

Your Investment

Your investment in the Fear Free Kids program is just £75 per week, or £55 per session for a package of 3 or more sessions.

This includes:

- ◆ A one hour consultation with me at Lyme Bay Dentistry.
- ◆ A copy of my e-book 'Positive Thinking For Kids' or my special report on EFT for Kids
- ◆ An optional extra mini session of up to 20-30 minutes, to be held by phone, Skype, or email, during the week in-between appointments.

This additional contact is designed to back up the work we have done together and is especially valuable for the parents of young children who want to continue to help their child make extra progress in between sessions.

To arrange a FREE assessment consultation by telephone please call, or email and ask for

Anne Marshall

07803 600696
info@annemarshall.com

anne marshall

BSc, D.Hyp, PDCHyp, MBSCH
Member of the British Society of
Clinical Hypnosis
NLP Practitioner
EFT-ADV

Appointments are available from
10 am - 4pm,
Monday to Friday at:



LYME BAY DENTISTRY

For further information
please contact:

t: 01404 881630
m: 07803 600696

info@annemarshall.com

www.The-Phobia-Clinic.com
www.Keep-The-Change.co.uk

Cancelled Appointments

To avoid a charge please give at
least 8 working hours notice.

fear free kids



Discover how to use
EFT and NLP
to help your children

cope better

release fear & anxiety

boost confidence & self esteem

anne marshall
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What is EFT and how can it help my child?

EFT or Emotional Freedom Technique is a form of energy psychology.

Based on the understanding that all fears phobias and negative emotions are caused by a disruption of the body's energy system it was discovered that gently tapping on some of the acupuncture points of the face and hands could clear these energy blockages and so release the fears and emotions that were causing distress.

The process itself simply involves tapping lightly on some of the acupuncture points on the face and hands, whilst focusing on specific statements to help release any emotional difficulties.

Depending on the age of your child I will either guide them through the technique myself, or if they are very young you can tap for them, so that you can both play a game of 'tapping away the tears'.

It's fun, simple, highly effective and a tremendously empowering way to help children who may be anxious, fearful, or lacking in confidence. Best of all once learnt EFT is yours forever.

EFT can help to:

- ◆ Release fears and phobias.
- ◆ Be more confident, assertive or motivated.
- ◆ Increase self esteem.
- ◆ Release unhealthy habits.

NLP for Kids

NLP (neurolinguistic programming) is the study of how our everyday language patterns and 'inner-talk' affects our experience, behaviour and outer performance.

It offers a wonderful and trauma free way for children to release their fears and anxieties, gain confidence, increase motivation, or perform better at school.

What to expect in your first session

In our first session I ask you to tell me about all the factors that are relevant to your child's challenges as this will then guide the choice of techniques we use together.

I also like to use this session to teach you (or your child) some simple NLP / EFT exercises that can be used at home to speed up progress.

The techniques we use together will be reinforced with written notes and if you wish you also have the option of keeping in touch with me by phone, or email in-between sessions.

Often what can be achieved in one session alone is enough to make a tremendous difference, especially if you are willing to practice with your child at home in-between appointments.

Follow up sessions

Follow up appointments normally take place about a week after your initial consultation. In these sessions we will review how your child feels and use either NLP, or EFT to release any remaining challenges. In most cases two or three sessions are all that is needed to make a measurable difference.

About your practitioner

Anne Marshall has been in practice as a Clinical Hypnotherapist since 1997 and has many years experience of using clinical hypnosis, emotional freedom techniques and neuro-linguistic programming to enhance wellbeing. She offers:

- Face to face appointments at Lyme Bay Dentistry
- Telephone appointments for EFT
- A free copy of her e-book Positive Thinking For Kids

The next step?

For a free assessment consultation to discover how EFT/NLP can be of help call the number below and ask for Anne Marshall:

07803 600696

or

01404 881630