

Anxiety Relief Collective

A small community sharing therapeutic reflections, insights and practical strategies



Join a private monthly session held by Emma and connect to a small community of likeminded people who are taking back control and finding relief from anxiety.

LED BY EMMA DRAYCOTT

Anxiety relief therapist, hypnotherapist and coach

A UNIQUE EXPERIENCE

This collective has been introduced to offer you a unique experience to connect with like-minded people who are also experiencing anxiety and on their own journeys.

Everyone's experience is unique to them but there are also things that you share with others and I want to offer you the opportunity to really feel that you are not alone feel connected to others that share some of your experiences, understand what it is like and that are able to offer their valuable insights and support.

There is a wealth of evidence that shows being connected in such a way has huge benefits therefore I am super excited to offer this. Connected with likeminded individuals who have their own wealth of experiences (experts by experience) and being led by my own experiences, therapeutic insights and knowledge is an incredibly powerful place to be. Emma



What's Included

- 1 monthly session led by Emma Draycott on a private video call
 - Access to a private Facebook group
 - Opportunity to submit questions, scenarios, queries and topic suggestions for Emma to respond to in the session
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FREQUENTLY ASKED QUESTIONS

What if I can't make the time? The session will be recorded so that you are able to watch the session at a time that suits you.

What will be covered in the session? Emma will choose a topic/topics to cover based upon the questions, queries and scenarios shared with her prior to the session.

Do I have to have my camera on? No this is your choice. Emma will invite you to have your video on as this will increase the value of the session as Emma is able to offer a more dynamic session when she can see individuals.

Do I have to talk? No this is your choice. You will be invited along with others in the group to join in the topic of conversation using the chat function in the video call and or to join in the conversation in the call but this is optional.

What if I don't have Facebook? You can join Facebook which is a free application for the purposes of this group. You can have a private profile if you do not wish to participate in the other functions of Facebook.

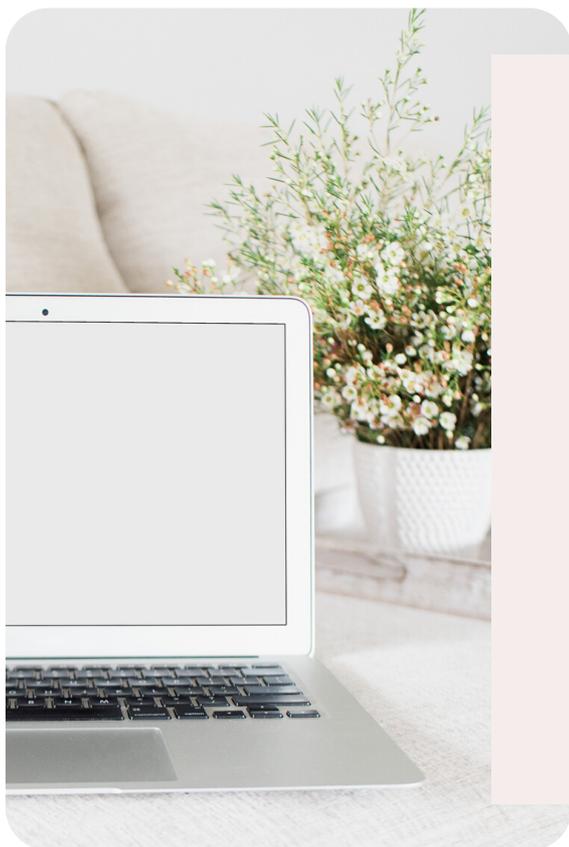




How it will work

1. Join the anxiety relief collective by signing up for the monthly subscription (no contract or tie-in).
2. You will be invited to the private Facebook group where you can connect with your fellow community.
3. Share your questions, queries, scenario or subject suggestion. You can do this on the Facebook group or privately by email to Emma
4. You will be invited to a session via Microsoft teams which Emma will lead and share her reflections, insights, therapeutic strategies and invite the group to share their experiences if they wish to.

“Creating a safe space is of the utmost importance to me therefore what you share privately (questions, queries, scenarios) with me in preparation for the group call will be referred to anonymously to inform reflections and insights within the session. In addition to this, you will be given the choice to engage in the group and the video call in a way that feels comfortable for you. Emma



Designed for you

The anxiety relief collective is designed for all stages of support and would work well as an introduction to therapeutic support, in addition to receiving therapeutic support and following therapeutic support as a way to maintain your progress and keep connected.

SOME OF THE BENEFITS

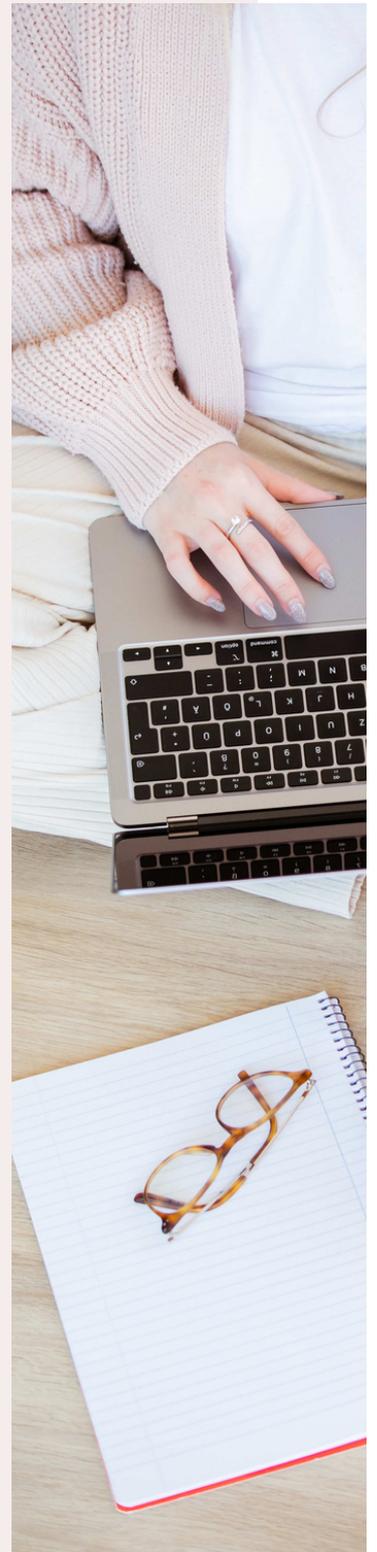
1. Feel connected, supported, validated and not alone in the challenges you face as you know now and are connected with others that feel, think or do that too.
 2. Feel empowered, motivated, and more able to cope and make positive changes because of the support in the collective, new ideas, tips and helpful strategies.
 3. Get to input your scenarios, topic suggestions and questions so that the sessions feel personalised to help you. Listen to others that you may not have thought of yourself but that is very relevant and helpful for you.
 4. Get more therapeutic support to boost your progress and get you closer to your goals, at a super valuable price.
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Respect, kindness and non-judgmental – an agreement of the collective

Joining this group may feel quite out of your comfort zone and in joining and participating you may feel a little vulnerable. It is commendable that even though this may be true for you that you still join as a way of supporting not only yourself but this community and others.

This will also be true for others in the group so it is important that we support others in feeling safe and treat them with kindness, respect and non-judgement that we would like for ourselves in joining this collective.

This way we all provide each other with a safe, welcoming, supportive, encouraging place to be.



Isn't that a beautiful place to be

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I would love for you to take this opportunity for you, even if it feels a little out of your comfort zone. I would love for you to have a little extra space for you, for you to know that you are not alone and get access to something very special that could help you in immeasurable ways . I invite you to take that step.

Join me and likeminded others.

I would like to take the next steps

Head to www.emmadraycott.co.uk/ and sign up for the Anxiety Relief Collective monthly membership. There are no contracts you are welcome to cancel at any time if you wish.

You will then get access to a private website area exclusively for Anxiety Relief Collective members. You will also get access to the Facebook Group which you can join at www.facebook.co.uk/?????? and you will receive a monthly invite for the live session.



Anxiety Relief Collective

If you have any questions or would like to speak to me further about the anxiety relief collective then please email me or book in via my website for a complimentary call

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www.emmadraycott.co.uk



With love
Emma

