A guide to working with me

Identity. Behaviour. Change.

Understanding who you are, recognising what keeps you stuck and discovering how to move forward.

Clinical hypnotherapy & coaching
www.abisanders.co.uk

A little about me

I’m Abi Sanders, an Integrative Change Practitioner combining clinical hypnotherapy, coaching and behavioural change approaches.

My particular interest is supporting people who find themselves at a crossroads in life. Perhaps something has changed, or perhaps you have reached a point where you know something needs to change, but you are not quite sure how to move forward.

My background in leadership, coaching and people development has shaped the way I work. I believe in helping people develop greater self-awareness, recognise their own strengths and turn understanding into practical, meaningful change.

You don’t need to have all the answers before you begin.

Three pillars of change

IDENTITY

Who am I?

Exploring your beliefs, values, needs and sense of self, beyond the expectations and roles that may have shaped you.

BEHAVIOUR

What keeps me stuck?

Recognising recurring patterns, habits and emotional responses, and exploring what may be maintaining them.

CHANGE

How do I move forward?

Developing practical strategies, building confidence in your choices and taking steps towards changes that matter to you.

When life reaches a crossroads

You may recognise yourself in some of these experiences:

• Navigating the end of a relationship or another significant life transition.

• Feeling stuck, disconnected or uncertain about your next chapter.

• Recognising unhelpful habits or recurring behavioural patterns.

• Wanting to rebuild confidence, establish boundaries or reconnect with your identity.

• Knowing what you want to change, but struggling to put that understanding into practice.

You do not need to fit a particular label. We can explore whether my approach is appropriate for your individual needs.

An individual approach

I do not believe that one approach necessarily suits everybody. Sometimes we need space to reflect, sometimes a different perspective, and sometimes practical support to change an established pattern.

Coaching

A collaborative space to explore goals, beliefs, choices and practical steps forward.

Clinical hypnotherapy

Where appropriate and with your consent, hypnosis may be used to support relaxation, explore responses and work towards agreed changes.

We will agree an approach together. I work within my professional competencies and will discuss alternative or specialist support if your needs fall outside my scope.

Start with a conversation

I offer a free 20-minute initial consultation. This is an opportunity to talk about what has brought you here, what you would like support with and whether working together feels right for you.

There is no obligation to proceed. You are welcome to ask questions and take time to consider your options.

Meaningful change begins with understanding.

ABI SANDERS

Integrative Change Practitioner
Diploma in Clinical Hypnotherapy
Advanced Certified Life Coach
Certified Life & Weight Management Coach

www.abisanders.co.uk
contact@abisanders.co.uk