



I teach people how to rewire their brains for less stress, reduced anxiety and more resilience. I do this on a one to one basis in my private therapy and coaching practice, as well as delivering training to senior leaders in businesses and schools.

Get In touch



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About



Lisa Jones
Therapy • Coaching • Training

Supporting Your Wellbeing

Lisa Jones is a multi award winning, science driven, fact-based therapist, coach and passionate trainer who believes everyone should be taught essential life skills to confidently manage the stresses in life.

Lisa specialises in Applied Neuroscience and the Brain – Mind – Body connection. She absolutely believes in prevention and early intervention, and teaches people how to rewire their brains for more resilience, less stress and reduced anxiety.

Lisa is a fully qualified and insured Psychotherapist, Counsellor, Wellbeing Coach and Mental Health Consultant registered with The British Association for Counselling and Psychotherapy (BACP). She is also a senior accredited member of The National Counselling and Psychotherapy Society and The Association for Coaching.

Lisa offers one to one services in her private practice as well as evidence based, neuroscience informed training to businesses and schools specialising in Mental Wellbeing, Stress Management and Resilience.



What We Do

One to one Therapy, Coaching and Training for you and your team.

In the past year, 74% of people have felt so stressed they have been overwhelmed or unable to cope according to YouGov.

I see so many people struggle and burn out because they just don't ever stop. This causes chronic nervous system dysregulation leading to many other issues. I understand how that feels and can teach you how to take back control and feel less overwhelmed, stressed and exhausted.

I can teach you and your teams to promote positive mental health, build resilience and strengthen wellbeing.

WORKPLACE WELLBEING TRAINING

Rooted in research, our in-depth, evidence-based training is designed to give you and your teams a deeper understanding of mental health and wellbeing, teaching you how to reduce stress and anxiety and build resilience using practical neuroscience informed techniques and coping strategies.

BESPOKE SERVICES

I understand that every individual and working environment is different. I can tailor my services to meet your needs. From a lunchtime workshop to Mental Health First Aid Training and Supervision, we have something for you.



ONE TO ONE INTEGRATIVE THERAPY AND COACHING SERVICES

Is stress controlling your life?

Are you feeling overwhelmed and burnt out?

Do you just want to get back to being you again?

If you want to improve your wellbeing, change limiting beliefs, create positive patterns of behaviour and learn how to get back in control and enjoy life again, then I recommend we start by having a chat and explore how I will guide and support you back to health and wellbeing.

My approach is solution focused and person centred with a specialism in Applied Neuroscience and brain health.

I provide a specialised service tailored to you as an individual using a variety of methodologies including Coaching, NLP (Neuro-Linguistic-Programming), Applied Neuroscience, Counselling, Psychotherapy and Hypnotherapy.

Testimonials

What Other People Say

"I came to Lisa very lost and in a difficult place, struggling with health anxiety, depression, trauma, and a multitude of other issues that impacted my ability to enjoy life.

I am now in a completely different place. Lisa's approach to mental health is revolutionary. Through my learnings from Lisa I have found a balance of having compassion for myself, ways to process my emotions and connect, but also taking control of my life whilst changing my entire view of myself. Nothing ever felt unmanageable with Lisa and I just can't believe the shell of myself that I was only a year ago, to the joyful, happy, loving, driven and positive person I am now. I feel very excited for this next chapter in my life, thank you Lisa!"

- Els

"Lisa's workshop was incredibly insightful and engaging.

She provided our team with practical strategies and tools to recognise and manage stress while boosting personal resilience.

The session was not only informative but also enjoyable, making it a valuable experience for everyone involved."

- Beth Miles - Help for Heroes

"Lisa is an outstanding trainer. Her skill lies in her ability to impart to others an understanding of their own well-being, what affects us and how we can make small but significant changes to improve ourselves and so help everyone. Her calm, kindly approach is most authentic and made all those on the training day feel that they had something to take away with them and build upon. One of the very best trainers we have had here at QEH Junior School."

- David Kendall, Head Teacher, QEH Junior School

I was lucky enough to find Lisa online and began to see her for help with depression/anxiety/self esteem issues I have been suffering with since my late teens.

I wasn't sure what to expect as I have seen so many different people over the years. However, I found our sessions incredibly helpful and really transformational. I think she is the first therapist I've seen that I can hand on heart say really did make a massive difference. Lisa is very kind, caring and incredibly easy to talk to. She doesn't judge you and takes you at face value. I would not hesitate in recommending Lisa's services."

- Steve

