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The Business Elevation Show with Chris Cooper - Be More. Achieve More
Friday at 8 AM Pacific
November 27th 2020: Encore Changing The Groundhog Day

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When faced with tough times it can be hard to imagine brighter days ahead. We can feel stuck and stagnant, unable to move forward and progress... but one of the biggest things holding us back from reaching our goals can be ourselves! Jessica Richards C.hyp MNCH (Acc) has been a Clinical Hypnotherapist since 1985 and specialises in Personal Transformation and Corporate Leadership Development using her unique and highly effective 'Changing the Groundhog Day' process, which identifies and resolves self-limiting beliefs and is life changing. Her work reaches beyond resolution, helping people gain cr

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Featured Guest



Jessica Richards

Jessica Richards C.hyp MNCH (Acc) has been a Clinical Hypnotherapist since 1985 and specialises in Personal Transformation and Corporate Leadership Development using her unique and highly effective 'Changing the Groundhog Day' process, which identifies and resolves self-limiting beliefs and is life changing. Her work reaches beyond resolution, helping people gain creative insights into their purpose, direction and meaning in life. She has had a practice in Harley Street since 1991 as well as facilitating workshops and retreats for senior executives. She is an experienced professional speaker at Corporate and Health events. She is an experienced professional speaker at Corporate and Health ev

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