

How a Sunday morning course helped turn their lives around



Self-development expert and hypnotherapist Brenda El-Leithy at work in Sutton.

IF you find yourself singing Peggy Lee's "Is that all there is?" and believing it, then maybe this will interest you.

Intrigued by the claims of fellow workers that Brenda El-Leithy offers a course to open up your life in ways you never dreamed of, I decided to test the water.

And one Sunday morning found me with half a dozen other women – each totally different in background and intelligence – but united in the common belief that there has got to be something more to life than the daily treadmill.

A mouse on a wheel – (albeit a familiar wheel) – I was about to discover how to claim a more fulfilling future and balance work and play a little better.

We settled down in Brenda's comfortable lounge in Greenford Road, Sutton, where she runs her Women in Transition programme to include the "Excuse me your life is waiting" workshop – and over the next few hours, our lives were turned around.

To be truthful it was us that turned around, happy to take the reins and a different perspective of the daily grind as we had come to know it.

Personal development trainer,

by Patsy Payne

healer and hypnotherapist Brenda, working from the best-selling *Excuse me your life is Waiting*, book, takes us through the amazing world of emotional positivity.

It is based on the premise that our world is created by the way we "feel" rather than the way we think.

Learn how to manipulate those feelings and a whole new world opens up, as Brenda clearly demonstrates.

We learn how to stop being the victim, stop just jogging along and instead fuel our being with pure positive energy.

Ready to go, the workshop left each one of us with much to think about, take home and activate and a feeling of hope and positivity.

Each one of us came away with "plans" and "aims" that have subsequently been actioned – life is definitely sweeter and each day is an adventure.

Brenda has been running similar workshops for years, and the dynamics of this one, are equally applicable to men, but in this instance aimed at specifically at women.

She explained: "I work with people who want to change something in their life and are ready to make that change.

"Women in transition is a programme designed to ease the path to change.

"More and more women are experiencing transition periods in their lives. Gone are the days of unquestioning acceptance of what is and what is to come. Now, there is a greater opportunity to make choices – in career, business, lifestyle, relationships, and self-expression. "And for this, women need not just the practical guidance and training, but also the guts to get up and go for it, the confidence and self-belief without which training has no effect," she added.

The emphasis is on accepting responsibility for your future by changing your thinking and feeling patterns.

For those who are ready to do something about it, the next one-day workshop is on July 16 and there's an abridged version later in the month in London.

If you're looking for the missing link that could turn your life around – this may well be it.

● Brenda can be contacted by calling 020 8770 0510