



LEEL

LIBERATE EMPOWER ELEVATE LOVE

Your Path to Lasting Transformation

I support clients through Rapid Transformational Therapy and Subconscious Work to create lasting change, often within just one session. By addressing patterns at the root, we restore confidence, clarity, and emotional resilience.

EMPOWER YOUR RELATIONSHIP AND FAMILY CONNECTIONS

Do you find yourself repeating the same arguments, even when you try to avoid them? Do you feel emotionally distant from your partner, children, or loved ones—like something important is missing? Do you feel like you are walking on eggshells, afraid of rejection, criticism, or emotional withdrawal? Are old wounds, family dynamics, or past relationships affecting your current connection?

Whether it is a romantic relationship, family conflict, or difficulties with emotional intimacy, unresolved patterns and subconscious beliefs often play a huge role in how we relate to others. Rapid Transformational Therapy and Hypnotherapy allow us to explore these deeper patterns—many of which stem from early experiences or past relationships—and transform them at the root. By shifting these unconscious programs, clients often report feeling more connected, more secure, and more empowered in how they relate to the people closest to them.

- Communication breakdowns
- Repeating toxic or painful relationship patterns
- Difficulty opening up emotionally
- Parental conflict and family dynamics
- Feeling unworthy of love or attention

Together, we can create space for healing, reconnection, and deeper, healthier relationships—with others and yourself.

ANXIETY, CONFIDENCE & DEPRESSION

Relief from uncontrollable worry and physical symptoms like a racing heart or sleep issues. We address low confidence and self-sabotage.

PHOBIAS & FEARS

Break free from fears of flying, public speaking, or social anxiety. We uncover root causes and rewire your reactions.

SMOKING & ADDICTIONS

Uncover and reprogram the subconscious patterns that maintain addictive behavior to regain control and live life on your terms.

SELF-ESTEEM & IMPOSTOR SYNDROME

Build authentic self-esteem and overcome performance anxiety. Reclaim courage, clarity, and your true potential.

PHYSICAL CONDITIONS

Explore the psychological roots of chronic conditions like Migraine, IBS, Fertility, eczema, or fatigue to improve quality of life.

WEIGHT & BODY IMAGE

Rewire your relationship with food and your body. Address emotional eating at the subconscious level for sustainable health.

GRIEF & LOSS

Release emotional blocks and find clarity after loss. Support healing from within to reconnect with joy and meaning.

MONEY & SUCCESS BLOCKS

Uncover subconscious beliefs around abundance and leadership. Clear the path for career growth and financial freedom.

FOCUS & PERFORMANCE

Rewire blocks like fear of failure. Enhance concentration and clarity for peak performance in exams, interviews, or sports.

How to move into your joy season:

- Book a Discovery Call with Erika - 30 minutes to understand your current needs.
- Erika will recommend a 30, 60 or 90 journey tailored to your healing.
- Book your complimentary call today (terms apply).
- Not listed? Book a consultation to see if RTT is right for your specific needs.