

Emotional Freedom – Transform and Thrive

Break Free. Transform. Thrive.

A powerful 3–6 month programme designed to help you overcome emotional challenges, build confidence, and create lasting change.

Combining over 20 years of specialist mental health experience with RTT, hypnotherapy, and practical therapeutic tools, this structured programme helps you move beyond coping and start thriving.



The Promise



In 3–6 months, you'll gain the tools, confidence and emotional resilience to overcome limiting patterns, build self-belief and create lasting transformation.

Is This For You?

You may be struggling with:

- Anxiety, stress, or overwhelm
- Low self-esteem and lack of confidence
- Trauma or unresolved emotional experiences
- Self-doubt and negative self-talk
- Feeling stuck or held back in life
- Difficulties in relationships

This programme is for adults who are ready to create meaningful, lasting change.

Move From



- ⊗ Feeling stuck, helpless, and overwhelmed
- ⊗ Being controlled by their internal critic
- ⊗ Repeating unhelpful emotional and behavioural patterns
- ⊗ Feeling disconnected from their confidence and potential

Move To

- ✓ Greater confidence and self-belief
- ✓ Emotional resilience
- ✓ Healthy lasting relationships
- ✓ Freedom from limiting beliefs
- ✓ Clarity, purpose, and direction
- ✓ Have the life you want



The Programme

Drawing upon over 20 years of specialist mental health experience, this programme combines:

- RTT (Rapid Transformational Therapy)
- Hypnotherapy
- Practical therapeutic interventions
- Personalised transformational support

The focus isn't simply understanding the problem—it's creating measurable, lasting change.

What's Included



Initial Consultation

A comprehensive assessment of your challenges, goals and suitability.



Personalised Transformation Sessions

3-5 tailored sessions focused on achieving your desired outcomes.



Custom Transformation Recordings

Personalised recordings designed to reinforce positive change between sessions.



Ongoing Support

Phone and email support, guidance, accountability, and practical resources throughout your journey.

Investment

Premium packages from **£3,500**
Flexible payment options available.

Why This Programme?

Unlike traditional open-ended support, Emotional Freedom - Transform & Thrive is a structured, results-focused programme designed to create meaningful change within a defined timeframe.

The goal isn't simply understanding the problem.

It's lasting transformation.

Why Now?

Every month spent living with anxiety, self-doubt or unresolved emotional challenges can reinforce the patterns keeping you stuck.

The sooner you take action, the sooner you can begin creating greater confidence, emotional freedom, healthier relationships and a future no longer limited by the past.

Your journey starts here.

Stop managing your emotional challenges. Start transforming them.

Book your complimentary consultation today and take the first step towards emotional freedom, confidence and lasting change.

**Book Your
Complimentary
Consultation**



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