



Reclaiming Your Energy and Capacity to Thrive

Sessions available in person, in your organisation and also by phone

Approach

Through energy balancing sessions including Reiki, Jan is committed to supporting the mental, emotional and physical wellbeing of each individual she works with. Sessions are conducted with the utmost care and empathy in a confidential, safe and tranquil environment.

Outcomes

Sessions with Jan offer each client a profound opportunity to connect with themselves and focus on their needs. Benefits experienced include:

- Deep relaxation
- Clarity of thinking and greater insight
- Increased self-awareness and personal empowerment
- Increased energy
- Restored sense of balance
- Awareness of new possibilities and potential for positive change

For bookings, contact Jan on +61 419 513 210
[linkedin/janheckscher](https://www.linkedin.com/company/janheckscher)
Website: janheckschersolutions.com



A Unique Opportunity for Personal Development

Experience

As Founder and Director of Jan Heckscher Solutions, Jan has run a successful practice with individuals and organisations for over 20 years. Jan is an executive coach, facilitator of personal development retreats and workshops and a qualified Reiki practitioner. Jan brings a wealth of experience to her clients, helping individuals grow and thrive in their careers and personal lives.

What clients say

“Jan inspires trust and confidence”

“A sense of calm, relaxation and empowerment”

“So rejuvenating, amazing work”

“I could fully relax and feel safe”

“Jan is tuned-in, authentic, supportive and extremely caring and kind”

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