



**Jan  
Heckscher  
Solutions**  
CAPACITY TO THRIVE

## **Energy Balancing Sessions incorporating Reiki**

**Available in person, in your organisation  
and also by phone**

### **Approach**

Through energy balancing sessions incorporating 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:

- Sense of calm and relaxation
- Clarity of thoughts and insight
- Increased self-awareness and greater personal empowerment
- Increased energy
- Restored sense of balance
- Awareness of new possibilities and potential for exploring new choices

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



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## **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 since 1993. 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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