



# Five2Thrive

Empowerment, Healing, and Mindful Growth

Where Modern Psychology Meets Ancient Wisdom



# WELCOME!

Hello, I'm Paul Anthony – a qualified Holistic Well-being Practitioner with a Distinction-awarded MSc in Psychology and accredited diplomas in Life Coaching, Reiki, Hypnotherapy, and Mindfulness.

My approach is an integration of evidence-based science and ancient healing wisdom, shaped by my own journey through loss, trauma, and profound transformation.

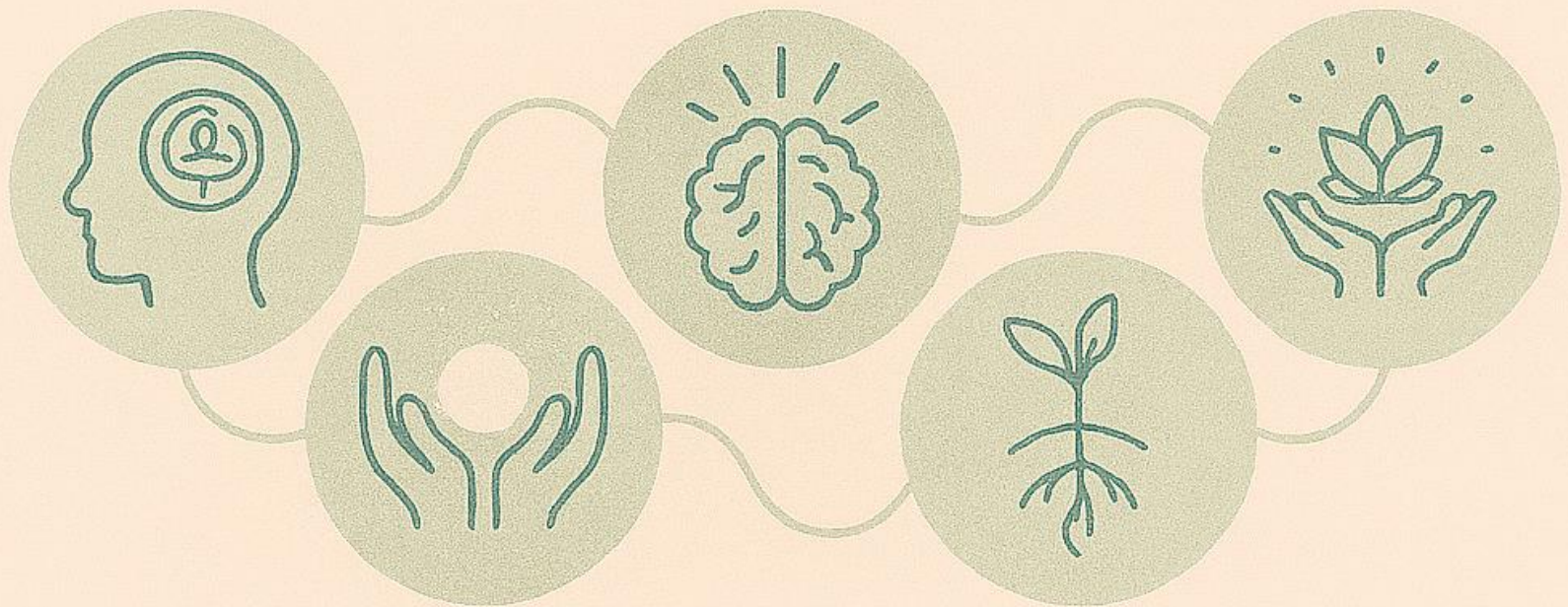
At Five2Thrive, I guide clients toward lasting change across mind, body, and spirit—empowering you to realign with who you truly are and how you want to feel.

Whether you're experiencing anxiety, burnout, emotional blocks, or simply seeking clarity and calm, you're in the right place.





# WHAT IS FIVE2THRIVE?



## **Mindfulness-Based Psychology**

CBT-informed mindfulness to break cycles of anxiety, stress and overwhelm.

## **Energy Healing (Reiki)**

A gentle, non-invasive modality to release emotional and energetic block-

## **Clinical & Cognitive Hypnotherapy**

Rewiring subconscious patterns through modern hypnosis techniques.

## **Life Coaching**

Transformative coaching grounded in the CIGAR and GROW models.

## **Positive Psychology & Self-Realisation**

Rooted in strengths, purpose, and meaning-driven living.

Each session is bespoke, tailored to your unique needs



# WHAT TO EXPECT IN A SESSION

Each session starts with a compassionate check-in to understand where you are and what you need. From there:

- ♥ You'll be invited to sit or lie comfortably (with Reiki or hypnotherapy)
- 🌿 I'll use a combination of intuition and therapeutic tools to guide the process
- 🕯 Afterwards, we'll reflect together on what emerged, and I'll offer insights, resources, or home practices

Clients often report:

- A sense of release or lightness
- Profound relaxation or clarity
- Emotional shifts or energetic rebalancing

All modalities are gentle, non-invasive, and led by your comfort and goals.



# MY JOURNEY TO HEALING & PRACTICE

My path to becoming a holistic practitioner began not in a therapy room, but through personal adversity—navigating illness, trauma, profound loss, and a complete life reset. Along the way, I encountered Eastern healing practices, Reiki energy work, and the ancient roots of mindfulness on retreats across Asia.

After earning a Distinction in my MSc in Psychology and completing seven accredited therapeutic diplomas, I founded Five2Thrive to offer a grounded, soulful, and professional space for others navigating life's most challenging chapters.



This is not just a profession—it's my calling. [My journey download link](#)





## TRANSFORMATION STORIES



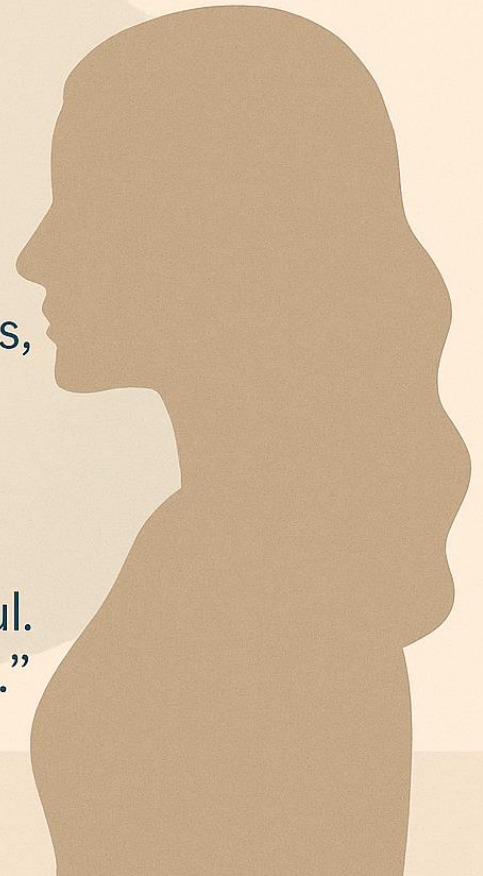
“I went to Paul for Reiki but left with so much more—greater clarity, a sense of peace, and feeling like I had reconnected with myself.”



“The coaching helped me set boundaries, find direction, and heal old patterns I didn’t even realise I was holding onto.”



“The combination of hypnotherapy and mindfulness was incredibly powerful. I feel more resilient, calm, and in control.”




# BOOKING A SESSION



Sessions are available online or in person (South East London). Flexible times and bundle packages are available.

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Don't forget to explore the Freebi Zone for powerful tools, meditations, and downloads.

“

This is not the end—  
it's your empowered  
new beginning.

—PAUL ANTHONY

FIVE2THRIVE | HOLISTIC WELL-BEING,  
ROOTED IN PSYCHOLOGY & PRESENCE

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