



The Confident  
BIRTH COMPANY

***“Hypnobirthing....it just works...”***

**– Dad and birth partner**

***“Hypnobirthing gives you the knowledge to ask, in our case, what would happen if we just wait a little longer? Jess’ support during pregnancy and especially after my waters had broken was invaluable. She was always at the end of the phone with evidence and reassurance. Everyone should be given a Jess :-)”***

**– Nurse and first time mum**

***“Jess’ course at the Confident Birth Co. does exactly what it says on the tin and I would encourage anyone who is expecting, to grab the opportunity of labouring confidently with both hands.”***

**– second time mum**

***I’ve just completed the hypnobirthing course with Jess and thought it was amazing. My Husband was very skeptical to begin with, and I think it was more to do with the name of the course than anything else! However, even he says how brilliant the course was, we learnt so much and are really looking forward to the birth. We couldn't recommend this course highly enough!***

**- First time mum (who went on to have a homebirth)**

***I had a course with Jess, this is my first birth and I’ve been anxious about giving birth. After the course I feel a lot more positive! I understand the process of birth and why my body is doing what it’s doing. I have learnt to trust my body and my baby. I now know calming techniques that will definitely be using. My partner also knows how to support me through the whole process. I would recommend this course and Jess 100 times over! Jess is lovely and support continues outside lessons.***

**- First time mum**

***I could not possibly thank or praise Jess enough for the help, support and peace that she gave me. I contacted her for information on positive births with less than a week to go before my due date. She was caring & supportive despite never having met me - when I expressed an interest in hypnobirthing she offered a last minute intensive session for me which changed my whole attitude towards my pregnancy/birth. Whereas I had been dreading being overdue and the potential complications around labour and birth, I left our session feeling genuinely happy to still be pregnant with a sensation that if I trusted myself and my body, and focussed on understanding the process of birth and relaxation,***

*everything would work out one way or another.*

*It turned out that it was a fast, dramatic and completely uncomplicated birth - all 3 paramedics and the midwife who attended (when I couldn't get to hospital in time as everything was progressing so quickly) were so complimentary about the peace and calm of the experience.*

*It could not have been a different experience from my son's birth (other than the speed!) and I genuinely could not be happier about how it felt and happened.*

*And I simply would not have been able to have the most amazing birth without Jess' support.*

- Second time mum