

RELEASE THE POWER WITHIN!

You will be offered various therapeutic and practical tools to assist you to improve the quality of your life.

**Your life does not get better by Chance.
It get's better by CHANGE!**

Natural and effective solutions for your Emotional Health and Personal Wellbeing... YOU can choose the program that works best for you.

Every person, every issue, every desired goal and outcome is unique. That's why no two sessions are alike. Whether it's healing the past or setting practical and achievable goals for the future, your experience will be a transformative one.

Sessions are wonderfully supportive, gentle and safe. They allow you to take "time-out" from the world outside and turn inwards to explore your life in profound ways. This journey of self-discovery allows you to take back control and to create the changes you want to make in your life.

If you're looking for a powerful, safe and drug free way to move forward in your life then book an appointment today!

Member of :

- Australian Hypnotherapy Association
- Australian Assoc of Clinical Hypnotherapy and Psychotherapy
- International Association of Counsellors and Therapists
- Australian Human Resources Institute

You don't have to struggle on your own...

Services include:

- Clinical Hypnotherapy
- Hypnoenergetics Therapy
- Life and Business Coaching
- LBL and Regression Therapy
- Wellbeing & Meditation
- Support Group Networks



**Holistique
Hypnotherapy**

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Please Call For Information About Sessions

In Hobart : Brisbane : Sydney



**Holistique
Hypnothera**

**Welcome to
EVOLV NOW and
HOLISTIQUE HYPNOTHERAPY**



Evolve, Grow, Reach Your Goals!

- ✔ Are you struggling with day-to-day life?
- ✔ Feeling overwhelmed, fearful or stressed?
- ✔ Unable to move forward in your relationship, career?
- ✔ Finding it hard to relax and maintain a healthy lifestyle?

- ✔ Are you lacking in confidence or motivation?
- ✔ Are you still impacted by events or issues from your childhood?
- ✔ Are you sad?

From time to time everyone experiences difficulties that test their ability to cope and function well.

What if life could be a little easier?

Take the first steps to stop inner suffering....
Grow, evolve, achieve your goals, reach your full potential...

You Can Do It!



BEGIN YOUR LIFE ANEW TODAY!

Areas of specialty for YOUR Emotional Health and Personal Wellbeing include :

- Stress and PTSD
- Anxiety, Social Anxiety, Panic Disorders
- Life Direction
- Relationship Issues
- Self-Esteem and Communication
- Phobias and Fears
- Addictions
- Insomnia
- Eating disorders

HYPNOTHERAPY :

Offering you a new, holistic and advanced form of hypno-therapy called Hypnoenergetics. This powerful modality is gaining significant results for people across a broad range of issues. In so many cases it's truly life changing!

LIFE COACHING :

Select from either a personal 12 month program or join a group for 2 half-day sessions combined with a 90 day personal challenge. Have YOUR best 12 months ever! Set new life goals and achieve them!

WELLBEING AND MEDITATION :

Programs offering practical tools to use in your personal or professional life.

LBL AND REGRESSION THERAPY :

Empowering you with clarity about your past and true nature can be extremely rewarding, inspiring and healing!



My goal is to facilitate results which are deep, profound and life changing!

TESTIMONIALS...

"After just one appointment with Olya my life started to improve. My relationship, my business, my confidence saw wonderful positive changes. Christine, Malv

"I had tried counselling a gazillion times, I got the mindset. I could articulate every thought, feeling and reaction I would make. But I couldn't break it. I was stuck... After my sessions with Olya I was able to stop the panic attacks, the fear, the destructive behaviour and take control of my life. I highly recommend Olya. Kylie, Melb

"I was a bit nervous because I knew I was still carrying the trauma and scares of sexual abuse and wasn't sure what would happen. Olya made me feel so safe and supported. I was able to feel whole again. I can now move forward in my life and my relationships. Anon, Melb

"I have experienced Hypnoenergetics with Olya, which has healed me on the deepest level. I am forever thankful." Rachael, Bris