

What the Experts say about creating Miracles with SleepTalk™



"I am a qualified medical practitioner and psychiatrist. I have used the technique of SleepTalk™ over the past 14 years. SleepTalk™ is a safe effective and a very valuable process. I have found it useful in my clinical practice and recommend it highly." **Dr. Eileen Feeny, Registered MD and Psychiatrist.**

"I have used SleepTalk™ for over twenty years. This is not a therapy and does not involve taking medications - just a commonsense approach to parenting." **Cherie de Hass, Fellow ANTA, Naturopath, Author and Media Writer, Presenter "Healthy Wealthy and Wise".**



"...a child need not be 'different' in any way to experience some potential gain from being involved in SleepTalk™. The vast majority of parents have observed noticeable changes in their children after relatively short periods of time." **John Cheetham, Consulting Psychologist.**

"SleepTalk™ is an invaluable aid for families and therapists in improving family attitudes and intimacy, the program is easily and unobtrusively implemented and can be readily adapted to suit all children and family contexts." **Dr. Janet Hall,**



"SleepTalk™ is a sensible practical and easy-to-follow method of communicating important messages to the subconscious mind. This process should be used by all parents, educators and health professionals and the practice adopted in the management of all disorders in which the mind plays a significant role."

Professor Ian Brighthope, Fellow of Australasian College of Nutritional and Environmental Medicine.



And best of all, what the children say:

"The fairies talk to me at night and they tell me they love me. They sound just like my Mum."

"I know you love me because you tell me so at night Daddy."

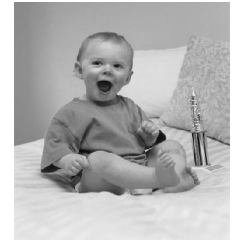
For your FREE initial consultation, call
Goulding SleepTalk™ Consultant
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Email: jenny@uniquelyyouholistics.com
www.uniquelyyouholistics.com
www.sleep-talk-children.co.uk



Further information is available at
www.sleep-talk-children.com
www.smart-parenting.com

N.B. Group trainings available!

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"It's not what we leave to our children that matters, it's what we leave within their minds"
Joane Goulding



**Coping with kids
and their behaviour**

"I've got the answer for you!"



The Goulding SleepTalk™ process is the five minute gift parents give their children that lasts a lifetime. The Goulding SleepTalk™ process is easy to learn, takes parents only a few minutes a day at bedtime, and it can't be "done wrong". It's absolutely safe, ethical and positive. SleepTalk™ is for people who are looking for a simple, non-intrusive self-esteem and behaviour change process for

children that can help parents achieve what they want most - happy children and happy families.

A lot of parents and healthcare professionals say the Goulding SleepTalk™ children's self-esteem process is magic. It's not magic. It's a powerful self-help program developed by educator, speaker and hypnotherapy professional Joane Goulding (pictured above) which parents and childcare professionals have been using for more than 30 years, because IT WORKS.

The Goulding SleepTalk™ for Children process works in conjunction with any therapy. It trains parents to assist children to develop emotional resilience, the mind's firewall, which protects against negative suggestions, much like a firewall on a computer protects it from all risks of outside interference and damage. The process assists children to develop and/or retain a positive, confident, happy self image which lasts for life.

"Having used the principles of SleepTalk™ in my practice as a psychologist and having trained others to do so as well, I have no doubt that it is a valuable tool in working with children on a number of levels with the challenges of life they may experience from time to time." Jeff Berger, Consulting Psychologist

The Goulding SleepTalk™ process can help with:

- Aggression or difficult behaviour
 - Study or concentration
 - Physical impairment or sports activity
 - Health issues
 - Creativity
 - Co-operation
 - Bed-wetting and nightmares
 - Sibling rivalry
 - Fear and anxiety
 - Shyness
 - Nail-biting
 - Asthma
 - Speech problems
 - Achieving goals
 - Skin disorders
 - General Issues
 - Eating disorders
 - ADD / ADHD
- and much more**

Research into the Benefits of SleepTalk™

An excerpt from this document reads:

Sleep Talk™ recognises the principle that establishing a strong self-esteem before adolescence is crucial. The challenges of school, family and growing up that teenagers face are difficult to overcome for even the happiest and most content teenagers. For those who do not possess the emotional resilience to press on, depression, isolation and failure may become a way of life. It is important that self-esteem is developed early to ensure that a happy and healthy adolescence follows.

SleepTalk™ comes to the U.K. - and Manchester!

With the appointment in 2008 of Costa Lambrias as the SleepTalk™ U.K. Trainer, SleepTalk™ has found its way from Australia, where it has benefited thousands of families, to here in the UK.

Jenny was keen to train with Joane and Costa to be one of the first practitioners here in the UK, as she has a background in working with children and knows that many children in her experience would greatly benefit from this program.



Jenny's background is also in Alternative therapy and she is a practitioner in Holistic Hypnotherapy as well as a member of the Academy of Holistic Hypnotherapy.

She hopes you will allow her to work with you as your SleepTalk™ Consultant so that you and your loved ones can experience for yourselves its proven benefits.

Jenny says "I am so excited to be working with this program here in the UK, as FINALLY we have something that you as parents can take part in to empower your children. I strongly believe that we each have the power to help ourselves and we do not have to heavily rely on health professionals. I look forward to sharing this program and working together with you".

As with all her therapies Jenny offers a FREE initial consultation, so don't delay, call her to meet up and discuss your children's needs.

Remember, as Joane says: "If we are to take care of the children, we need to take care of the 'now'."