

Becoming You

A 12-Week 1:1 Programme for Identity-Level Change

Becoming You is a contained, one-to-one programme for high-functioning women navigating life transitions, helping you settle your inner tension so you can move forward with clarity, confidence and a renewed sense of optimism in your life and what lies ahead.

This work is for you if, on the outside, you seem to have everything under control, yet internally feel unsettled, anxious or quietly wrestling with self-doubt and confusion.

You're used to coping and getting on with it.

But now your old habits and strategies are no longer working. Your old roles don't fit anymore, and there's a growing sense in you that something needs to shift - not through endless talking or surface-level fixes, but at the level where change actually takes root.

You're seeking something that shifts your life quickly but deeply - with lasting results.

**This work will feel gentle but transformative,
supported and personal.**

Because we are working with your subconscious mind, change can be felt quickly and what you believed were **ingrained patterns can heal with surprising ease.**

By the end of the 12 weeks, you will feel **renewed hope and optimism, with the clarity and confidence to move forward and make decisions that genuinely reflect who you truly are.**



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Who this programme is for?

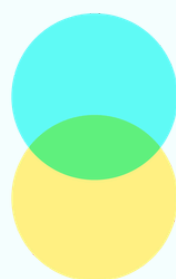
This programme is suited to you if **you're in an 'in-between' stage:**
You feel you've outgrown previous identities, roles, or ways of being
But it's not clear yet who you're becoming or where you're going

- You've experienced a **relationship change** that's altered how you see yourself
- A **health diagnosis**, ongoing symptoms, or changes in your body have made you rethink how you want to live and care for yourself
- You're in a **career shift**, burnout, or a realisation that your old professional identity no longer fits
- Your **children are growing more independent**, and there's a quiet 'who am I now?' beginning to surface underneath
- You're navigating **perimenopause or menopause** and feel your body, emotions or sense of self shifting
- You're tired of overthinking and are **ready for clarity and self-trust** through this transition
- You're high-functioning and capable on the outside, but rarely feel truly at ease with yourself on the inside
- You're **seeking depth and measurable forward movement**, rather than open-ended long-term therapy

Core focus

Becoming You supports both clearing and creating:

- Releasing limiting beliefs and emotional patterns that no longer fit
- Settling the nervous system so change doesn't feel forced or destabilising, but instead easeful and safe
- Strengthening confidence, self-worth, and self-trust
- Letting go of outdated identities while consciously orienting toward a future self
- Supporting change to land in the body, not just the mind



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How We Work

Sessions integrate:

- Solution-focused psychotherapy & hypnotherapy
- Targeted subconscious belief and emotional clearing (advanced Emotional Freedom Technique)
- Future-self and identity-focused work
- Reiki and gentle energy work as a supportive layer throughout to integrate change
- Simple embodiment practices to support nervous system regulation

Sessions combine structured, solution-focused talking therapy with hypnotherapy, so we're working at both a conscious and subconscious level. This gives us clarity, direction and measurable forward movement, while hypnotherapy supports nervous system regulation and helps update the internal patterns driving overthinking and self-doubt.

Advanced EFT techniques are used alongside this to identify and clear limiting beliefs at their root, helping release the emotional charge behind them so you're not just managing thoughts but changing the patterns that created them.

Reiki and simple embodiment practices further support nervous system regulation, helping your body feel steady and safe as these changes integrate and take hold.

By the end of *Becoming You*, clients are supported to feel:

- A deeper connection to who you are... as internal noise begins to clear
- More natural confidence and self-trust... without overthinking
- A noticeable drop in internal tension, self-doubt, and emotional friction
- Greater self-trust in decisions, boundaries, and direction
- Feeling internally at ease rather than constantly managing or second-guessing yourself
- The ability to step forward without repeating the same internal patterns
- A growing sense of joy and connection to your life

*This isn't about becoming a 'new you',
but about fully inhabiting the version of you that's already emerging - and feeling confident
and at peace there.*

Programme structure

12 × 90-minute one-to-one sessions delivered as a structured programme across three seamlessly flowing phases

Phase One - Clarify & Stabilise

We map out the difficulties you're experiencing and define clear goals for what you want to work in in your 12-session journey. Early sessions focus on creating clarity, direction and measurable forward movement, while beginning to regulate the nervous system so change feels steady rather than overwhelming.

Phase Two - Clear & Repattern

You are guided through a gentle but powerful process blending Solution-Focused Hypnotherapy with advanced EFT techniques (tapping) to identify and clear limiting beliefs and emotional patterns at their root. This is where deeply held thoughts and emotional imprints begin to shift, reducing overthinking, tension and self-doubt at a foundational level.

Phase Three - Integrate & Embody

Focus shifts toward strengthening the future-focused identity you're stepping into. New beliefs are reinforced, emotional stability deepens, and the version of you you're becoming begins to feel natural, grounded and sustainable - not something you have to force.

Most clients complete the work over 14–16 weeks, allowing space for integration and real-life application between sessions.

Between-Session Support

Change doesn't only happen in the room. It consolidates between sessions by:

- Listening to guided hypnosis recordings between sessions to reinforce progress and support nervous system regulation
- Gentle, structured reflection practices designed to deepen clarity and strengthen self-trust
- Short, guided reflection prompts to reinforce progress, increase emotional stability and cultivate a growing sense of optimism
- Occasional simple awareness or embodiment practices to help change feel embodied rather than intellectual

Included Within the Programme

- Professionally recorded hypnosis tracks to support nervous system regulation and reinforce progress between sessions
- A personalised future-focused hypnosis recording designed specifically for you to continue using as you move confidently into your next chapter
- Lifetime access to EFT training videos so you can confidently use tapping between sessions, if needed
- Lifetime access to a recording of my live workshop, helping you understand how subconscious patterns and nervous system responses influence behaviour and change

Who is this programme not for?

Becoming Aligned is not the right fit if:

- You're currently in crisis or require urgent mental health support
- You're looking for open-ended therapy without a clear focus or direction
- You want someone to 'fix' an external situation rather than support internal change

Founding place offering & investment

Having worked with a large number of clients, with wonderful results, I have created my own signature programme that I have found leads to the best possible experience and results.

Becoming You blends the best of techniques I have found to change mindset as well as release deep seated patterns. As this is a brand new programme, I am offering Becoming You as a small founding round at an investment of £1,350 (Payment plans are available if helpful).

Following the founding place offerings, the full programme investment will be £2,200.

Founding places are intentionally limited to ensure depth, quality, and proper containment of the work. If you bring openness, curiosity and a desire to change, I will bring my full support, presence and expertise in guiding you from where you are now into the 'future you' you long to become. Your first step is a complimentary Deep Insight Session, where we explore where you are, and what's ready to shift.

**BOOK YOUR FREE DEEP
INSIGHT SESSION HERE**

About Me

I am Laura, a Registered Psychiatric Nurse, Psychotherapist and Clinical Hypnotherapist with near 15 years' experience working across NHS and private mental health services. My background gives me a strong clinical foundation and a deep understanding of how stress and long-standing emotional patterns affect the nervous system.

Alongside my clinical training, I am also trained in Emotional Freedom Technique, Reiki (Master level) and Qigong. My work blends structured, solution-focused therapy and hypnotherapy with subconscious and body-based approaches, recognising that emotional patterns are not only cognitive, but are also held in the body. By working with both mind, subconscious and nervous system, change becomes steadier, more embodied and more sustainable rather than something that exists only at an intellectual level.

Alongside my professional training, I bring lived experience of navigating significant life and identity transitions. This combination of clinical expertise and personal depth informs the grounded, compassionate and quietly confident way I work - supporting women to feel calmer, clearer and more secure in who they are becoming.



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FAQ's

1. I've had therapy before and it didn't help. What makes this different?

This programme is structured, future-focused and integrative. While we acknowledge your history, we don't stay stuck analysing problems indefinitely. The work is designed to create forward movement from the outset, using a solution-focused approach grounded in evidence-based practice.

Alongside conscious, goal-oriented therapy, we work at subconscious level through hypnotherapy, at nervous system level through regulation and embodiment practices, and at emotional level through targeted clearing techniques. Energetic work is integrated as a supportive layer to help change feel steady rather than destabilising.

Because we are working across mind, body and nervous system - not just talking about problems - change becomes embodied and sustainable rather than remaining purely cognitive, which can sometimes be the limitation of purely cognitive approaches.

2. Will I lose control during hypnosis?

No. Hypnosis is a natural, focused state of attention - similar to becoming absorbed in a book or film. You remain aware and in control throughout. You cannot be made to say or do anything against your will.

The purpose of hypnotherapy here is to help settle the stress response and support subconscious change, not to override your control.

3. Is this confidential?

Absolutely. Your privacy is important to me. Everything we talk about in sessions is kept completely confidential, in line with professional standards. However, there are a few rare exceptions, such as if there's a serious risk of harm to you or someone else, or if I'm legally required to share information.

You can read more about how I handle your information in my Privacy Policy.

4. What is your refund and cancellation policy?

This is a structured 12-session therapeutic programme requiring commitment from both of us.

If after the first session you feel this programme is not the right fit, you may choose not to continue before the second session begins. In this case, the cost of the first session will be retained and any remaining balance will be refunded.

Once the programme continues beyond the first session, payments are non-refundable due to the structured nature of the work.

I encourage clients to consider their decision carefully before enrolling, and the initial consultation is there to ensure it feels like the right fit.

5. Can I pay in instalments?

Yes. Payment plans are available and can be discussed during your consultation.

6. What happens if my circumstances change during the programme?

Life happens. If unexpected circumstances arise, sessions can be rescheduled within a reasonable timeframe.

This programme is designed to be completed within approximately 12-14 weeks, with an absolute maximum duration of 18 weeks from the start date. Any sessions not used within that timeframe will expire.

This structure helps maintain momentum and ensures the integrity of the work.

FAQ's

7. How much time will I need between sessions?

Between-session practices are intentionally manageable. Listening to your hypnosis recording can simply become part of your bedtime routine - many clients play it as they fall asleep. It's completely fine if you drift off within the first few minutes; the recording will still be effective!

Additional reflection or embodiment practices are not required daily. They are brief and flexible, usually taking just a few minutes when used. Some clients choose to engage more deeply, but the level of input can adapt to your life and capacity.

Consistency matters more than intensity.

8. What happens in the initial consultation?

The consultation is a space to explore what's bringing you here, clarify your goals, and determine whether this programme is the right fit for you and there is no obligation to proceed to the full programme. It's an opportunity for both of us to ensure alignment and readiness.

9. Is this suitable if I'm currently on medication or under GP care?

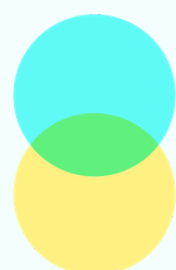
Yes. Many clients are under GP care or taking medication. This work can sit alongside medical support. However, this programme does not replace medical or psychiatric treatment, and any medication decisions should always be made in consultation with your prescribing clinician.

10. What level of commitment is expected from me?

This programme works best when you are ready to engage fully. That doesn't mean perfection - but it does mean attending sessions consistently, engaging with the between-session practices, and being open to the process.

It's a collaborative commitment over 12 sessions, designed to create meaningful change.

[START YOUR JOURNEY HERE](#)



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