



MANAFARU
MALDIVES

Laura Husson

1st to 7th August 2024



Laura Husson is an acclaimed Transformational Life Coach with an impressive repertoire of skills and qualifications that make her a standout practitioner in the field of personal development and mental wellness. As a Master Neuro-Linguistic Programming (NLP) Facilitator, Laura brings a wealth of expertise in guiding individuals through profound personal transformations. Her training extends to clinical hypnosis, TIME Techniques, and comprehensive life coaching, allowing her to offer a holistic approach to personal growth and healing.

Laura's signature offering, The SHIFT Session, is a unique, 90-minute experience that seamlessly integrates her diverse skill set to cater to your specific needs. Whether you're seeking to overcome limiting beliefs, enhance your mental clarity, or embark on a journey of self-discovery, Laura's empathetic and intuitive approach ensures a deeply impactful session tailored just for you.

Let Laura Husson guide you towards a more fulfilled and empowered self.

Menus are subject to change up to one week prior to the Visiting Practitioners arrival.

Please contact spa.manafaru@jaresorts.com for bookings.



THE SHIFT SESSION 90min

Laura's signature session blends Master NLP, clinical hypnosis, TIME Techniques, and life coaching into a powerful, personalized experience. Perfect for addressing specific issues, gaining clarity, and making significant life changes.

MIND MASTERY 60 min

Focus on mastering your thoughts and emotions using advanced NLP techniques. Ideal for stress management, boosting confidence, and improving mental resilience.

HYPNOTIC HEALING 60 min

A deep dive into clinical hypnosis to help you overcome phobias, reduce anxiety, and enhance overall mental well-being. Experience the therapeutic benefits of a trance state under Laura's expert guidance.

TECHNIQUES TRANSFORMATION 75 min

Explore and release deep-seated emotional blocks with TIME Techniques. This session is designed to help you let go of past traumas, resolve inner conflicts, and create a positive future outlook.

LIFE CLARITY COACHING

Gain clarity and direction in your personal and professional life with a focused coaching session. Perfect for setting goals, overcoming obstacles, and designing a life you love.

EMPOWERMENT WORKSHOP

Join Laura in an interactive group workshop designed to empower and inspire. Through a combination of NLP, group hypnosis, and coaching exercises, you'll gain tools to enhance your personal and professional life.

INNER PEACE MEDITATION

Experience guided meditation sessions aimed at promoting relaxation, reducing stress, and enhancing inner peace. Perfect for unwinding and reconnecting with your inner self amidst the tranquility of the Maldives.

