



## Celebrating Fabulous Women successfully launches on the South Coast

The popular 'Celebrating Fabulous Women' event is back by popular demand. This engaging one day event recently took place at the Langstone Quays Hotel on Hayling Island and welcomed delegates from a range of industries including: the NHS, education, health, hair and beauty.

Described as a 'spa day for your mind', this one day course encourages delegates to get rid of limiting beliefs, build confidence and live the life you want. Sharing insights and tips throughout the day, Dr Jo encouraged delegates to think about what is holding them back, overcome these fears and put in place goals and an action plan for a happier and more successful life.



Dr Jo is a practicing GP who also runs private practices on Hayling Island and in Harley Street, London. Dr Jo is passionate about helping people make the most of their lives, both in looking after their physical and emotional health and in gaining a better perspective. *"My goal is to reach out to people who need to break through a barrier in their life that is holding them back and help them start to live the life they want."*

Using an array of techniques including NLP, Thought Field Therapy, Psy-TaP and life coaching, Dr Jo can successfully eliminate phobias, reduce stress, overcome past traumas and empower her clients to live their best life.

Further dates for the Celebrating Fabulous Women events have been planned for 2019, Friday 3rd May and Friday 22nd November. Places are limited so please contact Dr Jo to register your interest on [info@drjowaddell.co.uk](mailto:info@drjowaddell.co.uk).

To find out more about Dr Jo's experience and services, visit [www.drjowaddell.co.uk](http://www.drjowaddell.co.uk).

### For many, the course has been a life changing experience.

**Sheryl Andrews** from Step by Step Listening commented "I got up the following day and I realised just how much I learned and how much of a transformation had taken place. I can't thank you enough. You have a unique gift and you attract fabulous people to you."

"I realised that I am my harshest critic and that this is really holding me back in my career and personal life. Working through some of my fears, looking at how I think, I have realised that I can actually have a more positive and confident approach. It was also really useful to formulate some goals and put together a collage. The whole day has inspired me to focus on some key areas which will help me to achieve some of my aspirations for the future."  
**Joanna Young**

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