



Hello and welcome to May's Newsletter!

May's Confidence Clinic went brilliantly with plenty of new faces and plenty of group participation! I have received plenty of positive feedback about the evening and would like to thank every single one of you who attended! A huge thank-you goes to Ian for planting the seeds that change our lives!

Here are a few memory joggers:

1. Help me please..... Come here!!
2. Non of us a born with fear – we learn our fears.
3. Dog Brain.
4. Make the positive pictures in your head bright and colourful with movement and sound. If you get pictures in your head that you don't want, turn them black and white and shrink them away until they disappear.
5. Train your intuition by congratulating yourself!
6. Laughter avoids fight or flee.
7. When you are "Flowing" you are fantastic!

### **Other News**

The next Clinic is a special Flying Phobia Clinic! It is being held on Thursday 5<sup>th</sup> July 2007 at the Eden Rural Foyer, 7pm – 9pm. This is a

great opportunity for people who have such a fear that they will not fly as well as people who are just unsure and uncomfortable about flying.

We are also looking for people who have overcome a fear of flying to join us at the Clinic. If you have overcome a fear of flying you are invited to attend the Flying Phobia Clinic free of charge! Booking is essential so please get in touch with me!

As always if you would like to get in touch about any forthcoming events or anything in this newsletter please have a look on the Contact Details page to get my details!

I would just like to add a WHOOPIE from me - I passed my trailer test on Thursday 31<sup>st</sup> May!

Thank-you for reading!

Caroline x