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EMPOWERMENT



### Transformation for Success

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**May 5th 2020: How I Found My Passion – Healing Individuals with Sexual Trauma!**

Dr. Young's interview with Sarah Griffiths, a successful Entrepreneur, Author, Speaker and Hypnotherapist is compelling. She shares her journey of traumatic events that led to her near suicide; how she overcame her trauma, and the steps she took to create her success. Sarah now uses her experiences to help others dealing with sexual trauma to take back control and create success for themselves. A show you will not want to miss!

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### Featured Guest



#### Sarah Griffiths

My experience and training of working with people spans about 30 years now and has brought me to the point I am at today of pouring my heart and soul into my own constant learning and development to serve my clients in a more powerful way. My use of hypnotherapy to help people rapidly heal from the debilitating affects of abuse has been a huge milestone in my life partly because I have personally used the therapy to heal from my own hurts and traumas too. I help you not only heal but to thrive after abuse. You can achieve Total Emotional Transformation. Every emotional issue, no matter how deep or traumatic, has a solution. So, you do not have to accept your past as your future. My methodology

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