



Our Therapeutic & Wellness Solutions

Helping you reimagine your life

kathyroots.com



Services & Pricing

Complimentary Call

30-minute complimentary, no obligation, call to discuss your situation and for you to decide whether to proceed.

Free

1:1 90-Minute Initial Session

In this initial session we'll discuss the forms you completed prior to starting. We will discuss the possible interventions that are likely to be used during your treatment, with full explanations of the expected outcomes. Again you are free to ask any questions. Once we are clear about your situation and what you want to achieve, we'll discuss the outcome you want, set goals and calculate a time frame.

£75

1:1 60-Minute Session

Most sessions are up to 60-minutes. We work together to understand your situation and explore ways forward through creating a flexible treatment plan and setting compelling and realistic goals. During each session we monitor your progress toward your goals.

£65

Pre-Book A Series of 4x 1:1 Sessions £200

Sessions can be pre-booked and organised so they fit with your calendar. Pre-booking a series of sessions also gives you a small discount.

£200

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REJUVENATE & REVITALISE

A short course | learning to reduce stress through relaxation

Rejuvenate & Revitalise

A 4 session programme to practise powerful techniques for managing stress through deep relaxation, the connections between mind-body & cultivate a sense of deep inner peace & well-being.

£200

Reimagine Your Life

8 sessions that can take 8 weeks or 8 months! 1:1 or in groups Work from the inside out; learn strategies and techniques to transform, get empowered & clear about your future

£497

Mindful Self-Care - To be released in April 2024

Originally a 5-Day Self-Care Challenge, this self-paced short course, or workshop, online or live, is an introduction to Self-Care, Mindfulness and Visualisation. Complete with Audios, Workbook and a Self-Care Action Plan.

Free

COMING SOON | Building Resilience

Resilience, in the context of major life transitions, especially for women in their late 50's and beyond is all about our capacity to bounce back from adversity, adapt to change, and continue moving forward. It's about growing, learning, and becoming stronger as a result of navigating these challenges. This 8 session programme can be tailored for specific individual or small group needs.

£497

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Complimentary Call



The Call

On the call we'll discuss your situation and what you feel you need to deal with. It is a two-way street and we'll both want to ask questions to gather information, so we can make an informed decision.

During The Call

The therapist will take your contact details and make confidential notes, these are available to you at any time. This is important to check that you feel comfortable and we're a good 'fit' if you decide to go ahead and work with us.

At The End Of The Call

You may want to think through the points of our discussion, and you are under no obligation at any time. If you decide to proceed, you will receive a welcome pack by email that will include a some short forms, and a Contract for you to complete, along with any agreed billing.

We will also schedule your first session.

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60-Minute Treatment Session

For mild anxiety | low level stress | unwanted habits |
assertiveness & confidence building | self-esteem

The Initial Consultation

In this first session we'll discuss the forms you completed prior to starting. It is likely that you'll have more questions and this is an ideal opportunity to ask them.

You and your therapist will discuss the possible interventions that are likely to be used during your treatment, with full explanations of the expected outcomes. again you are free to ask any questions.

Setting Goals

Once we are clear about your situation and what you want to achieve, together we'll discuss the outcome you want to see, set your goals and calculate an anticipated time frame.

Treatment During The Session

This may involve some simple relaxation techniques, or a short hypnotherapy exercise. We will discuss these and your responses in detail.

At The End Of The Session

You will nearly always have one or two tasks to complete in between the sessions. This could involve simple exercises to notice your thoughts, or it could be to listen to an audio on a daily basis so that you begin to teach yourself how to relax, or to work with coping statements.



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A short course | learning to reduce stress through relaxation

The Programme

By the end of this programme you'll have developed a range of skills to help you relax and control your levels stress and/or anxiety through Breath Work, Hypnotherapy, and some of the key techniques of Cognitive Behavioural Therapy (CBT), and Mindfulness practices. Through the interactive sessions and guided exercises, you'll explore the mind-body connection, learning to recognise the 'early warning signals' and apply coping strategies to help manage them effectively.

Session 1: Deep Relaxation and the Power of the Mind

- ✓ Understanding stress and its impact on the body and mind
- ✓ Learn how to use deep breathing to calm the body and mind
- ✓ Understanding the power of suggestion and imagination
- ✓ Introduction to deep relaxation through hypnotherapy

Session 2: Exploring the Mind-Body Connection with Hypnotherapy

- ✓ Exploring breathing exercises for *muscle relaxation*
- ✓ Understanding the power of positive affirmations and their use in hypnotherapy
- ✓ Use of affirmations in hypnotherapy to build confidence
- ✓ Developing a personalised relaxation script



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Session 3: Calming the Mind with CBT

- ✓ Exchanging negative thoughts for positive thoughts
- ✓ Understanding the power of hypnosis
- ✓ Practicing mindfulness exercises for staying present and calm

Session 4: Focus On Lasting Well-being

- ✓ Reviewing and reinforcing learned techniques
- ✓ Creating a personalised relaxation plan for daily practice
- ✓ Discussing strategies for maintaining long-term relaxation and stress management
- ✓ Sharing personal experiences and setting goals for continued progress



Programme Therapist & Trainer
Brenda Martin

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REIMAGINE YOUR LIFE

For Women 58+ who are seeking the insight & confidence to navigate new pathways forward

The Programme Objectives

By the end of the programme you'll have developed a new perspective on the powerful & dynamic nature of your inner world, along with techniques to maintain your confidence & motivation to create your new *Road-Map* to achieving your goals.

Session 1: Reframing the Narrative

- ✓ The power of the present moment
- ✓ Your values, passions and interest revisited
- ✓ Identifying and reframing limiting beliefs

Session 2: True Passions - What Ignites You?

- ✓ Values clarification exercise - what's really important?
- ✓ Playing in new waters - exploring a world of possibilities

Session 3: Defeating Fear Embracing Change

- ✓ Diaphragmatic breathing to reduce anxiety
- ✓ Identifying & challenging inner negative self-talk
- ✓ Steering your course through the sea of change

Session 4: Building Resilience To Navigate Ahead

- ✓ Hypnotic relaxation to reduce stress and build emotional resilience
- ✓ Practices for maintaining positivity and perseverance on a stormy sea

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Session 5: Crafting Your Story - A Brand New You!

- ✓ Embracing an holistic sense of self & worth
- ✓ Visualisation to build confidence for self-promotion
- ✓ Developing a clear and compelling personal brand narrative

Session 6: Identity Beyond Career Boundaries

- ✓ Personal identify beyond professional roles
- ✓ Future pacing exercise - success into tomorrow and beyond

Session 7: Revitalising Your Network

- ✓ Loving kindness meditation - cultivate self-compassion
- ✓ Creating strategies to develop new connections
- ✓ Anchoring techniques to access confidence while networking

Session 8: Maintaining Balance & Embracing the Future

- ✓ Gratitude meditation - appreciating the journey and the wins
- ✓ Goals setting - getting it done with Dominos
- ✓ Self hypnosis for ongoing confidence and motivation



Your Therapists & Trainers
Brenda Martin & Kathy Roots

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Contact Us

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