

Jo Howarth

**Advanced Hypnotherapist & Mindfulness
Practitioner**

One to One Programme

Something isn't right.

You've known it for a while, maybe even the whole of your life so far, you haven't known what to do about it before but now you've reached the point where you know you need to do something.

That's where I come in.

I'm Jo. I'm an advanced hypnotherapist, a mindfulness practitioner and an advanced reiki practitioner. I am highly intuitive and I can help, more than that, I **want** to help.

I want to help you see yourself for the amazing being that you undoubtedly are. I want to help you grow into the beautiful person that you have always been but been unable to see.

You have been programmed since the day you were born, trained into being the person you are, you have picked up some beliefs about yourself that simply aren't true and we can sort those out.

I know that change can be scary, it is probably the scariest thing known to humankind, which is why I have chosen to hold people's hands as they transition through it. I had someone to hold my hand when I changed my life, I still do have people who hold my hand when I decide to make a change, and it is invaluable.

But are you worthy of it? Are you worthy of receiving this kind of help? Are you worthy of having someone to facilitate these changes you feel compelled to make? My darling, you were *born* worthy, you are the entire universe in human form, there is no question that you deserve to live exactly the kind of life you desire. And I want to help you live that life.

So how do we do this?

My one to one package consists of either 4, 6 or 8 sessions with me, ideally spread over a 1 to 3 month period and each lasting between 45 to 90 minutes, usually around 60 minutes. In these sessions we will use a mix of advanced hypnotherapy, mindfulness and intuition to get to the root of the change you want to make. We will shed that programming, release those beliefs and recreate your life.

This is not for the fainthearted. I am gentle and kind but also blunt and straight talking. I am honest and loving. I will expect you to commit to the process, there will be homework, but we will always go at your pace.

The package also includes direct access to me whenever you need it in-between sessions. You can message me, email me, WhatsApp me, call me, whatever works best for you. Obviously I cannot guarantee that I will always be free at the exact moment you contact me but I will *a/ways* come back to you as soon as I can. For that reason I only commit to working with 3 people in this way at any one time.

I will commit to you if you will commit to yourself.

What is Mindful Hypnotherapy?

Hypnotherapy can be described as an effective technique of therapy using hypnosis to gain access to the subconscious mind. This gives us the ability to recognise programming and conditioning that has been in place since childhood.

Hypnosis is a state of altered consciousness, not a state of unconsciousness as clients are fully aware of everything during a session and can recall things afterwards. It is best described as a daydream state, similar to the time of just before going to sleep and just after awakening. In this state suggestibility to beneficial changes is increased and we can communicate directly with the subconscious mind to help make necessary changes.

Mindfulness is described as “paying attention in a particular way, on purpose, in the present moment and non-judgmentally”. It is the practice of living in the present moment, not dwelling in the past and allowing that to inform behaviour and not living in the future, fretting about what may or may not happen next.

My approach of Mindful Hypnotherapy allows me to help clients live more in the present moment, with a deeper understanding of priorities, whilst also dealing with past issues that can affect the present and the future.

What do other people say about working with me in this way?

“Jo is 100% amazing at removing old ways of thinking. Million % recommend working with her if you’ve got anything you need to get past to live life on your terms”

“Jo you helped me so much...forever grateful”

“I can never thank you enough”

“I’m so glad that you have held my hand and supported me on my journey, thank you Jo, you are awesome.”

“I knew going to Jo was going to mean important change. But I felt ready. I’ve made no secret of the fact that I’ve had issues with self-worth in the past and I thought I knew why. I was wrong. She pulled me apart carefully and put me back together. But better.

She has a calm, serene air about her and she’s every bit that. What you see is what you get. But she’s also a tough cookie that knows what she’s doing. A consummate professional with a heart of gold.

I don’t think even she will realise what she’s done for me. A magical time.”

And from my most recent one to one client:

"I started working with Jo on a one to one basis after reading some of her posts that truly resonated with me – that has never happened to me before! I researched her to within an inch of her life and committed fully to the process no matter how much I felt like it was “hippy dippy bull” because she understood, she has been there, I trusted her and that is also very unusual for me!

Without going into too much personal detail, I was self-aware enough to know that I didn’t see the world like most people did and that my childhood experiences were not normal. In my personal life, this led me into bad behaviours, bad decision making and great regret about the times when I got it wrong.

When the pandemic hit and all my “coping” mechanisms were ripped away, I found it very hard to be left with just me, I could re-build a business no problem but I couldn’t re-build me.

Working with Jo has been nothing short of transformative, I actually can’t believe it – it’s like I have a new set of eyes, everything is different and people can see it apparently! I am no longer the “happiest sad person” or “always wearing a mask” in the words of dear friends.

If I had gone to the doctors, sadly I would have been given pills. I cannot recommend Jo highly enough to the point where if anyone wants to speak to me in confidence I will be delighted to have a conversation in more detail. I’m 48 and I feel like a completely different person with endless possibilities and opportunities ahead, it wasn’t always pleasant addressing the past but trust the process, it’s kind of miraculous.”

And what is the cost for all of this?

The 8 session package with wraparound care is an investment of £3333.

The 6 session package with wraparound care is an investment of £2555.

And the 4 session package with wraparound care is an investment of £1888.

All options are payable in one go or via a payment plan, and please understand that *it is* an investment. In yourself. In your life. In your future.

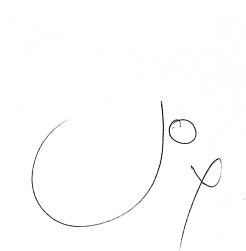
Let me be honest with you, if you received this document and jumped straight to the “how much does it cost” section then I am probably not the person you need right now, this is probably not the programme for you and that is perfectly ok.

Let me know if that’s the case and I am more than happy to point you in the direction of someone else who can help you, the most important thing to me is that you get the help that you want.

But if all of the above is singing straight to your soul then let’s do this thing!

Get in touch with me: jo@thehappinessclub.co.uk and let’s get you booked in as soon as possible.

To your life

A handwritten signature in black ink, appearing to be 'Jo', with a large loop and a small circle above the 'o'.

Terms

Payment is required in advance. If on a payment plan then minimum of one payment must be made in advance.

Since the Service offers non-tangible, irrevocable goods we do not provide refunds after the product is purchased, which you acknowledge prior to purchasing any product or service. Any sessions cancelled within 24 hours of the agreed date and time are counted as paid sessions.