

## TESTIMONIALS

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"..... Valerie made me extremely comfortable, enabling me to discuss a range of topics ... The counselling resulted in noticeable changes in my attitude and behaviour, ... I have nothing but praise for Valerie who has had an incredibly positive impact on my life and is was of great benefit to. I found Valerie's help and understanding invaluable and would recommend her services to anyone." *Mary - London*

I experienced deep relaxation in Valerie's sessions with a gentle buzzing sensation in my muscles and whole body. Excellent! Her words are well chosen. Thank you. *Jackie - Gerrards Cross*

Valerie has a gift of empathy that cannot be taught to people. She also has an enormous knowledge and skill basis that is helpful and therapeutic to all in the group, no matter how individual our needs and problems with food. Especially life in general. She has been a gift to me. *Cecilia - Beaconsfield*

Valerie talked me through a relaxation technique which I found very helpful. It enabled me to think deeply about myself, my thoughts and how I visualise myself through the calm and gradual stages with a "spiritual approach". I hope I can continue de develop my understanding in how to relax.... Thanks *Anam - High Wycombe*

Valerie's enthusiasm is a joy to behold! Her visualisation techniques and therapy sessions are wonderfully powerful, and incredibly helpful. Some of which will remain with e for a very long time. Thank you *Chris - Chalfont St. Giles*

I have had a great time being with Valerie. She is a person who makes everyone feel relaxed and happy. Thank you for all the efforts you have put into me. All my love. X *Rosina - Penn*

Valerie has a high a special gift to be able to get through to people at an emotional level. Her passion shows. *Val - Amersham*

I have enjoyed Valerie's kind guidance and inspirational sessions. She is truly a great teacher. *Eva - High Wycombe*

I have been coming to sessions with Valerie for 14 weeks and have learnt and taken away so much that I can use in my day to day life and my journey. What she says sticks. *Hazel - Chesham*

I have been working with Valerie for about 3 months and want to thank her for her patience and help. I have learnt so much each week, and can use the tips of visualisation techniques throughout my week. *Christine - Amersham*

I have only been with Valerie for 3 weeks but I find her extremely helpful and kind. She knows her techniques that she uses very well. *Nada - Great Missenden*

I never cry. However this session with Valerie I became so in touch with myself that I now know I have made massive positive change. I am grateful to be included in these sessions. I already have recommended Valerie's sessions to others. What she says, stays in my head.... Thank you. *Janet - High Wycombe*

Valerie's sessions are always very relaxing and helpful. She is a wonderful councillor. *Alison - Walters Ash*

Valerie has the ability to help me stop think and relax through the hypnotherapy sessions. Making tie for me to think and relax has been a real art. *Barbara – Chalfont St. Giles*

I enjoy the sessions with Valerie so much. I listen to her wonderful accent very carefully and it helps remember the sessions. Thank you Valerie x . *Jane - Slough*

Sessions with Valerie are constructive and fun? She always seems to get to the bottom of "mental blocks" and find the words or tell the stories to help me remember my goals. *Debbie Amersham*

I found Valerie's sessions very relaxing and the "inner child" was definitely found. I will use this experience to feed my soul in the future. Thank You. *Christine - Amersham*

Very relaxing after a very busy tiring week. Very good... *Tracey - Chesham*

I have just returned from a two week holiday and Valerie's soothing voice was often in my head. I have really valued my sessions with her. *Stephanie – Chalfont St. Giles*

I love coming to group. Valerie is wonderful and I take home everything she says. Valerie explains thing very well and makes you feel good about yourself. I have even told friends and family how wonderful, understanding and helpful she is. *Kelly - High Wycombe*

Valerie has amazing insight. She is always very positive and supportive. Love her sessions! *Diane - Gerrards Cross*

Valerie is very positive and makes you want to succeed. She is never negative and her sessions are always energetic, powerful and enjoyable. Never a chore!!! *Gillian - Chesham*

Valerie puts her heart and soul into helping the group. Her visualisations and relaxation sessions are very deep and powerful. It has helped me so much in a few sessions. Thank you Valerie! *Phoebe - Rickmansworth*

Valerie visualisations are amazing, she has a natural talent in helping people connect with themselves. Valerie's sessions have helped me tremendously with my weight loss journey. I use her techniques daily and always look forward to my next session. *Emma – High Wycombe*

I am very grateful of Valerie's sessions. Her visual techniques and psychological explanations have helped my own personal development. Thank you. *Jessica - Chesham*

Valerie is inspiring, empathetic her visual sessions & CBT techniques have helped me deal with lots of issues in my life. Fabulous lady!! *Nicoletta - Rickmansworth*

Valerie always makes the sessions interesting and is very encouraging and creative in how she approached the group. Thank you. *Catherine - Slough*

Enjoy the sessions. I remember the most the visualisation techniques. Valerie master the sessions making it really interesting and relevant, remembering names and personal situations is really important. *Christine - Amersham*

I love the sessions Valerie does, she is great at making you see the bigger picture and I always go home very refreshed. Very Happy!!! *Emma – High Wycombe*

Valerie brings a new and fresh approach to behaviour management. Very original and positive. *Jude - Berkhamstead*

I love Valerie's approach to CBT. I really understand where she is coming from. *Gill*

I find Valerie's delivery in her sessions very focussed. I have had a lot of help through her CBT sessions. I thank her for the great support she gives to my journey. *Martin*

Valerie's sessions are very good and it has helped me to reconnect with my "lost" self and be able to achieve my goals. Thank you ... *Victor – High Wycombe*

The difference Valerie has made to my life is amazing. She has kept me focus and made me understand more about myself, as a result I have managed to lose 2 stones in six weeks. So thank you very much. *Miranda – High Wycombe*

My weight loss journey has been much more than stopping food and Valerie has supported me with huge understanding and insight. She makes a great listener and really knows her stuff! I only come to the groups because of Valerie. I definitely had food demons to fight and I felt that I found my "soul mate" the very first time I met her. Everything you say strikes a chord within me..... Thank you. *Louise – Gerrards Cross*

Valerie has a high level of natural empathy. She delivers the material with feelings and deep understanding. Time and time again she has re-energised me on the path to weight loss. She has made an invaluable contribution to my understanding of myself, my development of self and my gradual process of self-actualisation. *Joanna - Amersham*

Although I have only attended a few courses with Valerie they have been enjoyable and enabled me to open my mind comfortably to experience different emotions. *Carolyn - Rickmansworth*

When I came to the group I was very unhappy with my life. I disliked my new boss. I had put on a lot of weight and couldn't do the sports that I loved..... Since starting... I have lost 3 stone. I was size 18 top and size 16 bottom. I am now a size 12 top and 10 bottom. I have changed so much in my life since because of the positive thinking that was given to me in the sessions from Valerie. So I thought I would just say thank you. Kind Regards, *Tracy – Gerrards Cross*

Valerie is superb and I have really felt inspired by her. I hope to be back early September. *Antonia - Beaconsfield*

### **Weight Loss Testimonial**

As a life-long dieter, I'd never been able to maintain my weight: always yo-yoing and not understanding why I couldn't stay slim. When I met Valerie, I was at a very low point, I lacked confidence in self and felt very negative about my life. I was immediately struck by her warmth, enthusiasm and her overwhelmingly positive attitude to life: it's quite infectious.

Over the past few months, she has helped me to understand the reasons why I eat and how I use and think about food. She's challenged many of my preconceptions about myself and

made me look at things very differently. As a result, I know that my future won't involve yo-yo dieting and because I've addressed the reasons behind my eating, I know that I'll be able to maintain a healthy weight: it's a marvelous feeling.

At times, it's been a tough and very challenging process, but it's also been one of the most positive experiences of my life. Valerie is a superb counsellor, she talks plenty of common sense and has just the right balance of compassion and toughness. She has helped me resolve something that's affected most of my life and I can't thank – or - recommend her highly enough.

. **Penny Rickmansworth**

#### **General Counselling:**

Valerie is an amazing counsellor and coach. She is warm, caring and has great empathy, but she can also be very tough and challenging when it's needed. She seems to have a 6th sense that knows when to be tough and when to back off – it's a real gift and makes all her sessions so valuable. She's extremely good at tuning into your feelings, helping you see your own way forward and encouraging you every step of the way.

I can't recommend her highly enough: she will certainly help you change your life, your attitudes and look at things in new and different ways. She has a great sense of humour and an overwhelmingly positive attitude which shine through every time you see her. Working with Valerie has had a huge impact for me: I'm far happier and my life is a far better place for having met her. **Penny Seaford Sussex**

"I would like to thank Valerie for the invaluable counselling she provided to me during my recent sessions. She made me extremely comfortable, enabling me to discuss a range of topics that led to a significant improvement in my approach and outlook on life. Her counselling has improved my well-being and made me a much calmer person in both my personal and professional life. Her approach, comforting style and professional insight were very impressive. I continue to use her techniques in many daily situations with very positive outcomes.

I found the entire experience very beneficial. The counselling resulted in noticeable changes in my attitude and behaviour, so in this light I found the service highly effective. I was happy with the speed at which sessions progressed, not too fast yet not too laborious either. I was given a lot of high-quality and interesting supplementary material to support what was discussed in the sessions which was a great bonus too. *Mary London*