







About me

As a therapist and mindset coach, I use a combination of psycho-education, therapeutic techniques, and interactive learning strategies, to inspire and educate people of all ages in all things wellbeing. I create and facilitate workshops for schools, companies, charities, and local councils.

Helping people to cultivate a healthy mindset, and understand the importance of prioritising their mental health is something that I'm very passionate about.

www.mollyscarletttherapy.com

Contact Me

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A groundbreaking and unique approach to inspiring and motivating



MOLLY  SCARLETT
THERAPY



Using therapeutic strategies to transform minds

Educating and Enhancing Lives

mollyscarlett9@gmail.com

My Services



✓ School Wellbeing talks/workshops

Prices start from £150

This includes assemblies, workshops, and lessons. These can be created and facilitated based on school desire and cover topics such as:

- Employability Skills
- Exam success
- Facing rejection
- Cultivating a positive mindset
- Resilience
- Understanding emotions and emotional wellbeing
- Managing stress
- Raising aspirations

✓ Wellbeing Workshops

Prices start from £150

These informative and engaging workshops/talks help to cultivate a healthy workplace. They allow staff to feel supported and valued in their role while promoting mental health awareness, and overall well-being. They also support a reduction in staff sickness and attrition. Workshops cover topics such as:

- Managing stress
- Creating a healthy work/home life balance
- Building resilience
- Building a Success mindset
- Creating confidence
- Managing your emotional wellbeing
- Womens Hormonal Health
- Cultivating a positive mindset

✓ 1-1 mindset coaching/ hypnotherapy

Prices start from £55

A unique approach to therapy combining therapeutic approaches, with mindset coaching and psycho-education. Session duration ranges from 30mins - 2.5 hours depending on client need. Sessions can be booked in blocks of four. The therapy uses regression and root cause therapy to assure that not only symptomatic behaviours are challenged, but it also delves into the subconscious mind to transform core belief systems and heal trauma.

✓ 1-1 staff wellbeing coaching

Prices start from £55

Wellbeing coaching for staff based on company need. Covering mental health first aid, mindset coaching, emotional wellbeing checks, and risk assessment.



My workshops and keynote talks can be personalised and designed based on client needs. Session duration can range from one hour to a full day, and even a course of innovative and engaging insight into the power of building a positive and resilient mindset.

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What is Mental Health?

Mental health is a person's psychological well-being, including emotions, thoughts, and behaviors, impacting daily life and overall health.



Cultivates a healthy workplace



Helps staff flourish and maximize their full potential



Reduces sickness and staff attrition



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