

Annabella Zeiddar

Hypnotherapy

I help people rediscover the calm, confidence and resilience that are already within them, so they can create positive, lasting change and enjoy life more fully.

With a warm, compassionate and highly personalised approach, I create a safe and supportive space where you'll feel listened to, understood and valued. Every session is tailored to you, combining the approaches that will best support your goals and the positive changes you want to make.

Hypnotherapy works by gently helping you access the deeper patterns that influence the way you think, feel and respond to life. It can help you make positive changes that feel easier, more natural and lasting.

Whether you're looking to reduce anxiety, feel calmer, sleep more peacefully, build confidence, improve self-esteem, manage stress, overcome unwanted habits, support weight management and emotional eating, or embrace a new chapter in life, I'll create a personalised approach that's tailored entirely to you.

Appointments are available on **Wednesdays between 2.00 pm and 8.00 pm at Bridport Complementary Health.**

£80 for a 60-minute session

I offer a **free 20-minute telephone consultation** to answer any questions and help you explore whether hypnotherapy is the right next step for you.

For more information, visit annabellazeiddar.com/in-person or email annabella@annabellazeiddar.com

Annabella Zeiddar, Clinical Hypnotherapist, RTT® Therapist, Master NLP Coach and Practitioner. Master Time Line Therapist and Coach, Silent Counselling Practitioner