

## Relaxation Therapy:

In today's busy society, people can find it hard to relax properly because there are so many pressures and responsibilities that are placed upon them.

During the time I was promoting physical activity within the North of Sheffield, I developed a tool called, 'Relaxation Therapy' - a visualisation technique that helps to relax the mind and help the client 'be' in the present moment.

If you want to experience Relaxation Therapy then why not book an appointment. I have also produced a Relaxation Therapy c.d. that can be purchased for just £7.99. So, why not allow yourself to experience what so many people have gained benefit from?

*'After experiencing relaxation therapy and reiki healing I now have a more relaxed approach to life' – JW, Sheffield*



## For total confidence & confidentiality contact:

Jayne Briggs - Life Solutions

NCFE Certificate in Life Coaching

Edexcel Level 3 BTEC Certificate in Life Coaching

Dip. in Stress Management Training

Dip. in Person Centred Counselling

USUI Reiki Level 1

USUI Reiki Level 2

## Life Solutions

Tel: 0114 249 1015

Mobile: 07886 198 293

[info@lifesolutions-lifecoaching.co.uk](mailto:info@lifesolutions-lifecoaching.co.uk)

[www.lifesolutions-lifecoaching.co.uk](http://www.lifesolutions-lifecoaching.co.uk)

FOR PERSONAL  
GROWTH, CHANGE  
& TRANSFORMATION

## Life Solutions

A holistic service offering:

Personal Coaching & Mentoring

Person Centred Counselling

Stress Management Training

Reiki Healing and Relaxation Therapy

“Your past does not equal your future”

## Life Coaching & Mentoring:

If you feel “stuck in a rut” or think your life is going nowhere, personal coaching maybe the answer.

Personal coaching helps you to pinpoint what is NOT working in your life and then decide how you are going to change it.

## Life Coaching helps you to:

Gain the ability to manage work life balance and start to enjoy your life

Have the ability to manage pressure and alleviate stress in your life

Improve your health & fitness through learning to take better care of your mind, body and spirit

Increase self-awareness and clarity of life purpose in order to get your life back on track

*“Jayne helped me to determine what was really important to me and helped me to reduce my working hours” – AS, Sheffield*

## Counselling:-

Provides a confidential ear that helps you work through any problems you may be experiencing right now and work through past issues that are holding you back.

The kind of issues people bring to counselling are:-

- Relationship issues
- Loss or bereavement
- Loneliness
- Depression & Anxiety
- Confidence & Self Esteem
- Domestic Violence
- Marital problems
- Issues around sexuality
- Conflict at work
- Coping with life changes
- Destructive behaviour patterns
- Anger management
- Feelings of panic or being out of control

Fees charged, are on a sliding scale and the service is confidential within the limits of confidentiality.

## Reiki Healing:

Reiki is a 'laying on of hands' touch healing system - an ancient art of healing that has been around for many thousands of years. The healing is channelled through the healer from God or Goddess also known as the 'Source'. I have trained in the Usui Reiki healing system.

Many people who come for healing maybe suffering from a range of various illnesses such as:

Depression  
Chronic Fatigue Syndrome  
Migraine  
Muscular pain  
Cancer  
Stomach Ulcers  
Heart Disease  
Blood disorders  
Emotional upset

Reiki healing can be used to balance a person's aura, cleanse the chakra system and heal the mind, body, and spirit.