

ACCESSIBLE, EFFECTIVE THERAPY WITH FLOYD MATTHEWS



Floyd Matthews is a qualified hypnotherapist with over 12 years of experience and a recommended therapist on the Harley Therapy platform. With over 6,000 sessions completed and a 5-star rating from more than 65 reviews, he is committed to delivering high-quality, affordable therapy.

Floyd offers a unique blend of hypnotherapy and talking therapy, supporting clients online with depression, low self-esteem, relationship issues, anger management and other emotional challenges.

To find out more or book a session, visit www.affordabletherapy.co.uk



DR NADIA COACHING - OFFERING LIFE COACHING AND NEUROLINGUISTIC PROGRAMMING (NLP)

When did you last pause to reflect on your goals, values, and direction? In the midst of our busy lives, it's easy to feel stuck or disconnected from our true potential. Nadia helps individuals and teams break through self-limiting beliefs and gain clarity, confidence, and control over their future. As a certified life coach trained in NLP, Nadia Ahmed offers personalised 1:1 coaching and group workshops designed to inspire growth and meaningful change.

Transformation starts with one conversation.

Book your complimentary clarity session today and take the first step towards a more aligned, purposeful life.



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RECLAIM YOUR BALANCE WITH EXPERT HORMONE CARE DESIGNED FOR BUSY WOMEN.

Hormones affect energy, sleep, weight, mood, and long-term health; yet too often symptoms are dismissed.

At The Women's Hormone Clinic, led by Dr Ginny Pansford, care is different. Through personalised online consultations, women receive tailored support for PMS, PMDD, PMOS, perimenopause, and menopause.

By combining medical expertise with lifestyle guidance and ongoing support, the team helps you feel heard, understood, and back in control.



Scan Me

Dr Ginny says 'Every woman's journey is unique, and her care should be too'. Start prioritising your wellbeing today and book a consultation with one of her expert Doctors, to feel like yourself again.

Take control of your hormonal health today. Scan the QR code or visit www.thewomenshormoneclinic.co.uk to begin your journey.



KNOW YOUR WORTH The Power You've Been Giving Away

You teach people how to treat you, not through words, but through what you tolerate. When self-esteem is low, we overgive, overthink, and settle for less than we deserve. But recognising your worth isn't arrogant, it's self-respect in action. It's choosing boundaries over burnout, clarity over

confusion, and peace over proving yourself. Start small, notice where you say "yes" when you really mean "no." Pay attention to relationships that leave you drained rather than energised. Your value isn't something you earn through pleasing others, it already exists. The moment you truly believe that, everything shifts. You stop chasing validation and start attracting respect. Because when you honour your own worth, others have no choice but to follow.

If this resonates with you why not come and have a free 15 min zoom call and start recognising your worth. **Luise Sargent** | CEO & Founder | Therapy Kensington Ltd Use code LUISE20 for 20% off your first session Call today **07576 452255** and book your free 15 min zoom call and start recognising your worth

THE HEALTH & FITNESS EDIT



FIND CLARITY, CONFIDENCE, AND DIRECTION

When things feel out of step, it can be hard to find a way forward. A confidential space to think things through can offer a fresh perspective and a greater sense of control.

Dr Louise Langman, HCPC Registered Clinical Psychologist, provides a calm, reflective setting to support meaningful and lasting change. Her approach is

considered and collaborative, helping you move forward in a way that feels both sustainable and aligned with who you are. Appointments are limited, ensuring a highly personalised and focused experience.

Use code **ICANFLOURISH** for a preferential rate on a personal development package, consisting of five one-to-one sessions. To enquire or arrange an appointment, please visit:

www.flourishpsychology.co.uk



WOVEN WHOLENESS

You've done the work. You're self-aware, capable - but you're still carrying more than you want to. You hold it all together - but it's heavy. If therapy brought you insight but not real change, there's a reason.

At Woven Wholeness, we use Brainspotting and truly trauma-responsive therapy to work with the nervous system, where patterns actually live. This is where high-functioning women come when they're ready for something deeper.



Start now at www.wovenwholeness.com

WHEN LIFE FEELS LIKE YOU'RE WALKING AGAINST THE WIND

When patterns keep repeating, it's often a sign something deeper is at play. Laura Mason, qualified psychotherapist, trauma specialist and creator of Living Light Restoration™, helps uncover and clear root causes held in the body, subconscious and spirit.

Blending therapeutic insight with prayer, Scripture and intuitive guidance, Laura supports clients in breaking free from emotional cycles, restoring a sense of peace, clarity and direction, and reconnecting with who they truly are. This is not surface-level healing, it's deep, personalised restoration designed to create lasting change.

"For years, I was searching... always feeling there was something more, but never fully arriving. Through working with Laura, everything shifted.



I now feel grounded, connected to God, and at peace in a way I hadn't experienced before." — KIRSTY ANDERSON, SCOTLAND

Book your 1:1 session at www.lauramason.co.uk and enjoy 25% off



FERTILITY ADVICE IS EVERYWHERE. SO WHY DO YOU STILL FEEL LOST?

Nobody told you trying for a baby would feel this lonely. You've read the articles, bought the supplements, changed your diet. And still you're left wondering: am I doing the right things?

This is for you whether you're actively trying, preparing your body before you begin, or navigating the demands of IVF. Wherever you are, you deserve clarity. Not just more information.

As a former embryologist and nutritional therapist,

I created 'The Fertility Map' to help you cut through the confusion, prioritise what actually matters, and feel confident in your body and choices.

Scan the QR code to find your path www.theembryologistnutritionist.co.uk

