

NOW REGULARLY SLEEPS 6HRS A NIGHT AND FEELS LIKE HERSELF AGAIN

Tracey - Manager in FTSE 250 Company



THE CHALLENGE

It was all about the sleep!

Tracey felt exhausted in the mornings, never feeling like she had enough time and with work playing on her mind constantly. She wanted to stay asleep solidly for 6 hours a night.

ABOUT THE CLIENT

Tracey is a Marketing Operations Manager for a FTSE 250 Company working all over the country.

She is very passionate about getting things done correctly and on time, disliking lateness, and has a large team working with her - supporting them all and mentoring new team members.

She lives in Malmesbury with her partner and can often be found in her garden or curled up with a good book.

Hypnotherapy Sessions

Tracey came across Lauren through Facebook and decided it was the perfect opportunity to give Hypnotherapy a try, having struggled with sleep for such a long time. She immediately booked a Discovery Consultation, followed by 10 Executive Hypnotherapy™ sessions to get the lasting change she wanted.

During the Discovery Consultation, Tracey shared her best hopes for the sessions, which included uninterrupted sleep for 6 hours and feeling energised and focused in the morning. She was sick of work playing on her mind and feeling tired throughout the day.

"Talking through what was on my mind and letting it go by working with Lauren (who has the most calming voice I have heard) was a reality check for me. She got me to see things more clearly and able to focus on what was right for me"

Tracey enjoyed weekly Bespoke Executive Hypnotherapy™ Sessions for just over 2 months. She made regular, rewarding progress towards her goals as the sessions progressed, noticing visible changes in herself along the way and highlighted the following adjustments:

- Offered promotion at work and had the headspace to process it**
- Decided to reduce phone use and restrict social media**
- Able to talk more openly and honestly to family and colleagues**
- A re-ignited desire to help others more**
- Noticed had let go of things in the past that had been bothering her**

"I no longer have that sense of "argh" in my life. Instead I awaken energised and set up for the day with a feeling of calm. Lauren has put me back in a place where I'm on my game again."

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"Lauren is an easy person to talk to and has a genuine interest in helping you. Thanks to her I am now sleeping much better. So, I say, what have you got to lose - get in contact with her"



Results that Matter

"I had tried many things in the past - lavender, a cool dark room, no devices, herbal remedy tablets, going to bed at the same time. None of them seemed to work for me..."

Tracey started to see changes after only a few sessions, but was aware of a lasting change to her patterns of behaviour and mindset at the end of the package.

"... Having these sessions where I could start to understand the reason for my sleep disruption and make steps to alleviate the thoughts going round in my head has been a real eye opener (or should I say closer) for me.

I am getting so much more sleep and have such a clearer head to get me through the day. It is worth the investment in yourself"

TAKEAWAYS

In working with Lauren, Tracey has:

- improved her sleep so that she regularly gets 6hrs uninterrupted sleep every night
- achieved new levels of inner calmness which makes her feel ready to start again and no longer overwhelmed
- a healthier mindset at work so that she can achieve her potential
- changed her behaviour towards social media and phone use so that she's in control again
- understands how to get the best from her brain to be the best she can be



**OAK VIEW
HYPNOTHERAPY**

Helping you lead a better life