



FREEHA

MEDIA KIT

www.freehaahmad.com





BIO

Freeha Ahmad is a leading clinical hypnotherapist, transformational coach, and the creator of the neuroscience-backed PRESENT Method. With nearly a decade of experience, Freeha helps successful individuals heal from deep emotional wounds hidden beneath their polished lives. Through inner child healing, subconscious rewiring, and high-level coaching, she empowers people to reclaim their self-worth, power, and peace.

Her work blends clinical hypnosis expertise with soul-led strategy, creating rapid, lasting transformations in individuals who want both inner peace and outer impact.

EXPERTISE

- » Subconscious Reprogramming & Clinical Hypnotherapy
- » Emotional Healing for High-Achievers
- » Inner Child Healing & Nervous System Regulation
- » Neuroplasticity & Confidence Rewiring
- » Executive & High-Ticket Coaching
- » Female Leadership, Self-Worth & Identity





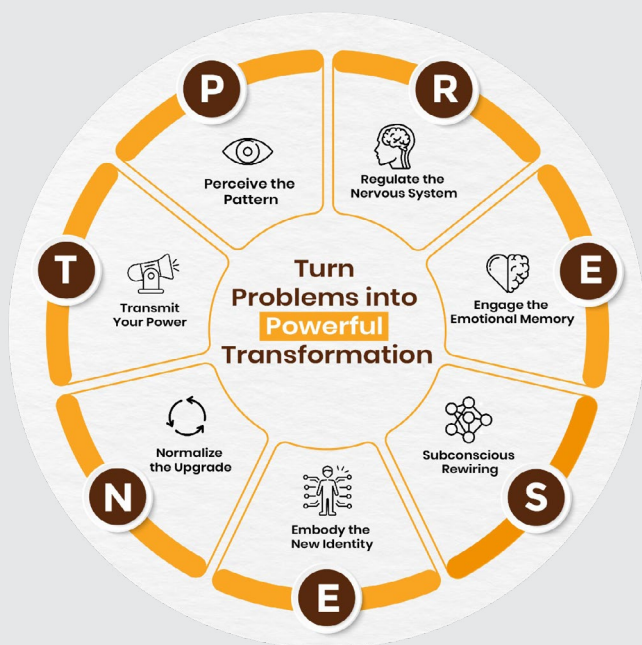
SIGNATURE METHOD

The PRESENT Method™

A 7-step framework that rewires the mind by:

- » **P**ast Repatterning
- » **R**eaction Awareness
- » **E**mootional Intelligence
- » **S**elf-Talk Transformation
- » **E**mbodied Shifts
- » **N**eeds Reconnection
- » **T**rust Rebuilding

This model forms the foundation of her group programs, private intensives, and healing content.





MEDIA FEATURES

MEDIA INQUIRIES WELCOME: Features in UK health magazines, radio, TV, podcasts, and women's entrepreneurship platforms.

SPEAKING TOPICS

- » Why High-Achieving individuals Secretly Struggle with Self-Worth
- » The PRESENT Method™: Rewiring Emotional Patterns for Confidence & Peace
- » Healing the Inner Child to Unlock Power & Presence
- » Hypnotherapy & Neuroplasticity in Business Leadership
- » The Truth About Trauma and the Mask of Success

PAST AUDIENCES & CLIENTS

- » Entrepreneurs and Founders
- » Women in Corporate Leadership
- » Influential leaders, Millionaires, highly successful and high achiever individuals
- » Podcast guest among others

BRAND ASSETS

- » Professional Headshots: [Available on Request]
- » Brand Colours: Soft Gold, Ivory, Midnight Blue
- » Logo: www.freehaahmad.com





CONTACT FREEHA

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📷 [@freehacoachingacademy](https://www.instagram.com/freehacoachingacademy)

📍 Birmingham, UK (Virtually Available Internationally for talks and podcasts)

For interviews, speaking opportunities, collaborations, or media features, please email info@freehacoachingacademy.com with the subject line: **Media Opportunity with Freeha Ahmad**

