



## **Wellness Coaching and Living Mindfully** **with Tricia Lloyd**



**Adv. Dip Counselling  
Certificate in Supervision  
M.B.A.C.P.**

Do you wake up each day with a sense of **panic, anxiety** and **low mood**? Have you lost a sense of who you are?

Do you look in to the mirror and **not recognise** who you are anymore? Has your partner become a **stranger** to you or is your **self-esteem** at an **all time low**? Maybe you have experienced the **loss** of a loved one or you have just reached a **cross roads** in your life?

If any of the above apply to you and you are ready to take the **first step** into **restoring** your sense of **balance** and regaining a stronger **sense of self** and **direction** then engage in wellness coaching with Tricia Lloyd.

**Tricia** has a **wealth of experience** as a **counsellor** and **psychotherapist**. By working in an integrative way and tailoring her sessions to the needs of her client she provides **wellness coaching** and helps you to discover the **benefits of living in a mindful way**. This will help you to think through the barriers which are preventing you from reaching your **ambitions** and it will encourage you to **discover** your own **goals** and **solutions**. Tricia looks at how a client processes thoughts and patterns of behaviour to endeavour to help the client establish new **thought processes** and learn **new patterns of behaviour** alongside offering guided imaging as a way of **grounding** and **relaxation**.

Based in the United Kingdom, Tricia runs a **well established** and **successful Counselling practice** and she has a **team of highly qualified professionals who work alongside her providing** holistic therapies such as reiki, reflexology, hypnotherapy and Indian head massage. When working independently Tricia offers one to one and group therapy in areas such as **self-esteem, bereavement, addictions, abuse, anxiety, stress management, anger management, self-harm, young peoples** and **family therapy**.

All are welcome irrespective of age, gender, ethnicity, sexual orientation, disability and faith. If you would like to take the first step to **changing your life for the better** then choose to **live mindfully** with **Tricia Lloyd**.