

“Past hurt and pain which has held me back for years has disappeared. I could not recommend Accomplish Change highly enough. As the saying goes, ‘seeing is believing’ and if you have problems that you just can’t seem to banish, I strongly suggest that a trip to Aisling or Ray will indeed change your life.”

**Professional Sports Competitor : Dublin**

“Aisling, you are a unique and talented individual with immense interpersonal skills. A solution – orientated professional with heart, therapeutic skills and a tenacious business acumen. You have helped me resolve my problems and move on. We have moved mountains together. Thank you”

**Company Director : Meath**

“Ray, along with great patience, you have an incredible way in working with me. You have helped me work through my emotions and fears around eating patterns and I am happy to say that I now am emotionally grounded and have a healthier balance in my relationship with food”

**Prison Officer: Ireland**

“I feel so much better for having had these sessions with you. I am so glad to have done it. I feel much lighter and really good, I feel like it’s easier already, that a lot of hurt, pain and anger have been released.”

**Accounts Clerk : Tipperary**

“The CAUSE of ALL negative emotion is a disruption in the body’s energy system”

#### LOCATIONS

Dublin 4: 21A Lea Road, Sandymount  
Dublin 16: 19 Kingston Lawn, Ballinteer

#### TIMINGS

Monday to Friday  
11.00am - 7.00pm  
On Saturdays we hold Workshops/Classes

#### WEB ADDRESS

www.accomplishchange.ie  
(Visit website for details, blog and facebook)

#### EMAIL

aisling@accomplishchange.ie  
ray@accomplishchange.ie

#### TO BOOK AN APPOINTMENT CALL

Land Line:  
+353 (0)1 2986507  
Mobile:  
Aisling +353 (0) 87 1352122  
Ray + 353 (0) 87 6778049

All our consultations are by appointment only.  
Sessions last 60 minutes approximately.

Trying to get pregnant?  
Afraid of childbirth?  
Running on empty?

Needing to learn self help techniques?  
Looking for empowerment?  
Feeling held back?  
Not living the life you deserve?  
Stuck in unhealthy relationships?

We can help you.

You can also call us for a **FREE 15 minute consultation** on the phone without any further obligation, just to see if this is for you.



#### WE CAN HELP YOU DEAL WITH

- I.B.S. ▶
- PHOBIAS ▶
- JEALOUSY ▶
- BLUSHING ▶
- NIGHTMARES ▶
- OLD INJURIES ▶
- PANIC ATTACKS ▶
- GUILT OR ANGER ▶
- FERTILITY ISSUES ▶
- PUBLIC SPEAKING ▶
- SLEEP DISORDERS ▶
- NEGATIVE BELIEFS ▶
- ANXIETY OR FEARS ▶
- POOR SELF ESTEEM ▶
- EATING DISORDERS ▶
- EXAM PREPARATION ▶
- EMOTIONAL TRAUMA ▶
- CONFIDENCE ISSUES ▶
- RELATIONSHIP ISSUES ▶
- STRESS MANAGEMENT ▶
- WEIGHT MANAGEMENT ▶
- CHILDBIRTH PREPARATION ▶

We can work with you to identify the right therapies for you, to teach you the techniques you need to change your life and to allow yourself to become focused, relaxed and confident.

If you think it's time to unwind your life then let us help you to transform your future.

#### AISLING KILLORAN & RAY MANNING



ACCREDITED HYPNOTHERAPIST & PSYCHOTHERAPIST  
CERTIFIED TRAINERS IN ENERGY PSYCHOLOGY

Accomplish Change is co-run by Aisling Killoran & Ray Manning, well respected and committed professionals who have helped thousands of people over the last decade.

In addition they are Certified Teachers and Trainers in Energy Psychology Methods and teach workshops using a number of proven mind/body self help techniques.

They provide complementary therapies tailored to the individual that are holistic, natural, pleasant, drug free and affordable. They believe that we all have within us the necessary resources that can resolve our issues. All we need is guidance to bring about self-empowerment, the kind of professional guidance that the Accomplish Change Clinic can provide.

Aisling and Ray work with Clinical Hypnosis, Psychotherapy, and an impressive list of Energy therapies:

- HYPNOSIS ▶
- HYPNOFERTILITY ▶
- HYPNOBIRTHING ▶
- TAPAS ACUPRESSURE TECHNIQUES (TAT) ▶
- EMOTIONAL FREEDOM TECHNIQUES (EFT) ▶
- EMOTRANCE (ET) ▶
- ENERGY CONE TECHNIQUE (ECT) ▶
- NEURO-LINGUISTIC-PROGRAMMING (NLP) ▶
- EYE-MOVEMENT DESENSITISATION & REPROCESSING EMDR ▶

#### TESTIMONIALS

“Aisling is strong minded and strong hearted. I trust her. She moves you safely through turmoil and out the other side, and does so with a lot of love and kindness.”

“Aisling is a smart, solutions-oriented hypnotherapist with the heart, therapeutic skills and tenacious business acumen to help clients quickly resolve their problems and move on.”

“Frequent Guests on Television and Radio-

Aisling is also on the panel of experts with TV3 series “How healthy are You.”

Ray and Aisling are regular international presenters at conferences within their fields.”



UNWINDING LIVES  
...TRANSFORMING FUTURES