

FREE

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Equi-Ads

The UK's No.1 **Equine Health, Management and Training** Magazine

Incredible changes happen every day

Do you have an issue you'd like to address in order to love the life that you live?

Sherree Ginger uses techniques to help people develop their business skills, resolve personal emotional issues, habits and phobias, as well as prepare for exams and competitions.

Previous client, Emma, an experienced BHS II Instructor and trainer of young competition horses and ponies, lost her confidence after a series of unfortunate incidents.

Emma says, "The season had started

well, but somehow I think I tried too hard and got too technical. This resulted in Star refusing and a fall. Star lost confidence in me and I lost confidence in my abilities. I started to worry about what other people thought of me, and it all just went wrong.

Since working with Sherree, I feel that I'm back to the way that I used to be. My confidence has returned and I feel that I can deal with any problems as they arise again."

Using a powerful combination of Hypnotherapy, NLP and coaching tools, Sherree was able to find out what thought patterns Emma was running, and replace those with a much more useful and productive state of mind, so that Emma could achieve her desired goal of jumping her mare happily again.

The Horse riding Hypnotherapist

Let me help you to resolve your issues of

confidence and anxiety, fears or phobias, habits or addictions, and move on with your life.

**"Lightning Process" for
ME / CFS / Depression / OCD**

As I'm also a Reg'd BHS AI +ISM with experience in numerous equestrian sports, I have a 97% success rate with riding confidence issues.

Put the joy back into your riding.
1 hour individual sessions or 1 day "riding with confidence" workshops

West Grinstead, Horsham, W Sussex

For a free phone consultation

call 01403 865338

www.sherreeginger.co.uk

**To contact Sherree Tel: 01403 865338,
or visit www.sherreeginger.co.uk
A registered BHS AI, and qualified
Hypnotherapist, NLP and Life Coach.**

