

Carole Samuda

Cognitive Hypnotherapist & Life Coach



Confident Childbirth - offers a friendly and effective approach to labour and delivery. I use a combination of coaching, hypnosis and imagery to give mothers (and their partners) calm and control before, during and after birth. My aim is to help you have the birth you would like, achieving joy and fulfilment instead of pain and/or fear. I am a Cognitive Hypnotherapist and my way of working is to take account of your goals and outcomes and tailor sessions to meet your needs. I am happy to work with you in individual or small group sessions, beginning as early or as late in your pregnancy as you like. For more information please visit my website or give me a call.

Wouldn't it be great to move towards this amazing event with confidence and calm.

Carole Samuda

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www.carolesamuda.co.uk



Break the chains that hold you back

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