

Wellness with Rachel receives Wedding Excellence Award 2025



Reaching the top of any profession is a difficult challenge but sustaining that excellence and staying at the top of any sector is an even more impressive accomplishment. It's something that the multi award winning Wellness with Rachel have achieved with quite remarkable consistency since they were first founded Rachel Farnsworth, a seasoned therapist with years of experience who offers a holistic approach to mental well-being, focusing on re-educating thought processes, addressing addiction issues, healing from toxic relationships, and providing accessible support through group programs. Rachel has made a real name for herself over the years since winning several prestigious industry awards for her work including receiving our own Award of Excellence earlier this year. In recognition of her achievements and the tangible difference she's made to the wellbeing of her clients we are delighted to announce that Wellness with Rachel is the latest winner of one of our 2025 Platinum Awards.

Our Platinum Award is the most prestigious accolade that we give out as an organisation with Wellness with Rachel joining a very exclusive group of organisations that have won more than one of our awards in a single calendar year. With our awards we think it's important to recognise organisations that are bringing something new and innovative to their marketplace. They don't necessarily have to be the biggest but they have to be someone that is trying to offer something different to what is already out there and above all they must offer a great product or service. We feel that Wellness with Rachel ticks all the boxes and are worthy winners of our award. The awards are clearly no accident and will come as no surprise to anybody that has worked with Rachel. In this edition we will give you an insight into the work that she does and the success that she's enjoyed.

At the heart of Rachel's therapeutic approach is the belief that changing one's thought patterns can lead to profound transformation. By integrating Cognitive Behavioural Therapy (CBT) and other evidence-based modalities, Rachel helps clients identify and challenge unhelpful thoughts, replacing them with healthier, more constructive beliefs. This process empowers individuals to break free from negative cycles of rumination, develop healthier coping mechanisms and cultivate a positive and resilient mindset.

Over the years, she has created her own unique approach called the Decode Root Cause Method. This powerful technique helps clients uncover the true origin of their issues, even when they're not consciously aware of how, when, or where it began, by working directly with the subconscious mind. The method is known for delivering deep, lasting change in a relatively short amount of time. Rachel now teaches this transformative approach through her Rachel Farnsworth Hypnotherapy College.

Wellness With Rachel stands as a testament to the power of addressing the root causes of emotional and physical challenges. Through her innovative methods, holistic healing techniques, and commitment to education, Rachel is transforming lives and empowering individuals to take control of their health and well-being. Her work continues to inspire and support those on their journey to healing and personal growth.

FOR MORE INFORMATION VISIT
www.wellnesswithrachel.co.uk

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Press listings

Helen Duncan - Property Divas receives Business Leader Award 2025

Helen is the Founder of one of North- West London's premier estate agents offering a full range of made to measure, competitively priced services across the property spectrum.
www.propertydivas.com

Hounds of Hackney Ltd receives Platinum Award 2025

They are a triple award winning specialists in doggy daycare covering the Hounds of Hackney community.
www.houndsofhackney.uk

The Dental Parlour receives Award of Excellence for Private Dental Clinic of the Year 2025

Based in Coventry, they specialise in general and cosmetic dentistry and facial aesthetics.
www.thedentalparlour.co.uk

Camomile & Cornflowers Ltd receives Award of Excellence 2025

Based in Worcestershire, owner Kate Hurst arranges locally grown flowers into natural, seasonal and slightly wild arrangements for any special occasion.
www.camomilecornflowers.co.uk

HK Tuition received the Award of Excellence for Tuition Service of the Year 2025

Founded by Harwinder Kaur, providing exceptional services to students in the Solihull area.
www.hktuition.co.uk

Vintage Days Out receives Platinum Award for Luxury Day Experiences 2025

They are a multi award winning company offering luxury experiences whether it be fine dining, exciting country pursuits, VIP private tours and magnificent country houses all within 30 minutes of Central London.
www.vintagedaysout.com