

## Give a Gift of True Freedom to Someone You Care About

**Do you know someone who you think might gain from counselling?**

There's nothing like a personal referral to give a person confidence in taking the first step in speaking to a Counsellor. And we'd like to say a big thank you for any referrals that you make.

For every client you refer to me for a free initial consultation I will thank you with one of the following on your request:

- An illustrated and structured Wellness journal to keep you focussed on ongoing self-care [The-positive-planner](#)
- Donation £25 to your favourite charity.
- A free Full Session or Post Counselling Maintenance session for yourself and your referred friend's first full session free of charge after their Initial consultation.

Please ask your friend or relative to email [s.cunliffe.counsellor@gmail.com](mailto:s.cunliffe.counsellor@gmail.com) and say they have been referred by you and we will take it from there. We will then be in touch with you to find out which gift you would like.

**Thank you!!**

**Sarah Cunliffe – Emotional Therapeutic Counsellor/NLP Practitioner**