



Mind Body Education

Holistic Success Hub - Resources

Client Success Story Template

Social Media Post Templates – Adaptable & Ready to Use

Use this template to showcase the impact of your services and inspire future clients to say yes to their own healing. Just copy and paste the text into a word document and adapt for your use.

Template Format:

[Name or Initials, or “My Client”] came to me feeling [insert client’s challenge or struggle – e.g., anxious, burnt out, disconnected].

They had been dealing with [brief description of what they were facing – e.g., chronic stress, self-doubt, emotional overwhelm] and felt like they had tried everything.

In our sessions, we [briefly describe what you did together – e.g., used creative therapies to explore inner blocks, practiced grounding techniques, or worked through limiting beliefs using art, movement, and breathwork].

Week by week, I watched [name/they] begin to [describe the shift – e.g., reconnect with themselves, gain confidence, feel calm again].

Now, they [share the outcome – e.g., wake up with more energy, trust themselves again, or have the tools to manage stress in a healthy way].

 This is what’s possible when you say yes to your healing journey.

If you're feeling [insert emotion – e.g., stuck, anxious, overwhelmed], you don't have to do it alone. I'm here to walk beside you.

 DM me to book a free clarity chat or learn more about my sessions.

#HolisticHealing #ClientSuccessStory #WellnessJourney #ArtTherapy #EnergyHealing
#CreativeTherapy #EmpoweredLiving

Adaptable Example:

Sarah came to me feeling anxious, overwhelmed, and emotionally drained.

She had been struggling with work-related stress and feeling like she was constantly in survival mode.

In our sessions, we used art therapy and guided visualisation to help her access her inner calm, process stored emotions, and rediscover what truly mattered to her.

Week by week, I watched her confidence grow and her stress melt away.

Today, Sarah wakes up with a sense of peace and purpose she hadn't felt in years. She's setting boundaries, prioritising herself, and feeling aligned in her life again.

 Healing is possible. Growth is possible. You are capable.

If this resonates with you, I'd love to support you. Reach out and let's talk 