



8 Steps

I USE TO HELP YOU ACHIEVE A BETTER MORE MEANINGFUL LIFE

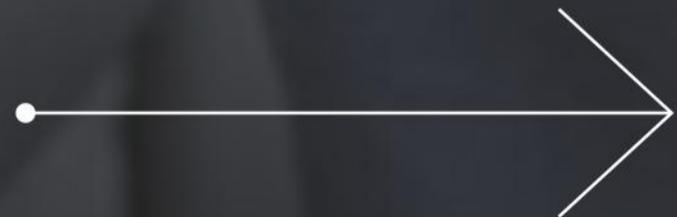
with Robert Edmanson-Harrison (AMRSPH)



Steps 1

Self Discovery

We will take a look at your core values, passions, and strengths. The first step to a meaningful life is knowing yourself.

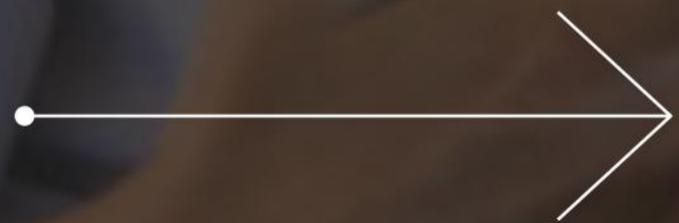




Steps 2

Define Your Goals

I will help you reframe your negative thoughts and self-doubt challenges. You'll find growth will start when you truly believe in yourself.





Steps 3

Overcome Limiting Beliefs

Using my knowledge of NLP and other modalities we will tackle your Life limiting beliefs and I will show you how you can use some simple strategies to prevent and curtail any negative thoughts you may have going forward.





Steps 4

Develop an Action Plan

I will help you turn your goals into actionable steps. Remember...A dream without a plan is just a wish.





Steps 5

Build Positive Habits

Small daily actions lead to big results. I will advise you on where you start in terms of incorporating habits that support your vision.





Steps 6

Stay Accountable

Surround yourself with positive mentors or accountability partners to help you stay on track.





Steps 7

Embrace Growth Mindset

Failures are lessons in disguise. Keep learning, adapting, and growing.





Steps 8

Celebrate Your Progress

Even after our sessions end I would really like it if you let me know about your achievements, big or small.

REMEMBER....Every step forward counts!

I love to hear about how my clients progress under their own power after we set you on a new life pathway.





START YOUR JOURNEY TODAY!

When we meet, please let me know which of the above steps resonated with you most?



REHvolution Services

Business | Therapy | Coaching | Mentorship | Training Academy

Email: contact@rehvolution.online | Tel: 07624 266075

WELCOME LETTER FROM ROB – REHVOLUTION SERVICES

DEAR CLIENT,

WELCOME TO REHVOLUTION SERVICES — AND THANK YOU FOR TAKING THIS COURAGEOUS FIRST STEP TOWARD YOUR HEALING, CLARITY, AND PERSONAL GROWTH.

WHETHER YOU'RE HERE BECAUSE LIFE FEELS OVERWHELMING, RELATIONSHIPS ARE UNDER STRAIN, OR YOU SIMPLY FEEL A LITTLE LOST RIGHT NOW, PLEASE KNOW THAT YOU'VE COME TO A SAFE SPACE WHERE YOUR VOICE WILL BE HEARD AND RESPECTED. IT'S COMPLETELY NATURAL TO FEEL UNCERTAIN OR NERVOUS ABOUT STARTING THERAPY OR COACHING — MANY PEOPLE DO. BUT YOU'RE NOT ALONE ANYMORE, AND YOU WON'T BE JUDGED HERE.

MY NAME IS ROB, AND I'M THE FOUNDER AND PRACTITIONER BEHIND REHVOLUTION SERVICES. I COMBINE A WIDE RANGE OF THERAPEUTIC AND COACHING APPROACHES — INCLUDING NLP (NEURO-LINGUISTIC PROGRAMMING), CBT (COGNITIVE BEHAVIOURAL THERAPY), SOLUTION-FOCUSED THERAPY, MINDFULNESS, MEDITATION, AND BREATHWORK — TO TAILOR EVERY SESSION TO YOUR UNIQUE NEEDS. MY WORK IS ROOTED IN EMPATHY, EMPOWERMENT, AND PRACTICAL TOOLS THAT HELP YOU MOVE FORWARD AT YOUR OWN PACE.

SOME SESSIONS MIGHT INVOLVE TALKING THINGS THROUGH, OTHERS MAY FOCUS ON BREATHING TECHNIQUES, VISUALISATION, OR REFRAMING UNHELPFUL THOUGHT PATTERNS. TOGETHER, WE'LL WORK TO IDENTIFY WHERE YOU ARE NOW, WHERE YOU'D LIKE TO BE, AND THE MOST COMFORTABLE, SUPPORTIVE WAY TO GET YOU THERE. THIS JOURNEY IS YOURS — AND I'M SIMPLY HERE TO WALK BESIDE YOU FOR AS LONG AS YOU NEED.

INSIDE THIS WELCOME PACK, YOU'LL FIND HELPFUL INFORMATION ABOUT HOW THERAPY SESSIONS WORK, WHAT TO EXPECT, FREQUENTLY ASKED QUESTIONS, AND HOW TO GET IN TOUCH IF YOU EVER NEED ANYTHING IN BETWEEN SESSIONS.

IF YOU HAVE ANY QUESTIONS AT ALL, OR IF YOU'RE FEELING UNSURE ABOUT ANYTHING, I'M JUST A MESSAGE OR PHONE CALL AWAY.

HERE'S TO YOUR HEALING, YOUR GROWTH, AND YOUR LIFE EVOLUTION.

WITH WARMTH,

ROB

MEET ROB – YOUR GUIDE ON THE JOURNEY TO WELL-BEING

HELLO AND WELCOME,

I'M ROB, THE FOUNDER OF REHVOLUTION SERVICES. MY PATH TO BECOMING A THERAPIST AND COACH HAS BEEN ANYTHING BUT CONVENTIONAL, YET EVERY STEP HAS BEEN INSTRUMENTAL IN SHAPING THE PRACTITIONER I AM TODAY.

MY JOURNEY BEGAN IN THE CORPORATE WORLD, WHERE I SPENT TEN YEARS IN BANKING. WHILE THE EXPERIENCE WAS VALUABLE, I REALIZED THAT MY TRUE CALLING LAY ELSEWHERE. A TRANSFORMATIVE MOMENT CAME DURING COVID-19, WHEN I HAD A MENTAL HEALTH CRISIS AND WAS INTRODUCED TO SEVERAL COUNSELLORS & THERAPISTS WHO INTRODUCED ME TO DIFFERENT THERAPUTIC PRACTICES FROM BREATHWORK TO NEURO LINGUISTIC PROGRAMMING AND SEVERAL MORE BESIDES.

ONLY AFTER SUCCESSFULLY TREATING MY CPTSD DID I REALISE THAT, NOT ONE BUT SEVERAL TECHNIQUES WERE THE REASON FOR OVERCOMING MY ISSUES. THESE EXPERIENCES IGNITED A PASSION FOR EXPLORING THE CONNECTION BETWEEN OUR BREATH, BODY, AND MIND.

EMBRACING THIS NEWFOUND DIRECTION, I CHANGED MY CAREER AND REFOCUSED MY ENERGIES INTO RETRAINING IN THE HEALTH & WELLBEING AREAS. ALL OF MY NEW TRAINING DEEPENED MY UNDERSTANDING OF THE HUMAN EXPERIENCE AND THE VARIOUS CHALLENGES WE FACE.

OVER THE PAST DECADE, I'VE DEDICATED MYSELF TO STUDYING AND INTEGRATING VARIOUS THERAPEUTIC MODALITIES, INCLUDING NEURO-LINGUISTIC PROGRAMMING (NLP), COGNITIVE BEHAVIOURAL THERAPY (CBT), SOLUTION-FOCUSED THERAPY, MINDFULNESS, MEDITATION, AND BREATHWORK. THIS DIVERSE TOOLKIT ALLOWS ME TO TAILOR EACH SESSION TO THE UNIQUE NEEDS OF INDIVIDUALS AND COUPLES, FOSTERING A SUPPORTIVE ENVIRONMENT FOR GROWTH AND HEALING.

AT REHVOLUTION SERVICES, MY MISSION IS TO ADVISE YOU TO FEEL MORE EMPOWERED, HEAL FROM YOUR TRAUMA AND TO HELP YOU NAVIGATE LIFE'S CHALLENGES WITH CONFIDENCE AND CLARITY. WHETHER YOU'RE SEEKING PERSONAL DEVELOPMENT, RELATIONSHIP GUIDANCE, OR COPING STRATEGIES?

I'M HERE TO SUPPORT YOU EVERY STEP OF THE WAY.

I LOOK FORWARD TO EMBARKING ON THIS JOURNEY WITH YOU.

WARM REGARDS,

ROB

REHVOLUTION SERVICES



SERVICES OFFERED

- **INDIVIDUAL THERAPY**
- **COUPLES THERAPY**
- **MINDFULNESS & MEDITATION COACHING**
- **NLP & CBT BLENDED SESSIONS**
- **SOLUTION-FOCUSED BRIEF THERAPY**
- **ONLINE & IN-PERSON OPTIONS**

YOUR FIRST SESSION:

WHAT TO EXPECT

YOUR FIRST SESSION IS ALL ABOUT GETTING TO KNOW YOU — NO PRESSURE, NO EXPECTATIONS. IT'S A GENTLE CONVERSATION IN A SAFE, CONFIDENTIAL SPACE WHERE YOU CAN SHARE AS MUCH OR AS LITTLE AS YOU'RE COMFORTABLE WITH. WE'LL EXPLORE WHAT'S GOING ON FOR YOU, WHAT YOU'D LIKE TO ACHIEVE, AND HOW I CAN SUPPORT YOU. EVERYTHING IS TAILORED TO YOUR PACE. WHETHER YOU NEED SPACE TO TALK, LEARN COPING TOOLS, OR SIMPLY BREATHE AND REFLECT — WE'LL SHAPE YOUR SESSIONS TOGETHER.

A WORD FROM SOMEONE WHO'S BEEN THERE

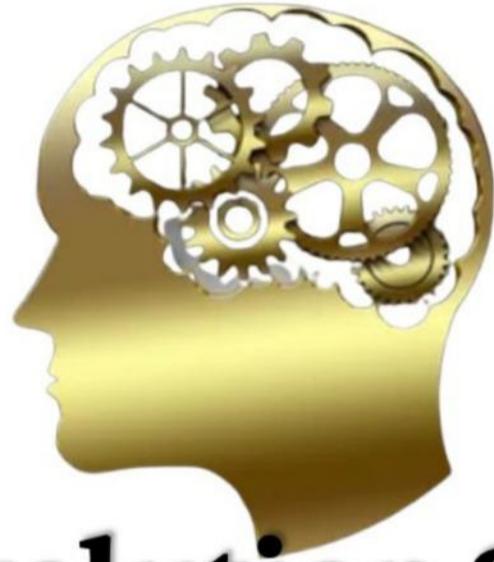
"I WAS NERVOUS WALKING IN, BUT ROB MADE IT FEEL LIKE TALKING TO A TRUSTED FRIEND WHO TRULY LISTENED. AFTER JUST A FEW SESSIONS, I FELT LIGHTER, CLEARER, AND MORE CONFIDENT IN MYSELF. IT WAS THE SUPPORT I DIDN'T EVEN KNOW I NEEDED."

— CLAIRE

OUR CLIENT-FIRST VALUES

AT REHOLUTION SERVICES, EVERYTHING BEGINS WITH YOU. WE HOLD THREE CORE VALUES AT THE HEART OF EVERY SESSION:

- **RESPECT** – YOU ARE THE EXPERT ON YOUR LIFE. WE LISTEN AND WORK WITH YOU, NEVER OVER YOU.
- **EMPATHY** – YOUR FEELINGS ARE VALID. YOU'RE MET WITH CARE, NOT JUDGMENT.
- **PROGRESS** – WHETHER BIG STEPS OR SMALL SHIFTS, WE CELEBRATE EVERY BIT OF GROWTH.



REHvolution Services

Book your session today!

<https://rehvolution.online/book-a-therapy-session>

TEL: +44 7624 266075

EMAIL: CONTACT@REHVOLUTION.ONLINE

WEB: HTTPS://REHVOLUTION.ONLINE/