

Your Free 30 Minute Initial Consultation

- **What is the free consultation?**

I want you to be sure that you are making the right decision when you decide to work with me. It's important that you are comfortable with me and that I am right for you.

I also want to make sure you have an opportunity to ask any questions you may have BEFORE you decide to commit and book a session.

Your free consultation is an opportunity for you to:

- Meet your hypnotherapist, Dan Regan
- Ask any questions you may have about hypnotherapy, hypnosis & NLP
- Find out how hypnotherapy can help you start feeling better
- Visit the clinic (in Ely, Newmarket or Cambridge) to ensure you know the location and are comfortable in the surroundings so when you book a full session you know where you are going and what to expect

Your free consultation is an opportunity to chat about how I can help you start feeling better and make the changes you are seeking in your life right now. You will not be hypnotised and no change work will take place at this session.

You are welcome to bring someone with you to this session – just let me know they are coming with you.

At the end of the session, only if you are 100% sure that you want to go ahead will we book a session. If you want to go away and have a think about all we've talked about then that is fine.

- **Common questions people ask**

Some of the more common questions that people often want the answers to are:

- What's it like to be hypnotised?
- How did I become a hypnotherapist?
- Can I be hypnotised?
- What is NLP?
- Will it matter if I'm a bit sceptical?
- How many sessions will I need?
- How long does each session last?
- Can I drive after an appointment?
- What happens during a session?
- Can hypnotherapy help me?

At the session, all of these questions (and any others you may have) will be answered. I want you to have all the information you need to make your decision.

- **How do I book my free consultation?**

To book your free consultation you can contact me direct on my personal mobile 07724 155715 or e-mail me dan@elymindcoaching.co.uk