



Overcoming Anxiety



APPLIED PSYCHOLOGY FOR HEALTH & WELL-BEING

Powerful, Practical, Positive, Solution-Focused



In partnership with Victoria Road GP Surgery & The Andaman GP Surgery

Join us for a groundbreaking course that will give you insights and strategies to overcome anxiety and panic attacks. Take a solution-focused adventure with us and extend your ability to create positive change in your own life.

We all feel anxious from time to time – it's a part of normal life. But, for one in ten people, anxiety is so bad that it dominates their life. If you are a person who has anxiety, you already know how it can pervade all aspects of your life. You know about the great personal cost, and the cost to your relationships too. You are not alone. In today's fast-paced world anxiety is on the increase and is more common than we realise. Panic and phobias are ways in which anxiety can also affect people.

Generalized anxiety disorder is characterized by excessive, exaggerated worry or fears about everyday life events. The worry often is unrealistic or out of proportion for the situation. Daily life becomes a constant state of worry, fear and dread.

We only have so much energy, and when you have anxiety you know there is a massive amount of energy wasted every day on worries and fears - (FEAR: False Evidence Appearing Real). It's time for a change. We invite you to our inspiring enjoyable breakthrough course where we share with you:

- ✓ **The trance state of anxiety, how it emotionally hijacks you, and how to overcome it.**
- ✓ **New insights into stopping panic attacks and restoring peace of mind.**
- ✓ **Why some types of psychotherapy and counselling worsen anxiety.**
- ✓ **Techniques for tackling negative thinking and negative expectancy.**
- ✓ **How to lift the physiology and psychology of anxiety.**
- ✓ **Healthy ways of shifting brain chemistry in the right direction.**
- ✓ **Raise your emotional intelligence, regain your state control and better manage your emotions.**

Tuesday, 30th March 2010 & Tuesday 6th April 2010
12 - 3pm

Book Your Place Now!

either through Victoria Road Surgery or contact us directly on
01502 562162

Donations to The Happiness Foundation

The Happiness Foundation is our not-for-profit organisation
MINIMUM DONATION for each session: £7.20 - the price of a prescription!

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www.thehappinessfoundation.co.uk

Inspiring Lives, Empowering Minds!

The Happiness Foundation

Kathryn Temple

MSc Psychologist

Licensed NLP Master,

Licensed NLP Trainer

Solution-Focused

Psychotherapist

Hypnotherapist

EFT Trainer

EFT Advanced Practitioner

Kath is part of the NLP Research Group of Surrey University and has worked for DfES, SENDIST, Schools & LEA's, British Nuclear Group, & Tenneco.

Her clients include BT, Everest, Schlumberger, NHS, Sure-Start, Age Concern England, Prowess, GlaxoSmithKline, Bristol Myers Squibb, Prowess, MIND, Connexions, Norfolk & Waveney Mental Health

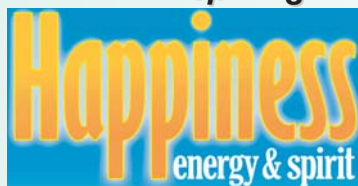
She regularly assists NLP's Co-Creator, Dr Richard Bandler & Paul McKenna, who regularly refers clients to her.

In addition to training in psychology, NLP, EFT, hypnosis & psychotherapy,

Kath has enjoyed training with:

Dr Deepak Chopra, Dr Wayne Dyer, Dr Caroline Myss, Dr Masaru Emoto, Professor Candace Pert, Louise Hay, Dr Bruce Lipton, Dr Brian Weiss, Dr Robert Holden and many others

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