

# Positive Potentials Hypnosis

**SHEILA GROOMBRIDGE, H.B.A., C.Ht.**

## Consulting Hypnotist



Sheila Groombridge is a Certified Hypnotherapist, with specialty certification in both Childbirth Basics for Hypnotherapists, and Advanced Hypnotherapy. As a graduate of the renowned Ontario Hypnosis Centre, and member of the prestigious National Guild of Hypnotists, the client is assured that the highest ethical standards are followed. Compassionate and highly skilled, her background includes an Honours degree in psychology, music education, pastoral outreach, and working with children with special needs.

Her ongoing interest is to promote wellness of families, by assisting with pregnancy and childbirth through hypnosis. She assists clients with weight loss, fears, habit changes and much more. She offers both group and individually tailored sessions, in warm, safe and friendly atmosphere, providing clients with a unique and special experience...as they learn to use the wonderful resources of their subconscious mind.