

Life Raft

Discover new direction, purpose and hope

- Are you having relationship difficulties?
- Have you lost a sense of who you really are?
- Do you often feel things are pointless?
- Are you uncertain of your future direction?
- Are you unsure of how to start making changes?

If this is you, there is a way to take control of your life and regain your sense of direction.

Life Raft is a process created by Annie Davies to help you recover.



Annie Davies DipCot HPC
International Holistic Therapist

Annie has over 30 years professional experience in mental wellbeing working in the UK, Europe and New Zealand.

Testimonials

'Annie is a most creative practitioner who always finds effective and innovative methods of working in even the most complex situations. She is an inspiration to her colleagues - one described her as 'A treasure to be nurtured.'

- Di Lawrence
Drug and Alcohol Manager, Christchurch City Mission

'Annie is an experienced therapist who is a life-line in often troubled waters - a steady force that walks with you for as long as necessary.'

- MariHall
Founder and Director, International Association of Reiki

To find out more