

Emma Bradford

LOVE Yourself, LOVE Life, LOVE Healthy Food...

What can I expect in a session?

Personal NLP & Natural Nutrition & Life Energetics sessions last 90 minutes and can be in person or via Skype. I will first ask a few questions to determine your goals and then you can begin the process to create the life you want, helping you to regain control of your thoughts, limiting beliefs, emotions or unhelpful habits through the use of simple visualisations, questions and other NLP processes along with step by step guidance to improve your relationship with food and/or yourself allowing you to move into a place with increased compassion at all levels.

Using straightforward, practical and effective NLP techniques and/or Nutritional Energetic guidance you can start the process to achieve your desired outcomes. The power is in your hands and I will support you step by step so you can start experiencing the life that you desire.

How often do I need to have sessions?

It's advisable to have sessions every week so not to lose momentum or at the very least every 2 weeks. Occasionally for long term clients we adopt a once a month top up session after the initial series of regular sessions and breakthroughs.

What am I expected to do between sessions?

Often these sessions can come with some optional (though highly recommended!) 5-15 minute homework...such as watching a short video or listing and challenging a few limiting beliefs. This is always in alignment with whatever we work with during the sessions so to create even more powerful shifts.

How many sessions do I need to have to see a difference?

As every person is unique with a different set of beliefs and challenges, the amount of sessions can vary from person to person. Some prefer to start with a 5 session package and notice significant changes whilst others like to continue with more for deeper insights.

I don't have an issue with food; can I just have NLP coaching?

Of course! I specialise in combining the two however I also have many clients who solely come to me for work boosting their confidence or removing limiting beliefs in areas such as relationships, career and managing negative self-talk.

Website: www.emmabradford.net

Email: info@emmabradford.net

Telephone: +34 622698673 (Spain) +44 020 3286 1533 (UK)

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What makes this different compared to regular coaching sessions?

Every coach is different, with a unique set of skills, training and life experience to draw from. My intuition plays an important part in these sessions whilst I guide, support and cheer you along towards your desired goal in a gentle yet effective manner. NLP & Hypnotherapy also provide a powerful way to work with the unconscious mind... which is where we can find the root cause for challenging beliefs and behaviours. Also by combining my lifetime experience with the energetics of food this adds a unique and powerful dimension to sessions relating to food.

What if I'm not satisfied at the end of the first session?

If you come for a 5 session package deal and you're not satisfied at the end of the first session and notice no benefit whatsoever during the session you get a 100% refund and we cease to continue with the package.

How do I know if this is for me?

This is for you if... you accept personal responsibility, are willing to show up, put the effort in and take control of your life with the guidance and support provided.

This is NOT for you if... you choose the victim role and want your coach to click their fingers and magically remove all sources of pain without you having to lift a finger. This program does require some input and commitment from you and with that, notice how the results can be even more satisfying knowing that you helped to make that difference!

How do I book a session?

Sessions in person are currently available in Barcelona (and periodically, Somerset and London). Sessions via Skype are available to clients worldwide.

How much does a session cost?

Prices for 1:1 in person sessions in Barcelona start from €90 per session. For the latest offers, worldwide prices and package deals please contact me.

Can't find your answer?

Contact me and I'll be happy to help further 😊

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