

# Havening Techniques® Change Lives

Havening Techniques are designed to help us let go of stress, trauma and anxious feelings so we can be free to live a life full of choice. And let's be honest, we've all had our moments this year given the uncertain and ever-changing times we're experiencing on the planet, right?



## What is Havening?

Havening is a psycho-sensory technique (I'll explain this further on), that can help us change the way we respond to external events so we can feel calm and in control. Sometimes when we're feeling stressed or under pressure an event may cause us to respond in what might seem like a disproportionate response.

Habitual and learned ways of responding can be changed by using Havening Touch® which is a gentle, efficient and often rapid way of changing the patterns within our brain without any side effects.

Havening is based on neuroscience and is all about training your brain to respond differently to the issue. Havening can help with:

- Emotional & psychological trauma
- Feeling anxious
- Fears, phobias & panic
- Shame, guilt & anger
- Chronic pain
- Emotional eating & cravings
- Self-esteem & confidence

## How does Havening work?

Havening is a psycho-sensory therapy which means it works with our neurology (the brain) combined with touch. Using touch, we create healing delta waves in our brain, (delta waves

are brain waves; mainly present during non-REM sleep, a time of replenishment & reorganisation of the brain) and these low-frequency brain waves can be harnessed to increase resilience and diminish emotional responses.

Havening works by triggering this low frequency electro-chemical response which sends a reassurance signal to your brain to alter the mind-body connection. This technique switches off your brain's 'alarm system' response associated with that particular event or issue which can prevent future unhelpful, unresourceful responses, allowing us to be our best selves in challenging situations.

Havening Touch can also be used to:

- Change our emotional state
- Generate new behaviours
- Support our goal-setting
- Build resilience & confidence
- Help us manage stress
- Build resilience
- Increase our performance & wellness
- Assist us with visualisation & generating creativity

## How can Havening help YOU?

Havening is a new technique which can help us change how we respond to certain situations or triggers. Havening Techniques can be used as a self-help technique we can share with family and friends or it can be facilitated.

*As a person who suffers from anxiety, I went to see Barbara for Havening sessions to see if it would help me. Havening was something I had not experienced before and I'm very grateful that I have now discovered it! Barbara instantly put me at ease the minute I walked into her room. After explaining to me the technique of Havening, we then put it into practice. At the end of our first session, I felt a deep sense of relaxation. Barbara has such a wealth of knowledge around how the brain works. She has taught me so much and it is thanks to her knowledge and Havening skills that I can now learn to live with my anxiety. – K Butler, Whangarei*



Hi! I'm Barbara 😊

For the last 13 years I've earned a living as a solopreneur, specialising in one-to-one coaching and training delivery, supporting individuals with a range of techniques and tools to activate their inner strength.

I have a passion for helping individuals grow their capability to create their best lives.

My experience in a variety of business settings, combined with my learning journey and NLP\* skills means that as my client, you'll receive exactly what you need to move forward, making the changes you want to make, at a pace to suit you.

My background over the last 13 years includes becoming an internationally accredited Coach (ICF), Master Practitioner of NLP as well as collecting a wealth of skills and experience through facilitating and training groups in educational and business settings. My experience includes working in government organisations, an international recruitment company and several privately owned medium-sized businesses.

Currently, I'm in the process of certifying as Tai Tokerau's first Havening Techniques Practitioner and I'm offering you the opportunity to experience Havening at a discounted rate while I'm completing my case studies. Once I've completed my case studies, Havening sessions will attract a full hourly rate for each session.

Given these times of change and uncertainty, I'd love to have an obligation-free chat to you about how Havening and Havening Techniques can benefit you and your family.

Would you like to know more?

Call me on 021 434 778 or email [barbara@bjprojects.co.nz](mailto:barbara@bjprojects.co.nz)



\*NLP = Neuro Linguistic Programming. What's that? It's a fancy way of referring to how we create systems and patterns to help us get through life with ease. We create these processes, strategies or habits of behaviour and just as we created them, we can un-create them if they're not serving us. NLP is all about creating strategies and habits of mind that support us to be our best selves.

