

Inspirit helps Individuals and Professionals to have a more satisfying life. Helping them to create the inner conditions to develop their authentic self and true potential to be who they want and achieve great results using a holistic and multiple faceted approach.

Denise Bosque is the founder of Inspirit. She is an international Professional & Personal Development Coach, registered Clinical Hypnotherapist and Professional Actress who draws on her wide range of skills to get Results and Inspire people. Denise is based in [Twickenham](#), UK

Professional Qualifications



- Diploma in [Hypnotherapy](#) (Dip. Hyp.) from the [London College of Clinical Hypnosis](#) (2002)
- Master NLP Practitioner (MNLP) from [John Seymour Associates](#) (2000)
- EMDR Practitioner from [emdr works](#) and emdr extra (2011)
- Metabolic Typing Advisor (CMTA1) from [HealthExcel](#) (2007)
- Professional Actress for over 20 years in theatre, TV and films
- Gym Instructor & Personal Trainer (YMCA)

Professional Memberships

- Full member of the [British Society of Clinical Hypnosis](#) (since 2002)
- Member of the [EMDR UK & Ireland Association](#)



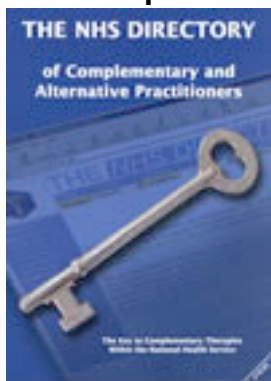
Member of the [NHS directory of Complementary Therapist](#) (since 2004)
Member of the [\(2001-2012\) Primary Care Complementary Service UK](#) (since 2002)
Services Available

- [Hypnosis](#) , [Hypnotherapy](#) & [Hypno-Coaching](#)
- [NLP & Personal Development Coaching](#)
- [EMDR \(Eye Movement Desensitization & Reprocessing\)](#)



- [Cognitive Behavioural Therapy](#)
- [Emotional Freedom Technique](#)
- [Metabolic Typing](#)
- [Bio-Feedback](#) (using the Freeze Framer / emWave from the [Institute of Heartmath](#))

Workshops - Talks - Seminars



- Workshops and day seminars on Public Speaking and Presentation Skills in business and privately.
- [Holistic Weight Reduction](#) working from the inside out, incorporating [Metabolic Typing](#)
- " [Abundance Circle](#) " (bi-weekly meeting)
- Holistic Holidays abroad: "Stretch Your Mind Stretch Your Body"
- Teleclasses: "Attracting the Life You Want"
- NLP Training

Published Work

- Author of Hypnosis CD's
- [Various articles for magazines](#)  CHANGEZCHARITY
with passion and heart to help people in need
- 200+ articles on Self Development

Other Areas of Expertise

- Denise has CRB Clearance
- Denise works for [Changez Charity](#) (since 2011)
- Coaching actors & performers to be confident, charismatic and truly authentic.
- Since 2008 Denise works in a comprehensive school to help children with confidence, exam nerves and learning difficulties (dyslexia, ADHD etc...)

[Joomla SEO by AceSEF](#)