

## Testimonials

"My daughter is a leaving cert student, she is hoping to study medicine next year and has worked hard throughout her 6 years in school, she is very sociable and has lots of friends so she had a good balance. Her only problem seems to be coming up to exams, she panics and feels that she won't do well. She gets so anxious coming up to the exams and doesn't sleep well, loses her appetite and gets mouth ulcers/cold sores etc . I brought her to Anna Gibson-Steel coming up to the HPat exam and although I do not understand exactly what she does it most definitely worked for my daughter. She was totally relaxed in the days coming up to the exam, she was sleeping and eating well and was extremely relaxed. I would highly recommend a visit to Anna for any anxious student coming up to e to exams."

EH May 2015

"I was recommended to Anna by a good friend as I was so worried about my son's panic attacks as he reached his final year in college. Anna recommended a "Mother and Son" session. Anna gave my son a treatment and skills to help in future times of stress. My son was comfortable and receptive. What can I say about how our lives have changed? My son is now prepared and protected when panic begins to attack. Anna instinctively knew that this would be just the right thing to do and I can't thank her enough. My son now plans to travel the world, I would strongly recommend this to any parent that wants to help their child and let them know they are with them in every step of their path."

AOR May 2015

*Anna's Mission:*

**To Create an Integrated Sustainable Health Care System suitable for the 21st Century, and to improve the quality of life for as many people as possible along the way.**



[www.annagibsonsteel.com](http://www.annagibsonsteel.com)

061-381947

**Anna Gibson-Steel**

CEO

Holistic Centre Of Excellence

*A New Paradigm in Healthcare*



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# Anna Gibson-Steel

- Founder & CEO of Holistic Centre of Excellence Ireland
- Corporate Wellness Programs
- Holistic Therapist & Teacher since 2004- over 1000 students
- Founder Outreach Program - €300,000 donated since 2010
- Founder Five Star Holistic Retreats Ireland
- Speaker at 2016 International Congress of Naturopathic Medicine
- Creator of On-Line program- currently in use in 62 countries
- Private Clinic-Co Limerick, Dublin & Cork
- Published author –A Life with Claw- 2014– 2nd book due to be published 2016
- On-line newsletter since June 2010

Since the late 1990's Anna has accumulated vast knowledge and experience relating to Holistic Healthcare. She has taken over 80 trainings, and created her own healing system call Neuro-Activation Therapy. She has recently written her second book. Her on-line solution for Panic/Anxiety Attacks is currently in use in 62 Countries. She is a regular contributor to Media, and continues to give public lectures. This year Anna was invited to speak at the International ICNM Conference in Barcelona.

Her mission lead her to creating the only Holistic Centre of Excellence in Ireland. Ideally situated in the beautiful countryside of Murroe, Co Limerick, HCE has created a standard of training program that is unique. Her passion to educate has led her to train over 1000 students and 26 teachers since 2004.

The foundation of the Outreach Program was born of a desire to educate those most in need, and to date the program has donated in excess of €300,000 in Educational events, all of which is totally funded by HCE and it's highly qualified Graduates.

## Private Clinic

The variety of trainings that Anna has, allows her the expertise to tailor each session according to the individual needs of the client.

She currently specialises in the treatment of all forms of stress, from Anxiety to Depression

Her methods are unique as she insists that treatments must comprise of working with the physical, mental/emotional and energetic aspects of each person.

Her focus is on HOW to get better, instead of WHY clients are the way they are. This makes treatment programs very fast, and effective. Dramatic results are usually seen after one session, in most cases one session is usually sufficient

She is particularly passionate about working with Children and Young Adults suffering from Anxiety. Her ethos of teaching while treating, empowers clients so they can look after themselves. This is what sets her sessions apart from other treatments.

Anna also has clinics in Dublin and Cork.