

You can browse around this site and listen to the audio which will give you an idea of what I am like but there is no substitute for booking an Initial consultation, which is an opportunity for us to meet. Then you can assess if you think that I am suitable for you. I will also be assessing to see if I think that I might be able to help you. I do this by asking you to fill me in on the background and enable me to get a full picture of what is going on for you in your life and what is causing you the most stress.

**Give me a call now on 07941 914 689 or [eMail Me](#)**