



LIGHT BEFORE DAWN

GUIDING YOU TO YOUR AWAKENING

Cat Emmerson

Qualifications

Master NLP Practitioner - NLP World

Clinical Hypnotherapy - NLP World

Certification of Coaching - NLP World

NLP Practitioner - NLP World

Hypnotherapy Practitioner - NLP World

Parelli Natural Horsemanship ^{1*} Instructor Certification

Parelli Natural Horsemanship Level 4 Horsemanship Certification

Usui Reiki Level 2 - with The Koorana Centre, Gabrielle Anya Rafello

Usui Reiki Level 1 - with The Koorana Centre, Gabrielle Anya Rafello

Qoya Initial Teacher Training - Qoya with Kate Taylor

English and Drama BSc Hons from Queen Mary, University of London

Additional studying/interests informing practice

The Liminal Way, practitioner programme - with Fi Feehan

Flourish, Flow, Glow circle - with Fi Feehan

Self Love MightyMind Mastermind - with Katie Phillips

Top Three Influential Books

The Untethered Soul - Michael A Singer

The Big Leap - Gay Hendricks

Daring Greatly - Brene Brown

