

IN CONFIDENCE

Katie says: The countdown to your wedding can be stressful, and there is so much to think about. You want everything to be perfect and everything you have dreamed of. It's normal and to be expected to have some nerves because it is the biggest day of your life! However, some brides, grooms or other members of the wedding party are overcome with fear or anxiety in the build up to the wedding. It may be the worry of being the centre of attention, the fear of giving a speech, wanting to become a non-smoker before the wedding or not feeling confident in your own skin. The good news is that it is possible to make the changes that you want to make in time for your wedding day. Through the use of hypnotherapy, it's possible to build your confidence, helping you feel in control and able to enjoy your wedding day to the fullest!

Hypnotherapy can reduce anxiety and worry while boosting your confidence, alleviating those pre-wedding nerves, reducing the nervous feelings of sweaty palms or butterflies in your stomach. And it can give you the help to say your vows or your speech with confidence. It's a wonderful, relaxing experience that will empower you to make the changes you want to make.

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