CONFIDENCE GENERATED ON A CELLULAR LEVEL

Matthew Taylor discovers the transformational effect of Tina Gray Therapy

Confidence is a word that's thrown around a lot today – some use it to mask their insecurities, some exude and truly believe in it, whilst others seemingly just don't have it. There's no doubt it's a game changer though, as increased confidence or self-esteem can give way to taking more risks, being ambitious, and chasing your dreams. It has been apparent to me that I have at least partially lacked this mentality for a number of years, probably for much of my adult life, but I had never previously considered the benefits of talking to a professional – surely you just have confidence, or you don't?

With bases in East Sussex and London, Tina Gray Therapy has proven otherwise and shown me that confidence doesn't have to be manufactured. After more than two decades operating in the high-pressure world of investment banking, Tina began a journey of self-discovery that now sees her helping others, including myself, on their own transformative journeys. Tina uses a range of techniques – from hypnotherapy to neuro-linguistic programming – across her life coaching and therapy sessions, which can be delivered in person and remotely.

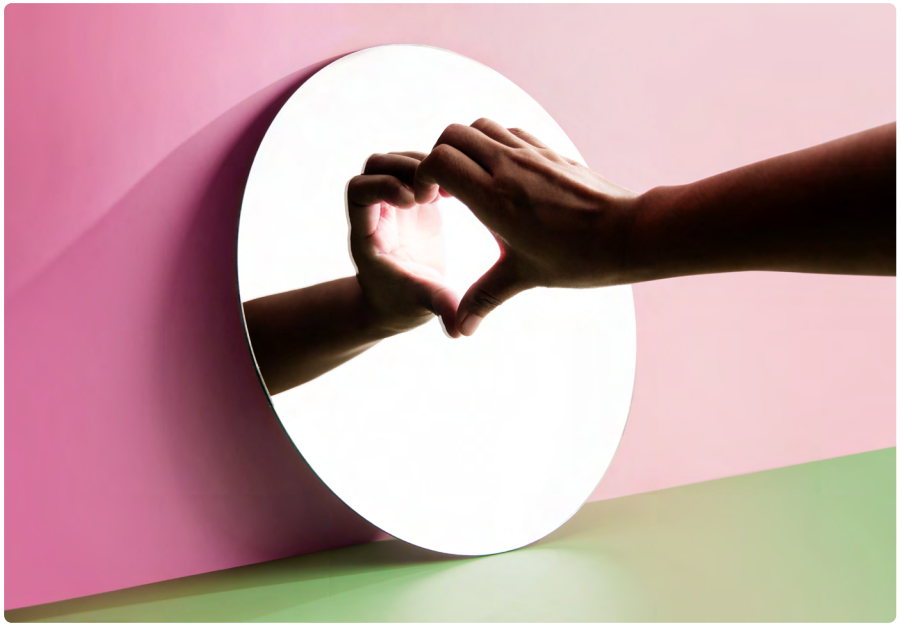


Tina Gray

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Depending on your needs and goals, one session could be enough to harness the power of the mind and tap into your real potential – the beginning of a 90-day transformation on a cellular level. This was my first coaching session of any variety in all of my 34 years, and so to say I was venturing into the unknown was a real understatement. The initial Discovery Call saw Tina and I speak for the first time, and although it was only half an hour long, it told me all I needed to know about Tina's approach and, perhaps most importantly, her qualities as a professional therapist. Exuding warmth, thoughtful, outgoing, and interested, Tina put me at ease immediately. She enabled me to talk about aspects of my personal life and character without feeling awkward – a breath of fresh air when you don't know what to expect.

The overarching question across the call was simply, why do I lack confidence? We discussed my work, home life, upbringing, and if there were any major events that I consciously felt could have had a confidence-sapping effect on me. But perhaps the



most enlightening part of Tina's questioning was where I could see myself going with that increased confidence – and what the major benefits would be to me. This was just the initial call though, and our therapy session a few days later would be an entirely new experience, introducing me to a state of mind I had never comprehended before. Tina described it as going through REM and into a higher state where I wasn't hypnotised as such, but able to access areas of my mind and memories that would be difficult otherwise.

Our two-hour-long session would ultimately design a new blueprint for me, having uncovered past events that had knocked my confidence and cumulatively, had a damaging effect on me. Piecing these events together and finding those connections was the goal, and Tina would enable my mind to paint a new, more positive picture for me – one where I was able to mentally move beyond those incidents and focus on my qualities today. Prior to our therapy session, Tina had asked me to pick 10 words from a very broad and diverse list which I would associate as being an emotional wound within me, and this alone was an eye-opening process that triggered glimpses of memories from more than a decade prior.



This formed the opening minutes of our session, where I really opened up about how my diminished confidence made me feel. I lacked a voice, felt inadequate at times, and even in my 30s, I had a bad habit of not standing up for myself, whilst it became clear that all of these elements had stifled my ambition in some form. With those thoughts circling around my consciousness, it was time for Tina to take me into a state of mind I had never experienced before through hypnotherapy.



With just her voice in my immediate surrounds, Tina's techniques made me feel like I was in a dream state – as though I was asleep and awake all at once – and it will remain one of the most profound experiences I have ever had. She asked me to take us back to three key memories and events where I had felt those emotional wounds, and for me, they all occurred during my childhood years and were focused on school and sporting incidents. By this point, the tears were flowing – but they would be short-lived as I was about to undergo the first step in my transformation.

Once Tina had taken me back, she then took me forward with positive messages that were highly personalised to my situation and mindset. Through my subconscious, these were changing my patterns of behaviour and my thought loops, developing a new blueprint for me to follow from here on out. Once I was slowly and safely brought out of my dream state, there's no doubt that I felt drained in those first few moments – but the difference was immediate, as though I had lifted a certain weight off my shoulders by expressing memories and feelings that I hadn't touched upon for many years. This was my one and only session with Tina, but in her words, this was just 70% of the battle.

That same day, Tina sent me a 20-minute audio piece collated from our session, which I would then listen to once a day for a minimum of 21 days. Within the clip, Tina helps take you back into your subconscious mind, instils those positive thoughts and messages, and then brings you back out. This is all designed to reinforce the work done during that two-hour session, forming the other 30% of the effort required to change your mind set for the long term, move beyond past traumas, and achieve your goals – whatever they may be.

Consistently listening to the audio each evening is a commitment to be made, but so is being open to these therapies from the start – and enabling your mind to undergo that transformation. For many of Tina's clients, one session is enough to achieve results, though she offers a range of packages – with one hypnotherapy and eight life coaching sessions amongst the popular options for those who desire continued support across a number of weeks. Following our session, Tina checked in with me after two days and again after a couple of weeks to see how I had progressed, answer any questions I may have, and offer any support she could. Nobody was born scared and under-confident, and children are often seen as fearless, but as we get older, some people lose these qualities more than others – and Tina Gray Therapy gives you back that control.

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To find out more about Tina's story, the range of services available at Tina Gray Therapy, and to book your Discovery Call today, please visit **www.tinagraytherapy.com** or call her directly on **07944 010 830.**

