



AMY LYNN WALSH

TRANSFORMATIONAL THERAPIST AND PEAK PERFORMANCE COACH

- RTT ® HYPNOTHERAPY
- THE EMOTION CODE®
- REIKI, EFT AND BREATHWORK



I HELP HIGH-ACHIEVERS CONQUER ANXIETY – AVOID BURNOUT, RESTORE BALANCE AND OPTIMIZE THEIR MINDSET FOR PEAK PERFORMANCE & SUSTAINED SUCCESS.

MY UNIQUE APPROACH TO HEALING BOTH THE LIMITING BELIEFS OF THE MIND, ALONG WITH THE ENERGETIC IMBALANCES OF THE BODY IS MY RECIPE FOR TRUE AND LASTING CHANGE.

HYPNOTHERAPY

Rapid Transformational Therapy (RTT) Is an award winning, stand-alone therapy that utilizes a variety of techniques (modern psychology, hypnotherapy, NLP, psychotherapy, counseling and coaching) to remove the underlying subconscious beliefs that may be holding you back. Each session is designed to install positive patterns of thought which drive the desired actions to give you the life of your dreams. RTT has a 95% success rate after only 1-3 sessions!

THE SOLEX AO SCANNER

The AO Scan Mobile is a powerful bio-feedback scanner and frequency generator. The unique device has the ability to identify energetic imbalances in your body by scanning your voice. Based on your individual voice frequency, this scanner will create a custom playlist for you to listen to in order to help optimize and restore emotional balance to your life!

THE EMOTION CODE

The Emotion Code is an energy healing technique designed to identify and release Trapped Emotions (harmful energies from negative past events). Trapped emotions may cause feelings of depression, anxiety and may also block people from love, happiness or the ability to connect authentically with others. Releasing trapped emotions can create the ideal conditions for the body to finally heal.

MINDSET COACHING

Mindset Coaching provides actionable tools that help you identify and overcome obstacles in your daily life. Each 45 minute session includes a lesson plan and workbook (confidence, procrastination, self doubt, etc).

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