

Ann Gibson

NADA GB Trainer For Ireland

Telephone: 02891889002 Mobile: 07738962012

Email: anngibson0@gmail.com

I am passionate about enhancing individuals well being, encouraging each of us to consider ourselves holistically; looking at how we synchronise body and mind so that we live and work at our optimum level. The NADA protocol allows us time out to enhance our own well being.

I originally trained as a Therapeutic Radiographer in the NHS, giving treatment for Cancer. Having seen the benefits of complementary therapies alongside these treatments, I was inspired to pursue a different career path in 2009 when I opened my own business Re-Balance your life: Holistic Therapies. I am a fully accredited member of the Federation of Holistic Therapies (FHT) and a member of the Complementary and Natural Healthcare Council (CNHC).

I believe in a patient centred approach and I use this within my own practice so that I provide quality care using my full skill set of massage, acupuncture, aromatherapy and Reiki. I use acupuncture as a standalone treatment but also combine it with other treatments as I find it enhances my clients' well being. I have a background in treating addictions, stress management, cancer care, fertility and mental health. I also provide courses in schools and businesses on stress management and coaching for success where I tailor programs to suit the group's individual needs. I am an experienced course trainer working with all ages.

I became a NADA Trainer as I found access to courses to be limited in Ireland, particularly for stand alone therapists and I wanted to widen the availability of NADA training courses. NADA treatments are beneficial to all ages and to those in all walks of life, simply as an aid to deal with life's daily stress. They are particularly beneficial for health care staff who work for drug and alcohol organisations, prisons, stress management, mental health centres, cancer care environments, Accident and Emergency and secondary schools, amongst others.

If you are interested in having some of your staff trained or if you are a sole person and wish to join a group for training, do not hesitate to give me a call to discuss your requirements. I am also prepared to travel, to run courses throughout Ireland and other locations such as Scotland if the need exists.

Qualifications:

NADA Trainer
Nada Practitioner
Auricular Microsystem Acupuncture Therapist
Facial Microsystem Acupuncture Therapist
Diploma in Therapeutic Radiography (DCRT)
Reflexology Diploma
Aromatherapy Diploma
Indian Head Diploma
Reiki Master
Hopi Ear Practitioner