



Very happy to be launching my new programme which has been designed to help students begin or deepen their own practice of caring for and managing mental wellness.

I will be launching this CPD accredited course in January 2021; traditionally a time when we are making commitments to take better care of our bodies but now, more than ever I think we are recognising the extreme importance of taking care of our minds.

A CPD certificate of accredited learning is issued on completion of the course which will provide you with CPD points for your developing profile.

This course is suitable for anyone wishing to improve their mindset, manage anxiety, increase focus and positivity and cultivate a deeper sense of self worth.

Course is completed totally in your own time at your own pace and the exercises will be accompanied by a training video presentation and I offer tutor support if needed so the course will have a personal touch despite the remote learning.

The investment for this course is £59 however I have an early bird booking discount of £49.

I also have discounts available for corporate clients/multiple course bookings.

Course tutor: Amy Lawrenson

I have over twenty years combined experience as a successful therapist, life coach and holistic therapies teacher.

I believe that I have a unique and modern approach to therapy with self love/self worth and confidence building at the helm of what I teach.

I also run regular workshops and retreats centred around the healing of the mind.

This comprehensive study programme will provide the tools to enable the student to achieve an effective practice of self care and managing emotions, keeping anxiety under control and cultivating a positive mindset.

To book

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