



Getting You There

For an intelligent approach to mind and body therapies

Welcome to the Getting You There update newsletter from Ann Finnemore, Hypnotherapist and Life Coach and Steve Finnemore, Specialist Massage Therapist. This newsletter contains:

- * News and research about mind and body therapies and coaching
- * News and updates about the services we offer.

Latest News and Research

Getting You There and Wholly Holistic now merged

(Services now offered include body work therapies, hypnotherapy, NLP and coaching)



As many of you are aware, for the last few years my husband, Steve and I have run separate businesses

-- I've worked with "mind" therapies and techniques and he has specialised in body work therapies and specialist massage.

We have often commented on the amount of overlap between the work we do. For example, we both work with many clients who are dealing with pain and the physical manifestations of stress and anxiety and who, in fact, would benefit even more from an holistic, body and mind approach to their problems. As a result, we decided to join our businesses together in order to be able to offer a fully holistic approach to each client as appropriate.

A part of this has been a complete design of the Getting You There website to present the whole range of services we offer to clients. The new website is at the same Getting You There address: www.gettingyouthere.co.uk so please take a look and see what's new.

Another part of the development of the new joint business is that we will be expanding the services we offer. Ann has become an independent consultant for Neal's Yard Remedies Organics (NYR Organics) and so you can now buy NYR Organics toiletries, cosmetics, skincare, gifts and essential oils through our website. These products are some of the best available. They also make some gorgeous gift sets, so please take a look at our Holistic Products page: <http://www.gettingyouthere.co.uk/Holistic-products.html>.

Later this year, Steve will also be available for hypnotherapy and we plan

to offer group sessions in the area for smoking cessation and other issues.

Later next year, Ann will be offering Nutritional Therapy, particularly for those who want to tackle weight issues and stress using a lifestyle and hypnotherapy approach.

The basis of all of these developments is for us to be able to offer you the very best in mind and body approaches to health, fitness and well-being. We are both committed to working alongside each client to enable you to achieve your success in becoming as well as you can possibly be.

We hope you feel that we are expanding our services in ways which will make it even easier for clients to achieve their goals. Do take a look at our new website and feel welcome to contact us if you would like to know more about how we could help you.

Massage improves the immune system

(Even a single massage can have a beneficial effect)

A study in the USA demonstrated that even a single massage can produce measurable changes in the immune and hormonal systems of healthy adults.

The research team compared two types of massage: Swedish massage (which is quite vigorous) and gentle, light touch massage. The subjects had blood taken before the massage and afterwards at regular intervals up to an hour after the end of the massage.

What the researchers found was that, after the Swedish massage, certain changes indicating a benefit to the immune system had occurred. In particular a hormone that plays a part in aggressive behaviour had decreased significantly, as had the stress hormone cortisol. There were also increases in



certain white blood cells which are important in the body's defence against infection. These changes were not found after the light touch massage.

So it would seem that massage not only makes you feel better, it does actually cause some significant healthy changes to

occur in your system too. What more reason do you need to book a good massage?

At Getting You There, Steve incorporates Swedish massage techniques into the remedial massage therapies he uses to ensure that you get the appropriate form of massage for your particular problem and also reap the benefits of massage for your more general health and well-being.

You can find out more about the bodywork therapies we offer on our website at:

http://www.gettingyouthere.co.uk/bodywork_therapies.html

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Tel: 07523 198 772 for hypnotherapy and coaching and 07765 544 758 for bodywork therapies

News and Updates from Getting You There

Natural products from Neal's Yard Remedies Organics now available from Getting You There

Beautiful, effective and natural skincare, toiletries, cosmetics and more



As mentioned above, Getting You There now has an online shop for you to buy wonderful Neal's Yard Remedies Organics (NYR

Organics) products from. These are very high quality products which are certified as organic by the Soil Association and which are all produced ethically by Neal's Yard Remedies which is a leading UK company.

The products include:

- Skincare for women, men and babies
- Toiletries
- Gift sets
- Herbal teas
- Essential oils.

As Ann is now an independent consultant for NYR Organics, she will also be making these products available at local events and you can invite her to do a NYR Organics party at your home.



If you've never used NYR Organics before, you're in for a treat. If you have, then you probably love the products already.

I've been a fan for around 20 years now so am really pleased to be able to offer them for sale now -- I recommend them whole heartedly.

You can access my online shop via our website or go straight to : <https://uk.nyrorganic.com/shop/AnnFinnemore>.

Holistic Solutions: Mind and body packages to help you make the most of life's events

The perfect way to prepare for life's big occasions

At Getting You There we believe that the best times in life are those which offer the greatest opportunities and yet also carry their own levels of stress. That's why we've put together mind and body packages for such times -- in order to enable you to make the most of the opportunities in life while not being affected by the stress that could otherwise accompany them.

We currently offer the following packages:

* **The Complete Stress Management Package** -- the name says it all! A wonderful combination of mental and physical relaxation enabling you to shed your current stress and learn how to deal with stress effectively in the future. (Six sessions).

* **Time for Change** -- a package designed to support you through a major time of change. Change can be both exciting and daunting. Events such as retirement and divorce are good prompts to think about the future and to start to take good care of yourself. This package is designed to enable you to make the most of the opportunities these times offer while managing the stress they can also bring. (Five sessions).



* **Wedding Package** -- a great combination of body and mind relaxation to prepare you for a wonderful day. (Four sessions).

* **Confident Public Speaking** -- This confidence-boosting package will provide you with the ability to deliver your speech or presentation calmly and with more confidence. (Three sessions).



Details of all packages can be found on our website at:

http://www.gettingyouthere.co.uk/holistic_solutions.html

Coaching packages: From lifestyle changes to career changes

Achieve your ambitions

We also offer coaching packages to enable you to achieve those things that you have previously dreamt of doing, but seem to get no closer to. Whether it's making a real change to your lifestyle or gaining the confidence to go for that promotion or career change you've wanted for years, coaching with Getting You There can enable you to identify and achieve your real goals and the steps you need to take to get to them. Working with your values and priorities, coaching can give you the focus and motivation you need to really achieve what you want.

The coaching packages we offer include two career coaching packages. These are:

* **Moving Up Package (4 sessions)**

Prepare for that career move! Tailored to your needs - Improving your job applications and gaining confidence, handling stress, interviewing well and making confident presentations. An investment in your future!

* **Intensive Interview Preparation (Either 2 hours OR 2.5 hours)**

If you have an interview coming up and want to really do your best then this intensive programme is for you. You will:

- Learn techniques to enable you to feel calmer and in control.
- Gain new skills to ensure you make a good impression.

- Discover your own strengths to ensure you can listen and respond in the best ways possible.
- The longer session is for those whose interview includes a presentation.

Take a look at all the coaching options at: <http://www.gettingyouthere.co.uk/coaching.html>

There is also a free job hunter's report for you to download!



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News and Updates from Getting You There

What happens during a hypnotherapy session?

(No swinging watches or spiralling images!)

Many people have only ever encountered hypnosis via the stage or television. Not surprisingly then, they are often a little wary of hypnotherapy, thinking they have to submit control to the therapist or might tell the therapist things that they don't want to.

Fortunately, hypnotherapy is nothing like stage hypnosis (which is, after all a show for entertainment with willing participants happy to be on stage). In fact, hypnotherapy is a relaxing, gentle and highly effective therapy which can enable you to bring about real change in ways that you've decided you want. What's more, you remain aware throughout and could end the session at any point you wanted to. There is no loss of control or awareness at any point.

All that is required for a person to be hypnotised is that they are willing to be and that they want the changes that they have said they want. That said, some people with learning difficulties cannot usually be hypnotised and certain mental health conditions make hypnosis undesirable, but these are specific cases and would always be discussed with a client if appropriate.

At Getting You There we provide a tailored approach to hypnotherapy -- each session will be unique to you in some way. The words spoken to you during the hypnotherapy will reflect just what you want and in the language you use. There are a variety of different methods which can be used and the one most appropriate for you will be used. This is so that your mind recognises the suggestions and concepts presented to it during hypnosis at a subconscious level as well as consciously.

In order to enable you to benefit from your hypnotherapy in the shortest possible time, you will also receive recordings of your hypnotherapy sessions to use in between appointments. At Getting You There we record the actual session as we do it and then can send that to you electronically shortly afterwards (we can provide a CD if you prefer). This service is all included in the cost and means that you have tailored sessions to use whenever you want -- even long after your therapy sessions have finished if you wish.

So, maybe hypnotherapy isn't as "exciting" as it's portrayed: there are no



swinging watches, twirling spirals or loss of self control (and you won't quack like a duck when the doorbell rings either!). It is, however, incredibly exciting in the way that it can change your life by increasing your motivation, removing a phobia, reducing your weight, removing anxiety and managing your IBS or pain, to name just a few things it can help with.

If you would like to know more about how hypnotherapy could help you, call Ann on 07523 198772 or look at the hypnotherapy pages on our website: <http://www.gettingyouthere.co.uk/hypnhome.html>

What is myofascial release therapy?

(It's all about the body's 3D inner web)

Most of us know that the body uses muscles, bones and joints to get around, and that when the muscles and joints stop working properly we find it more difficult, even painful, to move about.

But have you heard of something called connective tissue? It's the stuff that holds everything in our body in the right place, that runs throughout the body like a web, in full 3D, supporting organs, muscles, bones, joints - in fact, everything! It's a bit like a 3D body stocking beneath the skin.



This connective tissue (also called fascia) is normally relaxed and wavy, giving gentle support to everything, letting everything move smoothly and painlessly. But sometimes it becomes stiff, not moving as easily, and pulling on the things around it. Imagine that the body stocking we mentioned before has got caught on something and pulls the rest of the fabric so that it is not the same shape anymore. Just like you see in knitted jumpers, the pull can spread all the way up the jumper to ruin its shape, and it doesn't fit you comfortably anymore.

Myofascial release therapy works on the fascia around muscles and can help the fascia return to its relaxed and wavy state again, releasing that "pull" in your 3D body stocking so that it stops pulling on other bits of the body. This then frees up the area of stiffness itself and releases the tension in other parts of your body that had resulted from it.

The first session of Myofascial Release Therapy includes a full postural analysis to find out about the particular way your body holds itself, and how any pull in your "body stocking" might be affecting the way you stand and move.

If you'd like to know more about myofascial release therapy and how it can help you, call Steve on 07765 544758 or look at the myofascial release therapy pages on our web site: http://www.gettingyouthere.co.uk/myofascial_release_therapy.html



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