
10 Week Turnaround

MATT PEPPER
FEEL GOOD

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10 Week Turnaround

The 10 Week Turnaround is a transformative programme for people who feel ready to make positive changes both in how they are feeling and in their life. They know that there is more out there for them but feel unsure how to get there.

Taking back the reins

I help you regain control of your life, learn how to think and feel better even in tough times and above all learn how to be yourself and not what you believe others want you to be. From my last 15 years of experience I am finding this programme the best and quickest way to make a real difference.

It works on the principle that when we can improve your happiness levels, help you over any personal hurdles or through any stresses that you are carrying, you will start feeling back to yourself again and your life will seem, feel and become a whole different place.

It doesn't matter if you are experiencing : feeling stuck, unhappy, lack of a good relationship, burnout, a work problem or simply wanting more in your life, we can make sure we get you where you want to be.

It is especially useful if you feel stuck in a rut and can't see which way to turn.

Benefits to you

- Reduce any personal or work stresses or worries naturally.
- Gain clarity and clear direction through challenging situations
- Overcome physical health problems with natural remedies
- Improve energy levels
- Improve happiness levels
- Help you find 'Your Zone' where you function at your best
- Find your "healthy" confidence level where you are happy to be you
- Come out of repeated negative cycles in life.

People find the sessions uplifting, discovering a greater sense of self awareness which enables them to deal with situations more positively.

Tailored to you

We tailor the sessions to you, help improve your emotional well being and also sort any physical health problems that may be niggling you with safe, gentle and non-toxic remedies. The tailored sessions and correct Homeopathic medicines help enhance well-being, reduce stress and worry and help you get back to being your natural vibrant self.

The programme involves

A weekly 60 minute one-to-one session

Weekly telephone support — we can talk on the phone when you feel stuck, this makes sure you keep momentum and we work through any 'stuckness' if it arises (up to 60 mins per week).

All Homeopathic medicines needed to help sooth emotions, improve esteem or turn around any health problems.

The luxury of a home visit for your ease and comfort should you prefer.

For the 10 weeks we do whatever it takes — You are my priority. I am available to help, support and guide through the whole time, to get you feeling great and going in the right direction.

Availability is limited: I only work with 3 '10 Week Turnaround' clients at any one time.

I always recommend we have an initial chat to make sure this is right for you.

10 Week Turnaround — Testimonials

Emma, Musician
Muswell Hill, London

I was exhausted, over anxious, lacking in confidence and feeling very unlike myself when I went and met Matt Pepper.

At the first session Matt listened, asked a few questions and then calmly explained how he knew without doubt that I could re-become the happy clear headed optimistic bubbly person I had been before (that's years and years before).

But how?! Really?! We could clear years worth of pretence / people pleasing / guilt etc (the list was long...). Amazing! That sounds great, yes please!

Matt taught me 'tricks' for getting myself back on my track if I started to waver. How to be in tune with myself and honest about my feelings. Acknowledging them, without wallowing in them. I learned that emotions should just flow - sadness is ok - feel it, acknowledge it, but don't wallow and indulge in it.

I am calmer, stronger, more patient and a thousand times happier - and all just by being me!

I think everybody would find Matt's insight into life hugely beneficial, whatever angle you were coming at it from.

Sarah, Company Director
Chelsea, London

I would have no hesitation in recommending Matt Pepper to friends and colleagues. He is a true professional and the sessions do exactly what they say on the tin. It was thanks to his programme that I got my mojo back.

Matt's approach is very relaxed and the sessions were more like catching up with a friend as he puts you at ease, helped by the fact the sessions were in my home. He listens, puts things into perspective and never judges.

If you have come to a crossroads in life, asking for help is not a sign of weakness but a good move. Getting my mojo back has given me the power to love myself again and also to love and I now have a wonderful man in my life, something I never thought would happen.

Worth every penny for my sessions with Matt and I will miss the weekly catch-ups!

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About Matt

As a young teenager Matt suffered from fatigue, at times too weak to walk, even talking was an effort. Doctors tested and theorised what the problem may be but were unable to offer any solutions.

A route to recovery was chosen with Homeopathic medicine and quickly he was back to full health. This experience inspired him to pursue Homeopathy as a career. He wanted to learn about this practice that could help stimulate the body and mind back to a natural state of wellness.

Matt qualified at the age of 23, and helped people with many common ailments from skin conditions to digestive problems to sleep issues. It became clear that behind many of these physical symptoms were stories of stress, sadness or even trauma; was there a link?

A happy guy by nature, Matt was intrigued to learn why at times his emotions kept yo-yo-ing, why things were stressful, why life sometimes felt a struggle. What could he do to change this?

So, with his own personal happiness at the forefront, he visited counsellors, therapists, psychologists, sat on mountains with teachers, learning and listening. Not all of it worked for him, but he took the bits he liked and the ideas that felt good and focused on those.

In giving over 10,000 consultations he has gained extensive experience of what it takes to improve someone's state of mind. Under Matt's guidance people transform their mindset and outlook, cast off their stresses and find their new direction.

Matt's insightful sessions combined with the natural medicines, produce results which are empowering and life changing. Many people, including captains of industry, media high flyers and people from the world of film and entertainment, seek his assistance in improving their health, outlook and their future.