [Buy an online product](#)
- [Get instant access to the free anxiety course](#)
- [Get instant access to the free depression course at Join the 21 Day Wellbeing Challenge](#)

I run a number of workshops and speak about mindset, mental health and self discovery in person and online/podcasts.

**Let's  
chat**

[www.honeylansdowne.co.uk](http://www.honeylansdowne.co.uk)



Lastly, I'd also like to invite you to join the tree women's circle. We cover a different self discovery or self care topic each month.

You just need to sign up to get all the information you need.



**Join  
the circle**

[www.honeylansdowne.co.uk](http://www.honeylansdowne.co.uk)