



**BE WHO YOU  
WANT TO BE**

**CREATE YOUR CHANGE**

**HEADLAND<sup>o</sup>**

CLARITY • COURAGE • CHOICE

# Hello.

Based in Manly on the Northern Beaches of Sydney, Headland runs personalised strategic psychotherapy and clinical hypnotherapy programs to help people address behavioural and mental wellbeing challenges.

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[headlandhealth.com](http://headlandhealth.com)

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**Do you feel  
overwhelmed,  
anxious, stressed,  
disconnected or  
stuck in a rut?**

**Or perhaps someone you know  
is having issues — such as a child,  
a relative, friend, team mate,  
colleague, client or a patient.**

If the answer is  
*'yes'* that's OK,  
because it's  
OK to not  
feel OK.

**But because you're  
reading this, you  
probably want to  
do something  
about it.**

**And that's where  
I can help.**



**I'm Tom and I'm probably a bit older than I act and, like most people, over the years my life has had its ups and downs.**

**These days I help people to overcome challenges and to be who they want to be at home, at work, at play, at school and anywhere else in between.**

**I use proven non-medical, drug-free, collaborative approaches like strategic psychotherapy and clinical hypnotherapy.**

**These techniques have been used for thousands of years to help people access and change their subconscious thought processes in order to heal, overcome fear and build self belief.**

**Today, they're used to create behavioural change and promote mental wellbeing in business, coaching, counselling, education, health & fitness, personal growth, professional development, relationships, sport and more.**

# **Overcome challenges and take control of issues that may be holding you back:**

**Manage anxiety, depression and stress**

**Overcome fears and phobias**

**Regulate anger and frustration**

**Stop bad habits and behaviours**

**Recover from injury, pain, trauma, grief, loss**

**Break addiction to drugs and nicotine**

**Control alcohol consumption**

**Stop procrastinating and start doing**

**Reduce digital and device dependency**

**Overcome pre and post natal anxiety and depression**

# **Feel healthier, more motivated, more empowered, and more fulfilled:**

**Realise personal,  
career and wellbeing  
goals**

**Lead a healthier  
lifestyle: diet, sleep,  
movement**

**Build confidence and  
self belief**

**Boost athletic  
performance**

**Make better, more  
effective decisions**

**Embrace modern  
masculinity**

**Improve relationships  
and intimacy**

**Start a family**

**Be a more fulfilled  
parent**



***“My teenage son  
is a different  
person!”***

*Father of a Headland client*

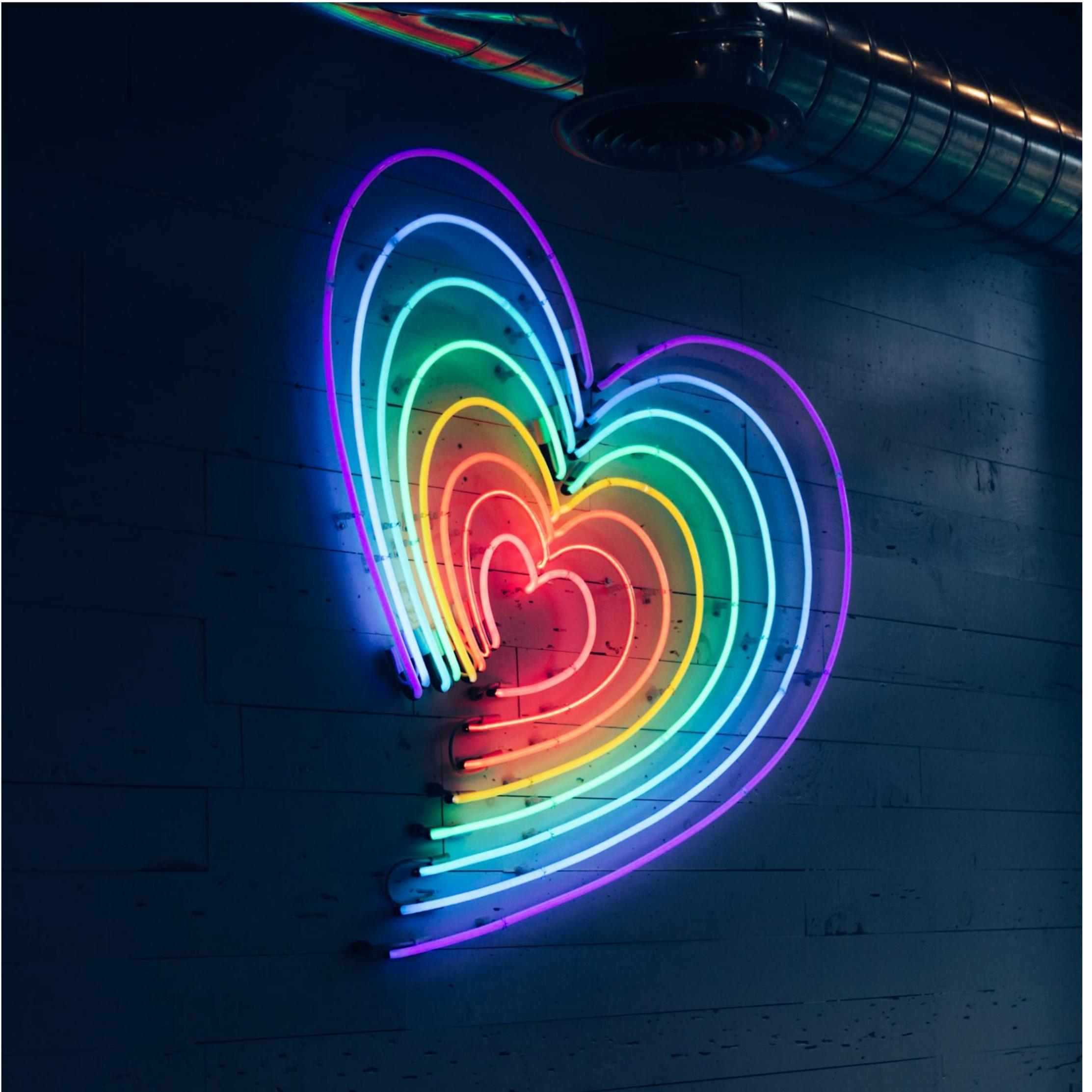


Photo by Jiroe on Unsplash

***“After each session  
I see things a lot  
brighter.***

***I don't know if that's weird or  
normal. I really do see things  
differently. Even things like  
colours are more vibrant.”***

***Law Student & Headland Client***

# SHORT PROGRAMS

## RAPID RESULTS & SIMPLE PRICING

How things are structured so that we can get the most out of the time we spend together.

**Through a  
personalised and  
collaborative program I  
guide you to discover  
and build **Clarity,  
Courage and Choice.****

# Clarity

**Cut through chaos and uncertainty with clear goals, true values, realistic expectations and effective filters.**

# Courage

**Overcome fear, build self belief, be curious and embrace uncertainty as an opportunity to grow.**

# Choice

**Be the architect of the future you want by making better decisions that create authentic connection with yourself and others.**

I FEEL  
LIKE  
MAKIN'  
DREAMS  
COME  
TRUE

***“I feel ten feet tall and I'm normally 5'7 so I'm feeling great! Haha. Nah honestly feel really good.”***

*Text from New Dad, Business Owner & Headland client*

# **Get results fast**

**Using these dynamic and personalised techniques we can usually get you to where you want to be in a 'program' of 3 to 5 sessions, each lasting 60-90 minutes.**

**Most people say they experience a noticeable positive change within the first session.**

# **Works for adults, teens and kids.**

**This dynamic approach helps to address a wide range of issues and goals for clients of all ages, from all kinds of backgrounds at home, at play, at work, at school and anywhere else in between.**

For example the people I work with include:  
Athletes • Blokes • Business Owners • Creatives  
Entrepreneurs • Kids • Leaders • Mums & Dads  
Professionals • Students • Teens • Young Adults

# How?

**Following our initial chat we'll develop a program proposal based on your specific needs and expectations.**

**Programs include sessions, phone support, resources, tasks and, if we use hypnotherapy, recordings to listen to on your own.**

# Where?

Sessions can be held

**In person at our clinic in Manly  
on Sydney's Northern Beaches**

or

**Online using Zoom**

Where possible the first session is  
best conducted in person and all  
sessions with under 18s are  
conducted in person

# Cost?

**We keep things simple,  
starting with a Free  
Introductory Chat.**

**Then each session is \$200\***

**Every 3rd session is ½ price.**

**This will be covered in your  
program proposal but for  
example three sessions cost  
\$500, six sessions cost \$1,000\***

\*Valid until 31 December 2020



***“Tom helped me realise that there are many different ways of successful parenting.”***

*New Mum & Headland client*



***“In a couple of sessions Tom got me back on track & really enjoying my running again.”***

*Endurance Athlete &  
Headland client*

**ANYTHING CAN BE SAID  
EVERYTHING IS HEARD  
NOTHING IS JUDGED**

Things that may help you understand  
how we will work together.

**Anything can be said,  
everything is heard,  
nothing is judged.**

**It goes without saying that  
everything discussed is strictly  
confidential (unless you pose any  
kind of danger to yourself or others,  
in which case the law requires  
appropriate authorities or agencies  
to be informed).**

**Whatever you are  
not changing, you  
are choosing.**

**Read that. Then read it again slowly!  
This is a critical pillar for our work  
together.**

**If you do not have the ability or  
motivation to change an issue, by  
default you are choosing to accept it  
(whether you like it or not).**

**You may be the  
problem. You are  
definitely the solution.**

**It may be confronting, but it's likely  
your issues are the product of your  
own conscious and subconscious  
thinking and how you process  
events and interactions.**

**The good news is that if you can  
change the process, you can address  
the problem.**

**You're an active partner in this, not a passive patient.**

**I do not magically 'fix' you or give you 'the answers' to address issues.**

**I guide you to resolve them yourself through a collaborative process where the power to change comes from *you*.**

**You come to  
change your future,  
not your past.**

**Rather than trying to seek some  
'deeper meaning' in your past, we'll  
focus on changing your future —  
how you maintain problems, make  
decisions and utilise your skills,  
resources and experiences.**

*"You can't go back and change the beginning,  
but you can start where you are and change  
the ending." C.S. Lewis*

**Sessions are tailored  
to meet your needs  
right now.**

**Everyone is different, has different  
needs and thinks differently from  
one day to the next.**

**This is not a templated formula, but  
a dynamic approach that works for  
how you're feeling right now, with  
plenty of wiggle room for anything  
unexpected!**

**We may get deeper  
than you expect.**

**As we work through the presenting problem and peel away what you consciously know to be, it's likely that we will discover underlying issues — those deeper, subconscious layers — that give rise to what brought you to see me in in the first place.**

**“WILL YOU TURN  
ME INTO A  
CHICKEN”**

A quick note about my use  
of hypnosis and hypnotherapy.



Photo by Hello I'm Nik on Unsplash

**As a hypnotherapist I often get asked “Will you turn me into a chicken?”**

**That kind of stuff is 'stage hypnosis' used for entertainment. I use 'clinical hypnosis' or 'hypnotherapy' to fast track and embed behavioural change by guiding you to a relaxed but highly focused state.**

**You're conscious, in control and able to stop at any point you want to.**

**In this state you are able to experience things differently, be more open to suggestions and see alternative views as you access your subconscious.**

**Clinical Hypnotherapy is proven to be amongst the fastest ways to modify thinking and facilitate sustainable changes in behaviour.**

**...and, no, I won't turn you into a chicken.**

# LIVES I'VE HELPED TO CHANGE

Some comments from my clients.

“My teenage son is a different person! He was having issues with his temper and I also found out that he’d started smoking pot. He’d been to see other mental health professionals, but after a couple of sessions it was clear that the fit was not right and no real progress was being made. I was introduced to Tom by a friend, and after a quick chat on the phone I thought he could help as his approach was quite different to what we had experienced before.

After the first session the rest of my family and I immediately noticed an improvement in my son's ability to control his feelings and manage his anger. By the end of his program he had also stopped smoking cigarettes and recreational drugs. At the same time, my son was exposed to some pretty heavy stuff, including the drug-related death of someone he knew.

Tom helped him to manage his feelings and response to this event, and I have been proud of the way that my son has stepped up and taken responsibility for himself and others through this difficult time.”

**Father of Headland Client // Northern Beaches, Sydney**

“I have a teenage daughter and she was experiencing what we thought was some kind of mild social anxiety. Through her work with Tom she has been able to identify and explain some pretty significant underlying issues that had been building up over time. As they continue to work together I see my daughter becoming more confident, more empowered and more independent. Thank you Tom!”

Parent // Sydney, Australia

“A few years ago I founded a tech start-up in the UK. It has been... and continues to be... a rollercoaster ride! Despite being on the other side of the world in Australia, over the years Tom has guided me and helped me to make decisions as I have shaped my business, grown my customer-base, secured funding and refined our product. He has helped me to make sure that the work I do adds value not just to my clients, but also to what I want to achieve with my own life.”

Entrepreneur // London, UK

“I have strived for perfection all my life, and that has created some issues for me along the way. Tom helped me to recalibrate what 'perfection' really means to me, helping me to lead a more fulfilled life at home and work.”

**Mum, Business Owner // Northern Beaches, Sydney\**

“After several years of competing in endurance running I was starting to find it hard to get motivated to train. In a couple of sessions Tom got me back on track... not just training, but really enjoying my running again.”

**Endurance Athlete // Northern Beaches, Sydney**

“I had been consistently drinking too much for a few years and it was starting to impact my life in a number of ways. Tom has helped me to change my attitude towards alcohol and my drinking is now under control and I am able to drink in moderation.”

**Father and Business Owner // Northern Beaches, Sydney**

“We have recently adopted a baby and the actual adoption process from the call to meeting our baby was very quick (just 3 days). In that time we were able to get prepared from a physical organising everything perspective however we did not have the opportunity to mentally prepare which meant that a couple months into our life as new parents, I hit a bit of a wall from a mental wellbeing point of view.

I worked with Tom in order to adjust my expectations of becoming a mum and deal with the overnight change in my own lifestyle. Tom was very kind and helped me see things from a different paradigm which allowed me to feel more in control and calm and most importantly, re-align my priorities.”

**New Parents // Northern Beaches, Sydney**

“My husband and I are due to have our first baby in a few weeks and whilst we are very excited I personally found myself overanalysing and worrying about how our potential different parenting styles might put pressure on our our relationship.

I have a desire to be a relaxed parent just like I’m sure my husband will be but I worried that I’d just parent in the same way that I was parented as a natural default. (My father was very strict.)

Tom helped me realise that there are many different ways of successful parenting and there does not need to be one good cop, one bad cop in your relationship if that is not the way you want to parent. I’m grateful to Tom for helping me see a different perspective and I recommend Tom and Headland Health very highly. Again - thank you Tom for helping me break down and re-evaluate my “tunnel” vision on this specific topic.”

**Mum and Dad to be // Northern Beaches, Sydney**

# YOUR EVOLUTIONARY BACKSTORY

If you're wondering why you're not feeling OK, this may help to provide some perspective and explain how the work we do together works.

There's been life on earth for about 3.5 billion years, but humans like us didn't rock up until about 300,000 years ago. Back then we weren't at the top of the food chain, we were just another link in it — more concerned about not being someone (or something) else's lunch than on finding our own lunch. Like every living cell in every living thing we had a single all-consuming priority: survive.

We developed what at the time was a cool survival feature called “negative bias”, basically the ability to assume the worst will happen and to recognise, remember, learn from and predict bad stuff.

It's actually the brain's way of keeping us safe by automatically and constantly looking out for danger so we could come out on top in life-or-death situations. This subconscious negative bias didn't just help us to survive, it helped us to dominate and clamber to top spot on the animal kingdom as the ultimate hunter-gatherer.

Fast forward to today... We may be 'civilised' and rarely find ourselves in critical life-or-death situations, but our automatic subconscious fight-or-flight wiring hasn't changed and is still very much in place and firing. This affects us in two ways:

We still continuously scan the horizon for threats. If we can't see a real one (like a sabre tooth tiger creeping towards us) we assume that there must still be some kind of danger so we'll either invent potential threats or we'll keep reliving previous negative experiences so we're always ready to protect ourselves.

If we perceive a non-physical threat we still respond in a physical way (sweaty palms, adrenalin burst, knotted stomach, etc.).

These are further amplified by the ways in which our lives are different to those of our primitive ancestors, creating unnatural physical/emotional imbalance...

- **Movement:** We've become sedentary and thanks to automation and ingenuity the majority of us don't use our bodies or move like we used to.
- **Diet:** the sugar-rich, highly processed foods we have created unbalance the blood that supports our bodies and fuels our brains.
- **Sleep:** We worship a 'false sun', that messes up natural sleep patterns with electricity and devices.
- **Connection:** We're paradoxically connected and disconnected like never before as screens replace face-to-face interaction.

And of course these unprecedented times of global pandemic has us scrambling to find a 'new normal'. So if you're not feeling OK, it's the result of an in-built need to survive that has evolved over millennia.

So, from your first breath you've constantly scanned the world around you for threats, both real and (mostly) imagined.

Every experience has shaped your filters and processes. And, because there's so much going on, many of these have become automatic subconscious habits occurring without you being in a position to control them. This can manifest in a number of ways as you:

- **Dwell** on negative experiences that may have occurred in the past
- **Worry** about what might (or might not) happen in the future
- **Avoid** the present by soothing and distracting yourself

In our work together we will help you to dismantle what isn't working for you and reassemble your thought processes so you can:

- See what is real and what's imagined
- Know what you can control (and accept what you can't)
- Overcome fear and embrace uncertainty and
- Ultimately make better decisions for your overall wellbeing and quality of life.

# HEADLAND<sup>o</sup>

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**Working With Children**

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