Who does Alesha work with?

I work with people who hunger for expanded levels of fulfilment; people who want to deepen their connection to themselves and others, people who are committed to living in alignment with their heart, values, gifts and dreams.

The people I coach have a strong desire and willingness to dig deep within to determine what it takes to make that happen. My job, as coach, is to help people see themselves- their lives, values, gifts, dreams, desires and even their "stories" more fully so they can transform old tales into new beginnings. Being "the best they can be" is a by product of balancing the inner and outer aspects of being, having and doing.

My work is especially helpful when you are going through or about to go through life transitions and you require support and guidance.

Signs that a life transition may be imminent or necessary can include:

Feeling that life just happens to you
Feeling stuck
Feeling lost and that life holds no purpose for you
Illnesses & symptoms that don't seem to go away
Extreme emotions and an inability to cope
An increase in anxiety
Dissatisfaction and or boredom
Feeling overwhelmed
Destructive patterns of behaviour
Sudden accidents, injuries and other kinds of 'wake up' call

"The first step toward change is acceptance. Once you accept yourself, you open the door to change. That's all you have to do. Change is not something you do, it's something you allow." -- Will Garcia

Training, Therapies and Fee's

Soul Contract Readings
Fee's include preparation time CD or MP3

Individual Reading	£94
Family and Relationships (for up to 9 names)	£166
Couples Reading	£94
Baby Naming	per hour £45
Name Optimisation	per hour £45
House Naming	per hour £45
Business Readings (websites products etc)	by Consultation

Individual Soul Contract Readings require a £45 non refundable deposit in advance and £80 for a Family and Relationship Reading.

Change Interventions
Transformation Coaching
Divine Master Key Healing
Homeopathy
Emotional Freedom Technique
Hypnotherapy
Past life Regression

Fee's and Session times
£45 for 1 hour
£65 for 1 ½ hours
£90 for 2 hours

A 1 1/2 hr Life Review /Evaluation for £65 is always required with an initial booking for any of the change interventions above.

Healing Sessions
Reiki
Spiritual Healing
Reflexology
Chakra Balancing and clearing
Meditation 1-2-1 teaching

Fee's and Session times
£40 for 1 hour
£60 for 1 ½ hours
£80 for 2 hours

When you book any Healing session for the first time I include a short consultation within the first treatment lasting 1 hour in total.
Course bookings are available please enquire about discount.
20 minute Personalised Relaxation/Meditation CD or mp3 £20

Hours of Work
Monday Tuesday Wednesday Thursday 9am-3pm
Thursday Evening sessions are available 7-9pm
In person or over the telephone.

Phone sessions are available for:
* Divine Healing Master Key * Soul Contract Reading
* Transformation Coaching * Homeopathy * EFT
For phone sessions and Personalised Relaxation/Meditation CD's full payment is required in advance of your booking.
I require 24hrs notice for cancellations
Payments Methods – Cash, cheque/guarantee card, or online banking.

Training courses in - * Reiki * Channelling * Soul Contract * Meditation * Chakra's * Ascension.
Circle of Meditation class every Tuesday from 6.45pm - 8pm £6
Reiki 1 - £140.00
Reiki 2 - £170.00
Reiki Master Course - £450

Soul Concept

Enlightenment - Integrity – Success



Transformation Coaching

with

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What is Transformational Coaching?

This is a process which creates long term healthy changes. These sessions are not about what is wrong but about how you can access a deeper understanding about why and how things happen in your life. Transformational Coaching is an integrated model of coaching based on the fundamental belief that all people possess qualities of **greatness.**

"There are two primary choices in life: to accept conditions as they exist, or accept the responsibility for changing them." Denis Waitley

What does Transformational Coaching do?

Transformational Coaching increases awareness and helps distinguish between the human personality and our true nature. Through the process of mindfulness, inquiry and emotional experiencing, we discover and deepen our understanding of our habitual patterns and conditional responses: of thought, emotion and behaviour. When we get beyond the stories of our own making and shift our perspective, we experience that which is deeper, broader and more unified with who we are at the core of our being. Our natural talents and gifts shine upon our true purpose and light the path to evolutionary growth.

To "be "in one's greatness" requires tremendous courage and persistence as most people like to return to their comfort zones even when it is not healthy or working positively for them.

A unique process designed to give one-on-one mentoring/coaching for people who want to take the next step in their development - be it personal, business, career, education, or sporting achievement. It provides you with the most transformative work in the shortest amount of time.

Coaching creates:

1. Confidence
2. Clarity, and courage
3. Coaching provides you with feedback, a sounding board, and practical suggestions for taking inspired action that support your goals.
4. You'll go forward more quickly towards your targets,

Coaching is the process of developing awareness and creating patterns of success.

Awareness is the understanding and observation of how

- Emotions and feelings
- Beliefs and thoughts
- Desires

create the circumstances of your life. Awareness helps you to develop gratitude and creative power. This increases the positive flow of energy in to your life.

Strong awareness influences

- Results
- Choices
- Opportunities

in your life.

How does developing awareness through coaching actually help me?

Coaching works first by revealing two things:

1. What supports you
2. What blocks you

in achieving your true intentions (goals/desires).

The coaching process then helps you strengthen what supports you and dissolve what doesn't.
As a result, you become a magnet for everything you truly desire.

Why does coaching work?

Coaching creates momentum because the energy trebles when two or more minds are applied to the same intention. Collaboration creates confidence and certainty in the process and results.

Coaching creates a safe environment for you to resolve whatever blocks you have (we all have them!). It is also a place where you give yourself permission to explore your full potential and dare to be more than you ever thought possible.

What is the aim of coaching?

The aim of coaching is to create the best, most magnificent version of yourself and your life.

What do you do during a coaching session?

A coaching session is a conversation between coach and client where the client shares both successes and challenges with the aim of raising awareness of what is and is not working in their life. During the session the coach may share strategies for releasing blocks, teach success skills and techniques, provide feedback, or simply question you until the issues are exposed and transformed The coach is there as a sounding board, mentor, and support.

Questions provide the opportunity to discover hidden treasures, if we take the time to answer them. A wise man once said that it is the answers that are the easy part… asking the right questions is the key.