



Anne Laird

supporting success



Through NLP I have overcome many difficult challenges in my own life. My journey with this began when I was challenged by life threatening illness. My own journey led me to study psychology and NLP to greater and greater depths. Having learned the skills I began to use them to help others.



I offer appointments in the city centre or Clairmont Gardens near Charing Cross. I offer a confidential service supporting clients in whatever they want to achieve. I offer life coaching, counseling, hypnotherapy, Emotional Freedom Technique, Reiki and Reverse therapy. I tailor the service I provide to each client's needs – sessions are usually about 90 minutes long and can be spaced as required by the client. I often send detailed notes to clients to support their ongoing development.



I adhere to the ethics of the nlptca. I have regular supervision as required by all therapists to maintain standards. I am fully insured to practice all the therapies listed.

Qualifications and Training: 2002 INLPTA Certified Trainer of NLP 2000 – 2002 Studied NLPt psychotherapy with the Marlin Institute (UKCP recognised course) 2001 BSc 2000 – Master Practitioner of NLP 1999 – Practitioner of NLP 1981 Post Graduate Certificate in Community Education 1976 Diploma in Primary Education



- control your level of stress
- build confidence
- overcome phobia
- recover from trauma
- build the future you want
- manage time
- change unwanted behaviour patterns
- improve health and well being
- manage eating disorders
- communicate with others
- overcome ME, chronic fatigue and other mind body illnesses

