

My Mission

To empower you to regain your natural body-mind balance, help you deal with your life and health challenges, and improve your sense of well-being durably.

Benefits of Relaxation & Sophrology

RESET

your Nervous system

SOOTHE

your Body Tensions and Pain

APPEASE

your Thoughts and Emotions

STRENGTHEN

your Mindset: Feel more positive and confident

Contact

☎ 0121 777 1675

📷 @sophrobynature

✉ info@solihullwellbeingclinic.com

🔍 www.sophrobynature.com

UNIQUE RELAXATION
THERAPY &
SOPHROLOGY
SERVICES IN THE WEST
MIDLANDS

*Sophro by
Nature*

Certified Relaxation
Therapist & Sophrologist

*Empower.
Release.
Relieve.*

Build Up Resilience.

www.sophrobynature.com

What I do

I guide you to improve your physical, emotional, and mental well-being by giving you a variety of practical, easy-to-do techniques so that you can create your own toolbox and build up your resilience.



I COMBINE WELL-RESEARCHED MODALITIES FROM BOTH WESTERN SCIENCE AND EASTERN TRADITIONS WHEN IT COMES TO STRESS RELIEF

- neurosciences
- positive psychology
- hypnotherapy
- systematic desensitisation
- sensory substitution
- body relaxation techniques
- NLP and anchoring
- therapeutic storytelling & metaphors
- mindset and lifestyle coaching
- mindfulness
- breathing techniques
- gentle therapeutic movement
- visualisation
- meditation

Your therapist



Laetitia de Freslon
Founder & Therapist

After I became a mum for the first time, I was looking for a new way of being a working mother. When we moved to Luxembourg, I set up a project coming from my heart: working with children (babies and preschoolers) and their families. This led me to create my own professional Training Centre in Child Language Development and Nature Education in Luxembourg. Thanks to this experience, I've worked with people of all ages, walks of life, cultures and nationalities - parents and babies, young children with special needs, mums and dads to be, grandparents, language therapists, and early-years educators.

My work also led me to understand the importance of a healthy lifestyle, general well-being, and the huge impact of stress and mindset on parenthood, health, and life in general. This is what started my life-long mission, and prompted me to train as a Relaxation and Sophrology Therapist: to provide support and ways to alleviate stress-related issues that I witnessed - much too often - in people's daily lives.

- Specialised for children, and
- Neurodiversity and learning disabilities
- Acute & Chronic Health conditions
- Enhanced DBS-Checked

My Services

Groups & Individuals
Face-to-Face or Online



COMPLEMENTARY HEALTH THERAPY

Chronic and acute health conditions e.g. cancer, depression, anxiety, specific phobia, sleep, long COVID, high blood pressure, burn out, and any health condition where stress is a trigger.

STRESS RELIEF FOR CHILDREN AND TEENS

Aged 7 to 16+ experiencing high stress and anxiety due to:

- their life situation
- a health condition
- ADHD, ASD, and learning disabilities.

STRESS SUPPORT FOR YOUNG ADULTS

Whether you're a higher education student or a young professional, I offer to give you practical tools to reset your stress, gain self-confidence in your abilities and envision a positive future.

WELL-BEING IN THE WORKPLACE

Group sessions in the workplace for Stress Prevention, Management, and Relief

ECOTHERAPY

Practice in the outdoors

Sophrology Walks in natural settings