

home

Life is full of Adventure and Beauty waiting for you to reach out for it. Do not let anything stop you from being able to experience life in its full range. If you feel that something is stopping you from doing this to some extent, we can help you out.

We have more than 20 years of experience in helping people from all kinds of backgrounds to reach their goals in life. Our past clients have included Olympic Athletes and Business leaders from different parts of the World. We have a Professional background as Registered Psychologist(s) of Health Boards in countries like Australia, New Zealand, Norway & Sweden.

Our way of working is based on modern Western techniques within the field of Clinical Hypnosis, Mental Training and Life Coaching, combined with certain areas within Eastern philosophies.

By working with yourself in the way you will do when you choose us as Coaches, you will learn to increase and mobilize your mental and physical abilities in ways that will enable you to overcome obstacles, small or big, that you might experience standing in your way.

You will do this by:

- Learning to take control of your thoughts, feelings and physical body.
- Learning to relax and disconnect from any kind of unnecessary sensory information coming from the outside or inside world.
- Learning to process and thereby deal with any kind of experience that is stored in your brain.
- Focus on whatever is important for your comfort and progress in every situation in life as a whole.

If you want to work with yourself in the most effective way, it has to be based on intensive, individually-tailored coaching. You can choose to do this at our clinic in Singapore or at our health resort in Phuket Island, Thailand. We can also do this at other places that you might prefer as we adjust our services to suit you in the best possible way.

Why not give yourself an extra chance in life and test our program for self-improvement ?

For Personal Coaching, Please Call us at
(+65) 9456 8805

or Email us: info@ExpaTherapy.com