The MindBody Reconnect

The MindBody Reconnect Enquiry Form

Take the First Step Towards Understanding Your Health

We understand that living with persistent symptoms can be exhausting and confusing.

By answering these questions, you'll help us better understand your situation. This allows us to explore with you whether The MindBody Reconnect is the right fit for your needs. Simply complete the form below, and we'll be in touch.

Your Details

Full Name

Email Address

World time Zone (i.e. GMT/BST, EST/EDT)

About You

What health challenges are you currently experiencing?

(Please tick all that apply)

- ☐ ME/CFS
- ☐ Long Covid
- ☐ Fibromyalgia
- ☐ Burnout
- ☐ Anxiety
- ☐ Stress-related symptoms
- ☐ Chronic pain
- ☐ Fatigue
- ☐ Sleep difficulties
- ☐ Brain fog
- ☐ IBS
- ☐ FND
- ☐ Depression
- ☐ POTS
- ☐ Multiple Chemical Sensitivities
- ☐ Mould Illness
- ☐ Adrenal Fatigue
- ☐ Other (please specify)

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How long have you been experiencing these symptoms?

- ☐ Less than 6 months
- ☐ 6 months – 1 year
- ☐ 1 – 3 years
- ☐ 3 – 5 years
- ☐ More than 5 years

How are your symptoms currently affecting your life?

- ☐ Mild impact
- ☐ Moderate impact
- ☐ Significant impact
- ☐ Severe impact

What would you like help with?

Please tell us a little about your situation and what you hope to achieve.

What other approaches have you tried?

For example; brain retraining, somatic work, etc.

Free Discovery Call

Would you like to arrange a free introductory call to discuss whether The MindBody Reconnect is suitable for you?

- ☐ Yes please
- ☐ I would like further information at this stage

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Consent

☐ I consent to The MindBody Reconnect storing and processing my information in accordance with its Privacy Policy for the purpose of responding to my enquiry.

Thank you for completing this form. Once we receive your enquiry a member of The MindBody Reconnect team will contact you as soon as possible.

We look forward to supporting you on your journey towards improved health and wellbeing.

No pressure. No obligation.

Learn to meet your symptoms with knowledge, understanding and compassion.

Please email completed form to info@themindbodyreconnect.com

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