

CHRIS FREER



EMAIL

chris@walkthewalkcic.co.uk

QUALIFICATIONS

- NLP Practitioner
- Cognitive Behaviour Hypnotherapy
- Psychotherapeutic Therapy
- Member Of ANLP

CLIENTS I WORK WITH

Adults

PROFESSIONAL SUMMARY

As a highly experienced health and wellbeing coach, I'm dedicated to helping you achieve the best version of yourself—physically, mentally, and emotionally. A proud member of ANLP and fully insured, I specialise in identifying and breaking down the barriers that hold you back.

Through a deep dive into the root causes of your challenges, we'll work together to create lasting change from the inside out. Whether it's stress, mindset blocks, or general wellbeing, I provide practical, results-driven support to help you regain control, feel stronger, and live with confidence.

Let's make real, sustainable progress—starting today.

SPECIALISATION

Chronic health

Correcting habitual behaviour

Phobias

Trauma

Anxiety

Self-sabotage

Bad Habits