



Taking positive steps to a new you

Caterina Findsen is passionate about her work as a trained clinical hypnotherapist and life coach. "When hypnotherapy is used as part of a personal improvement programme, clients usually experience fast, effective results," she says.

Many things can be aided or resolved through hypnotherapy, she says, such as becoming smoke free,

controlling weight, eliminating a phobia, reducing stress and anxiety, removing a bad habit, helping to improve memory, concentration and self-confidence, and much more.

Hypnotherapy is a very simple therapy, or suggestions, given to someone when they're experiencing the state of hypnosis. "Positive suggestions, in themselves, can have a very therapeutic effect on the mind and body for self-improvement and the release of problems," says Caterina, who uses positive suggestions and useful techniques to assist clients to achieve their goals.

Caterina also holds qualifications as a life coach, NPL and Reiki practitioner, all of which enable her to offer healing and transformational therapy that educates and teaches others how to live inspired lives. She has developed her own holistic healing style using non-invasive methods to help people live empowered lives.

As people move towards a new year, the traditional time for making life-changing resolutions, Caterina encourages people to look towards the future to where they want to be. She says it's important to talk about your goals and write them down as a means of reinforcing the imagery of achieving them. "This is where a life coach can help. Through self-empowerment, life coaching can help improve your life in many ways."

She is a registered HypnoBirthing practitioner trained in the Mongan



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Method. One of only 13 registered practitioners in New Zealand, Caterina runs regular HypnoBirthing childbirth education classes, teaching parents how to have a calm, beautiful and peaceful birthing experience. The last of her 2010 workshops is over the weekends of December 11 and 18, and more will follow in the new year.

If you want to turn over a new leaf in 2011, contact Caterina at Koru Self Development, 30 Masters Ave, Hillcrest. Phone 07 859-2995, 021 258-4418 or visit www.koruselfdevelopment.com.

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- To bust the myth that major pain is a necessary part of labour
- To use your body's own natural pain killers
- Techniques for deep relaxation and breathing to assist you through all stages of labour
- Visualisation and much more



Caterina Findsen

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HypnoBirthing compliments antenatal care to enhance your experience of a Happy Birth-day.

For more information visit www.koruselfdevelopment.com

Phone Caterina Findsen HBCE (07) 859 2995 or 021 258 4418

HypnoBirthing Practitioner, Clinical Hypnotherapist