



What is this
all about?

WE ARE A LARGELY REFERRAL BASED PRACTICE AND WORK ALONGSIDE GP'S AND SPECIALISTS FOR MANY ISSUES.

We offer simple, proven and effective strategies to help you feel better in many areas of your life.

We believe that emotional health is an important factor in physical health and healing, and NLP & Hypnotherapy are two of the most powerful tools to create lasting change. They are fast, safe & gentle and allow us to get to the underlying core of your issues, resolve conflicts and allow healing and change to occur with ease.

Many of our clients find they can resolve their issue in as little as one to six sessions. Can you imagine being free of your troubles that fast?!

We remove your unconscious blocks to success and enable you to eliminate issues, unhelpful thinking and behaviour patterns from your life so that you can restore balance.

All sessions are tailored to your individual requirements based on your triggers, thinking patterns and reasons, both for the old way, and for wanting change.

Principal Practitioner Wendy Gadsby is an NLP Master Practitioner, a Certified Hypnotherapist and Quit Smoking and Ideal Weight Specialist.



International Institute
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make changes
•NLP & hypnotherapy •for your life

Quit Smoking

Lose Weight

Lift PTSD, Anxiety & Depression

Relief for IBS

Ease Pain

Reduce Alcohol

Overcome Grief

Love Public Speaking

Dispel Fears & Phobias

More

GET IN TOUCH

1800 760 249
info@makechanges.com.au

OUR CLINICS

Sunshine Clinic

Sunshine Primary Health
111 Durham Rd, Sunshine

Caroline Springs Clinic

Modern Medical Centre
1042 Western Highway, Caroline Springs

ready for a change?
• smoking • weight • anxiety • **more**

1800 760 249



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Quit Smoking & Be Your Ideal Weight

QUITTING CIGARETTES & BEING YOUR IDEAL WEIGHT DOESN'T HAVE TO BE HARD. DON'T WAIT. ENJOY BETTER HEALTH & GET BACK CONTROL NOW.

Helping people to Quit Cigarettes in 60 minutes is one of our specialty areas. Usually one session is enough.

Our success rates are so high, we offer you a **lifetime** guarantee of support in this area. That means that if for whatever reason you need additional support, we offer a free follow up session.

We do this because most people simply don't need it. Contact us if you are ready for something that works and is easy. With our system there are no drugs, no withdrawals, and no cravings.

Our **Ideal Weight** system is tailored to you. This is not a diet, this is a lifestyle system, where you naturally become your Ideal Weight. Gently change your unhelpful patterns of behaviour and clear the reasons behind emotional eating and habits, or whatever is going on for you. Increase your desire and motivation to create a balanced and healthy life.

Talk to us about breaking down the barriers that have stopped you until now. If you are ready to reach and be your Ideal Weight or to Quit Cigarettes in 60 minutes, give us a call now and let's make it happen.



Ease Anxiety & Depression

GET OUT OF THE CYCLES THAT ARE KEEPING YOU ANXIOUS, DEPRESSED OR STRESSED. YOU CAN FEEL GREAT AGAIN AND ENJOY LIFE.

The past doesn't have to dictate the future.


Would you like to rid yourself of unhelpful behavioural and thinking cycles that are contributing to your anxiety, depression and ongoing stress?

We use a combination of techniques and tools during our sessions. Most importantly though, we teach you how to use these tools in your everyday life so that you can feel this good all the time!

We work alongside your doctor or other specialists to make sure you are getting the support you need.

If you are looking for an effective drug free solution have a chat with us today.

"For a long time in my life I have suffered from anxiety and over the years I have tried many things. One thing that made a difference were the hypnotherapy sessions I had with Wendy. The entire session is comfortable and welcoming and I walked away with a range of tools that I could use and practise in my daily life. I would recommend Wendy to people who want to make positive changes their life". — CP, Nth Sunshine



Overcome Fears & Phobias

YOU DON'T HAVE TO PLAN YOUR LIFE AVOIDING THAT SITUATION ANYMORE. DON'T LIVE WITH BEING AFRAID. REGAIN YOUR FREEDOM.

It doesn't have to be hard to get rid of that fear that is holding you back. Using a combination of tools and techniques we can help you overcome your fears or phobias and regain confidence.

You know already fears can cause a strong physical reaction in the body, heart palpitations, sweating, even a panic attack. We help you to disconnect these old unhelpful patterns in both your conscious and your unconscious mind.

If your fear started with a specific event or trauma, or even if it just seems like it was always there, it doesn't really matter when it comes to clearing it. You know what it feels like to live with it, we help you to clear that and be free. Are you ready?

"I went to see Wendy last year. All my life I had phobia with cats. Since my session with her my life change completely. Now I can walk free and I can visit my friends. I recommend Wendy, she change my life" !!!!!

Monica, Burnside