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SEO PORTFOLIO

jesshypnotherapy.com



MONTHLY REPORTS OF

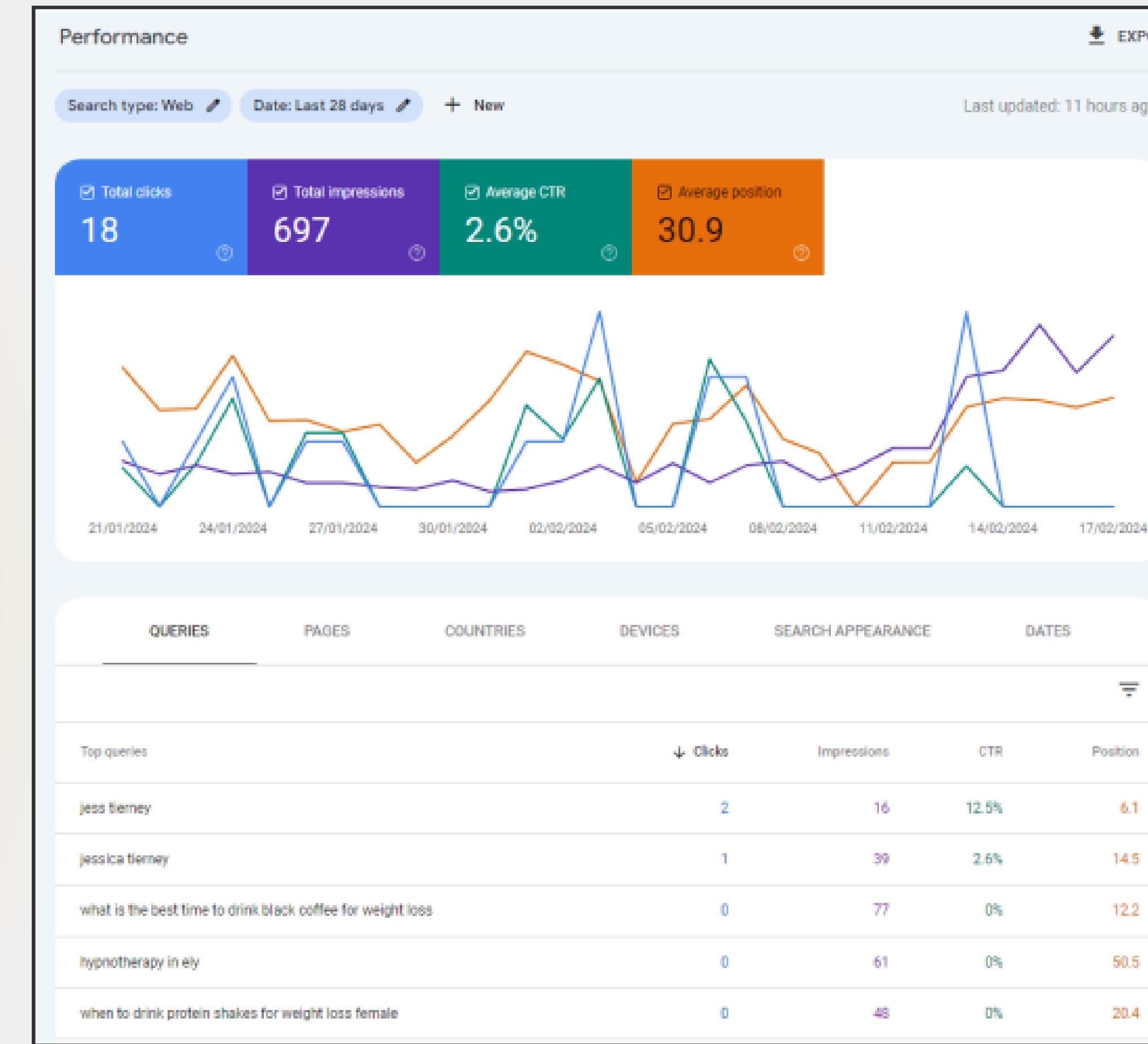
JESS HYPNOTHERAPY

& HEALTH



jesshypnotherapy.com

1st MONTH REPORT



We are excited to present our monthly report detailing the progress and achievements in enhancing the online presence and visibility of your website, jesshypnotherapy.com. Our dedicated efforts and strategic initiatives have yielded promising results, aimed at bolstering your website's Domain Authority (DA), competitiveness, and overall performance in the hypnotherapy and weight loss niche.

01

Enhancing Domain Authority and Competitiveness:
Our primary focus has been on elevating your website's Domain Authority (DA) and competitiveness through targeted link-building endeavors. We have meticulously acquired backlinks from authoritative websites within the hypnotherapy and weight loss niche, ensuring relevance and quality. Concurrently, we have been actively publishing pertinent articles on your website to enrich its content and attract organic traffic.

02

Keyword Research and Content Optimization:

In accordance with your instructions, we have conducted comprehensive keyword research tailored to the UK market. Subsequently, we have initiated the publication of articles targeting these identified keywords. I'm delighted to inform you that three articles have already been published, each meticulously crafted to resonate with your target audience and enhance search engine visibility.

03

Performance Highlights:

We are thrilled to share that our diligent efforts have begun to yield tangible results. Several of our articles are now ranking within the top 20 search results for targeted keywords, signifying an upward trajectory in search engine visibility. Moreover, we have meticulously optimized on-page elements of these articles to ensure maximum efficacy and relevance.

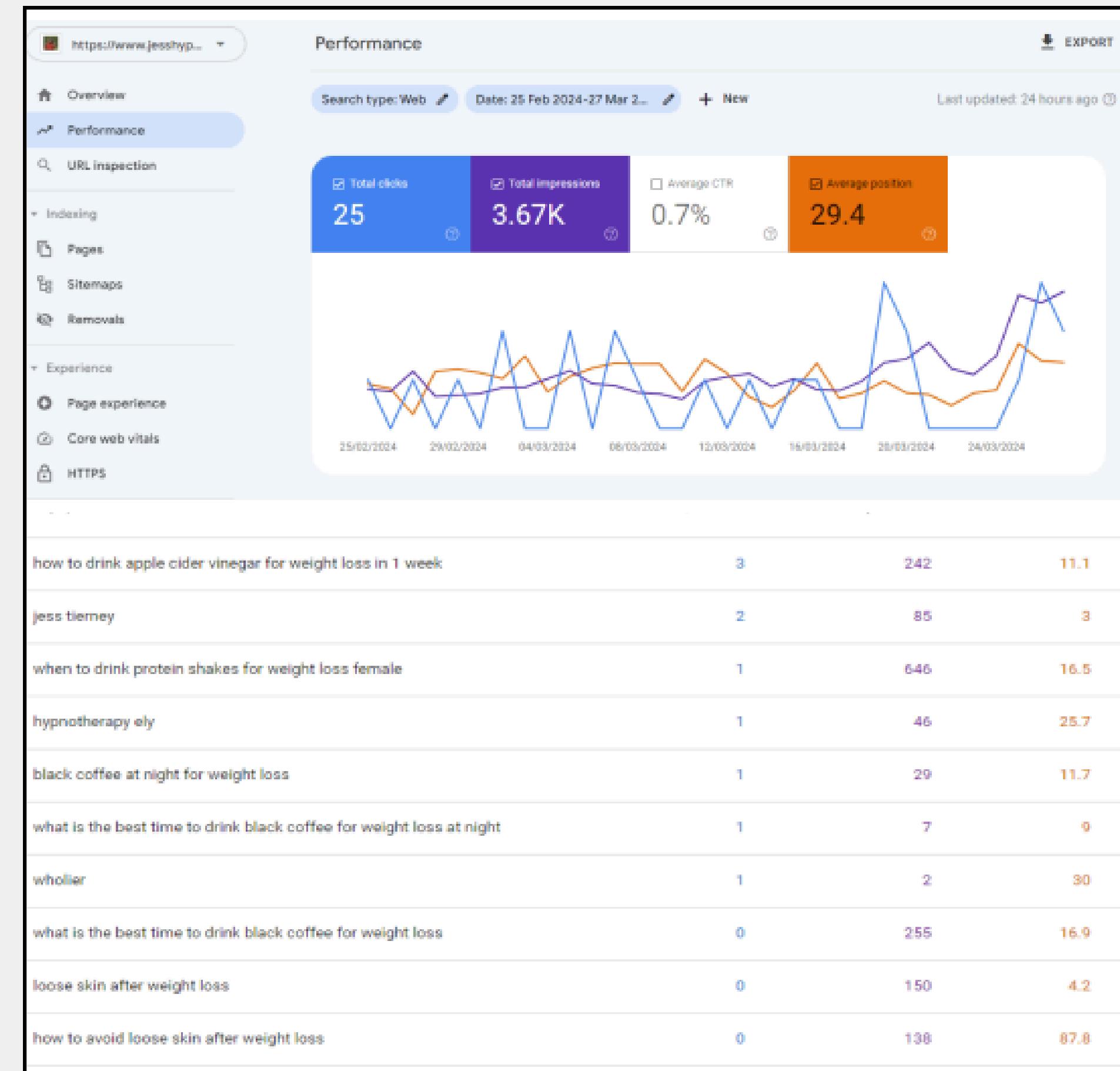
Moving Forward:

As we progress into the upcoming months, we are committed to maintaining our momentum and further enhancing the digital footprint of jesshypnotherapy.com. Our strategies will continue to evolve, leveraging insights gained from competitor analysis and market trends to drive sustained growth and prominence in search engine results.

CONCLUSION

We are dedicated to your success and remain steadfast in our commitment to delivering exceptional results. The progress achieved thus far is a testament to our collaborative efforts and strategic approach. We are confident that our continued partnership will yield even greater achievements in the journey ahead.

2nd MONTH REPORT



Climbing the Charts: Ascending to Top 9 Hypnotherapy Ely

Showing simulated SERP
United Kingdom

https://www.springtolifehypnotherapy.co.uk : hypnotherapist : Hypnotherapy in Ely and Online - Help with Anxiety, Stress ...
Solution Focused Hypnotherapy. Imagine living life without anxiety, low self esteem and limiting beliefs holding you back. I'm here to help you improve your ...


octagonwellbeing.com
https://www.octagonwellbeing.com : about-me : About Me
I'm a "hypno - CBT®" certified therapist based in Ely in Cambridgeshire. I offer bespoke therapy service to my clients based on their unique needs to support ...


Hypnotherapy Directory
https://www.hypnotherapy-directory.org.uk : town : ely : Hypnotherapy in Ely, CB6-CB7
I'm a compassionate and experienced hypnotherapist helping people overcome their battles with anxiety, stress, low self esteem and mood.


Ely Complementary Health Centre
https://elycomplementaryhealthcentre.co.uk : treatment : Clinical Hypnotherapy, Rapid Transformational Therapy ...
Taking the principles of Psychotherapy, Hypnotherapy, NLP and CBT you will be able to overcome anxiety, depression, weight release, addictions, infertility, gut ...


Jess' Hypnotherapy
https://www.jesshypnotherapy.com : Hypnotherapy For Anxiety | Jess' Hypnotherapy & Health ...
Experienced Clinical Hypnotherapist offering professional services and coaching in London, Ely, Cambridge, and online. Specializing in Confidence, Anxiety, ...


Related searches : Hypnotherapy, Stress, Anxiety, Confidence, Self Esteem, Weight Loss, Addictions, Infertility, Depression, Confidence, Anxiety, Hypnotherapy, Stress, Anxiety, Confidence, Self Esteem, Weight Loss, Addictions, Infertility, Depression

Overview of Performance

01.

In March, we witnessed significant traction in enhancing your online visibility. With a remarkable almost 4,000 impressions and 26 clicks, we're making notable strides in capturing the attention of your target audience.

Keyword Strategy and Implementation:

02

Our comprehensive approach to keyword research and implementation has been instrumental in driving results. By strategically targeting both informative keywords to establish your authority and local service keywords to dominate in Ely, Cambridge, and surrounding areas, we're effectively aligning with your audience's search intents. Our Keywords Sheet serves as a compass, quidng our efforts towards success.

Ranking Achievements:

03.

We're thrilled to inform you that our efforts have borne fruit, with your website now ranking in the top 9 for the local keyword "Hypnotherapy in Ely." Additionally, our optimized content is making significant headway in ranking for various informative keywords in the top 10, further solidifying your authority in the industry. Attached are screenshots showcasing our progress for your reference.

04.

Content Strategy and Optimization:

Our content strategy remains at the forefront of our efforts. By consistently delivering valuable and tailored content, we're not only improving your local rankings but also engaging your audience effectively. This approach ensures that your website remains a go-to destination for relevant information in your field.

05.

Backlinking Strategy:

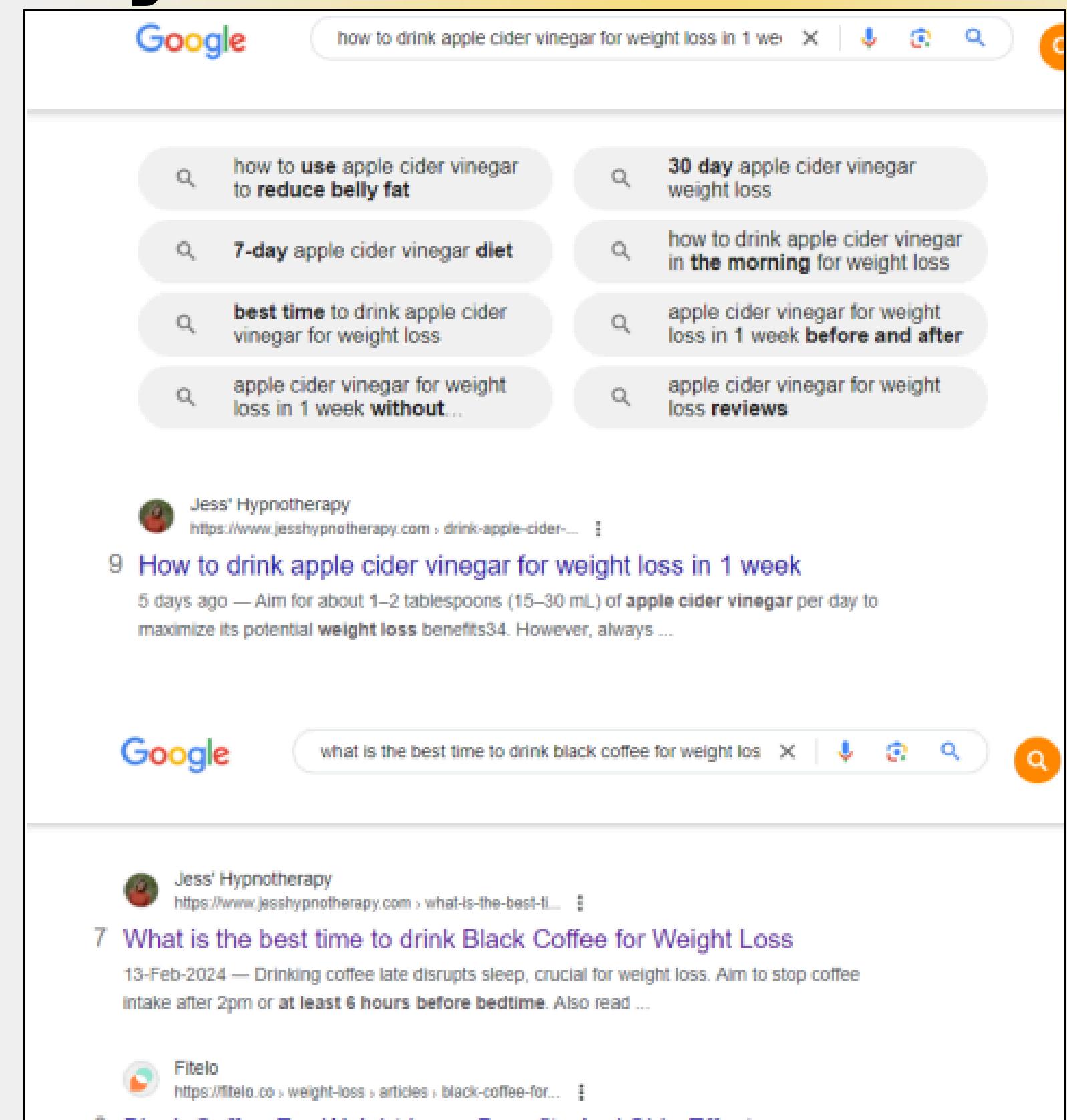
The implementation of our strategic backlinking strategy continues to be a driving force behind enhancing your website's authority and competitiveness. By securing quality backlinks, we're bolstering your domain authority and positioning your website favorably against competitors.

06.

Next Steps:

Looking ahead, our focus remains on refining our strategies to further elevate your online presence and local rankings. We'll continue to monitor performance metrics closely, making adjustments as needed to achieve optimal results. In conclusion, March has been a month of significant progress and achievements. Your trust in our services fuels our commitment to delivering exceptional results. Should you have any questions or require further clarification on any aspect of this report, please don't hesitate to reach out.

Some Other ranking keywords screenshots



Google search results for "how to drink apple cider vinegar for weight loss in 1 week".

Search queries (partial):

- how to use apple cider vinegar to reduce belly fat
- 30 day apple cider vinegar weight loss
- 7-day apple cider vinegar diet
- how to drink apple cider vinegar in the morning for weight loss
- best time to drink apple cider vinegar for weight loss
- apple cider vinegar for weight loss in 1 week before and after
- apple cider vinegar for weight loss in 1 week without...
- apple cider vinegar for weight loss reviews

Result snippet:

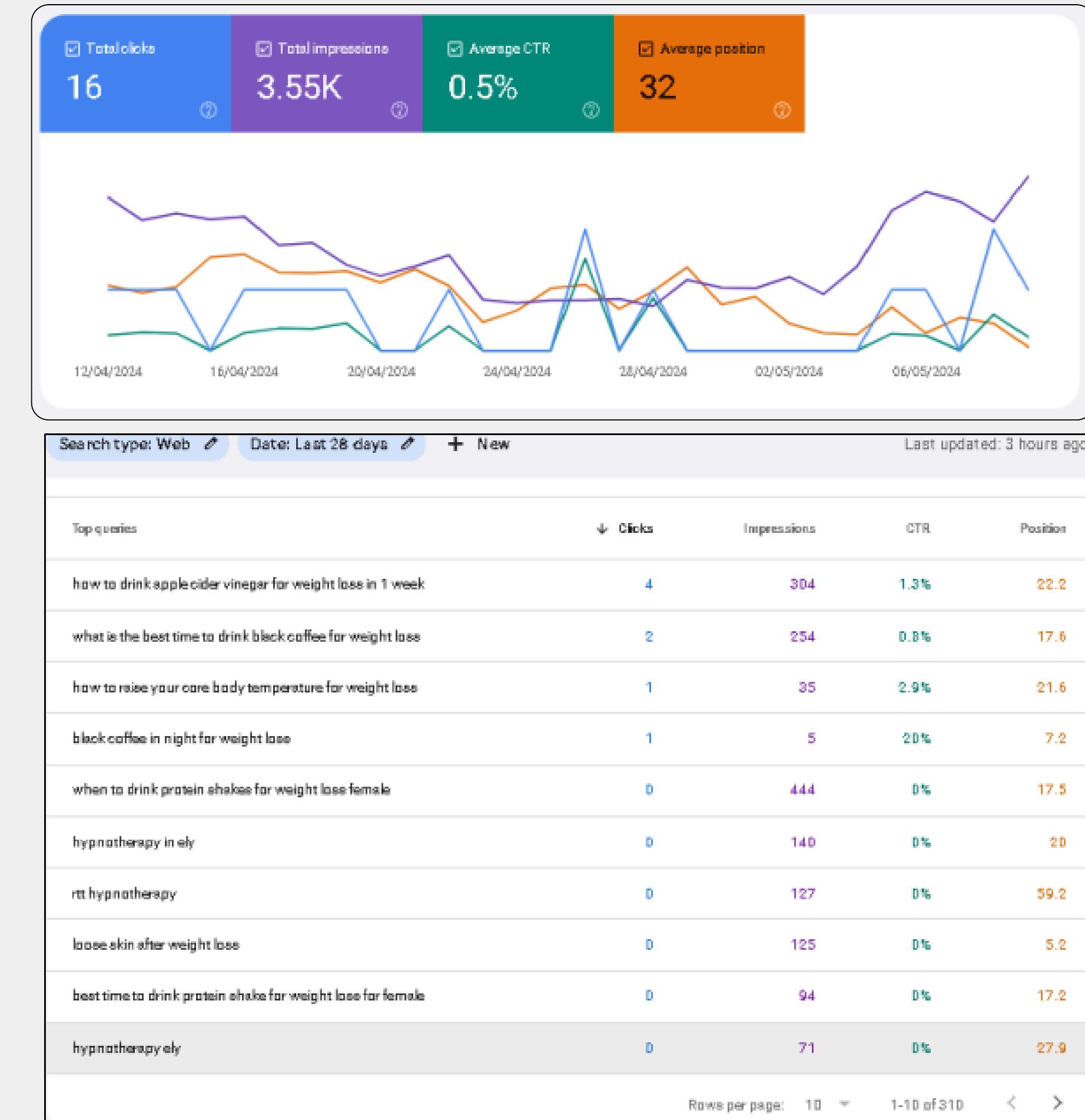
9 How to drink apple cider vinegar for weight loss in 1 week
5 days ago — Aim for about 1–2 tablespoons (15–30 mL) of apple cider vinegar per day to maximize its potential weight loss benefits³⁴. However, always ...

Google search results for "what is the best time to drink black coffee for weight loss".

Result snippet:

7 What is the best time to drink Black Coffee for Weight Loss
13-Feb-2024 — Drinking coffee late disrupts sleep, crucial for weight loss. Aim to stop coffee intake after 2pm or at least 6 hours before bedtime. Also read ...

3rd MONTH REPORT



Performance Overview:

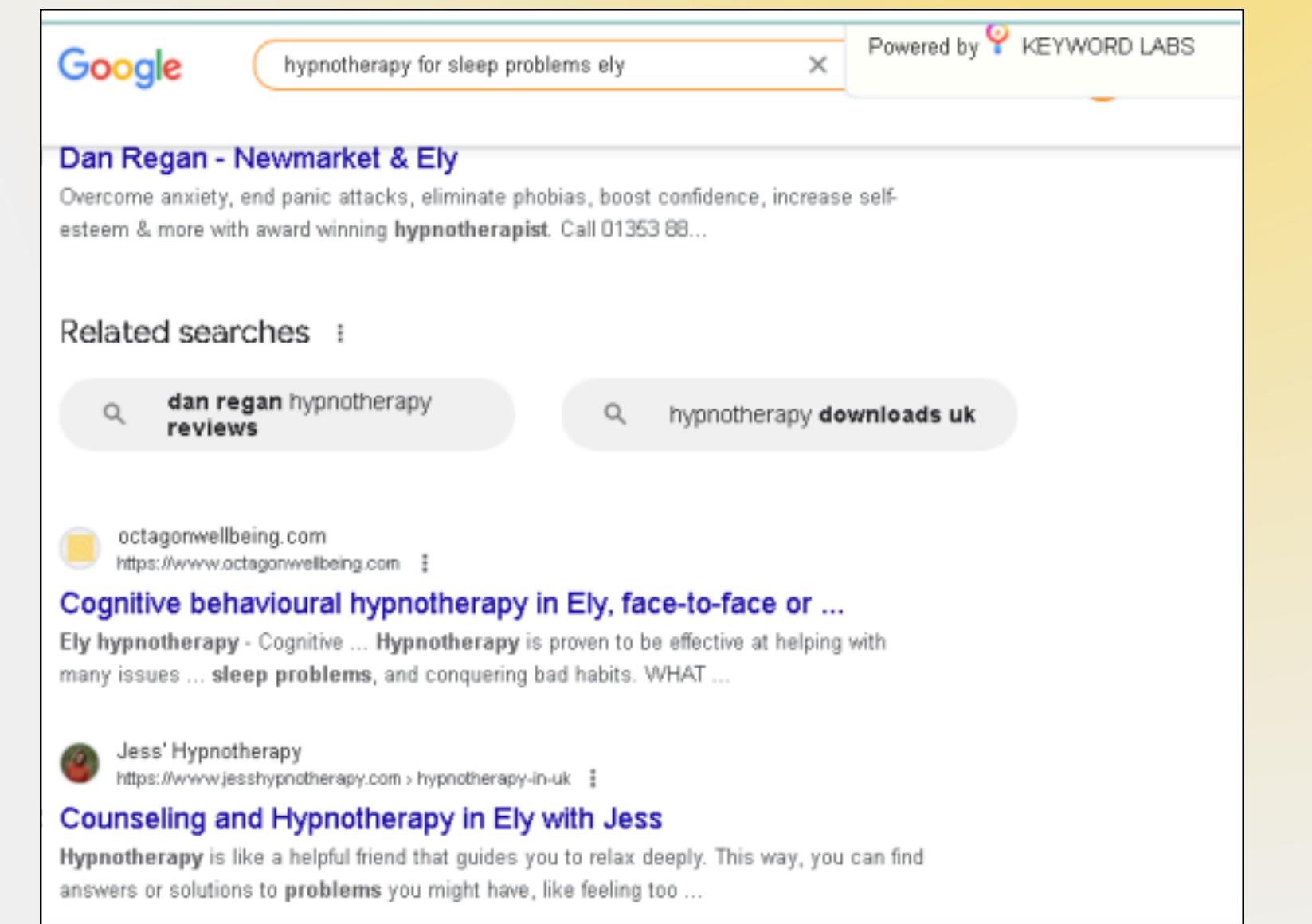
Impressions: We've observed a significant increase in impressions, reaching approximately 3.5k this month. This indicates that our efforts in optimizing your website's content and implementing targeted keywords are resonating well with your audience.

Clicks: While impressions are crucial, clicks demonstrate the effectiveness of our strategies in driving traffic to your site. We've achieved 18 clicks this month, a commendable result that showcases the relevance and appeal of your content to users.

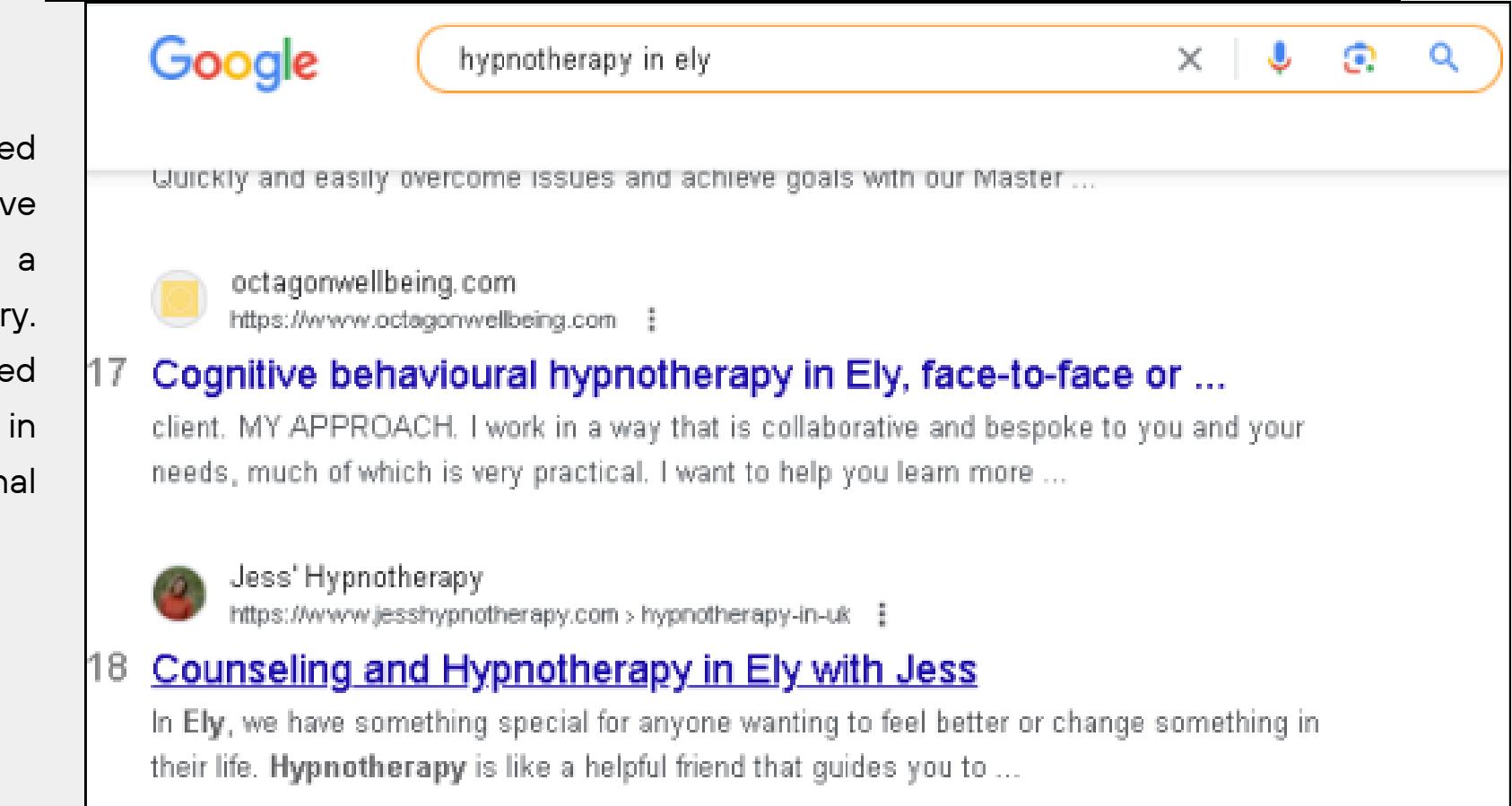
Keyword Rankings:

Local Keywords: Our focus on local SEO has yielded promising results, with notable improvements in rankings for key terms such as "Hypnotherapy in Ely." We've secured a position within the top 16, signifying enhanced visibility among local audiences seeking hypnotherapy services in Ely.

Informative Keywords: Through targeted optimization for informative keywords, we've bolstered your website's authority as a trusted source of information in your industry. This is evidenced by the attached screenshots showcasing our presence in search results for relevant informational queries.



Google search results for "hypnotherapy for sleep problems ely". The top result is "Dan Regan - Newmarket & Ely" with a description: "Overcome anxiety, end panic attacks, eliminate phobias, boost confidence, increase self-esteem & more with award winning hypnotherapist. Call 01353 88...". Below the main result are related searches: "dan regan hypnotherapy reviews" and "hypnotherapy downloads uk". The first search result is "octagonwellbeing.com" with a snippet: "Cognitive behavioural hypnotherapy in Ely, face-to-face or ...". The second search result is "Jess' Hypnotherapy" with a snippet: "Counseling and Hypnotherapy in Ely with Jess".



Google search results for "hypnotherapy in ely". The top result is "octagonwellbeing.com" with a snippet: "Quickly and easily overcome issues and achieve goals with our Master ...". The second result is "17 Cognitive behavioural hypnotherapy in Ely, face-to-face or ..." with a snippet: "client. MY APPROACH. I work in a way that is collaborative and bespoke to you and your needs, much of which is very practical. I want to help you learn more ...". The third result is "18 Counseling and Hypnotherapy in Ely with Jess" with a snippet: "In Ely, we have something special for anyone wanting to feel better or change something in their life. Hypnotherapy is like a helpful friend that guides you to ...".

Performance Recovery Post-Google Core Update:

In the wake of the Google Core Update, we experienced a temporary setback in performance, consistent with industry trends. However, our proactive measures and diligent efforts enabled us to swiftly recover and regain momentum, ensuring that your website is back on track to achieving its previous position and performance levels. Official Links for understanding:

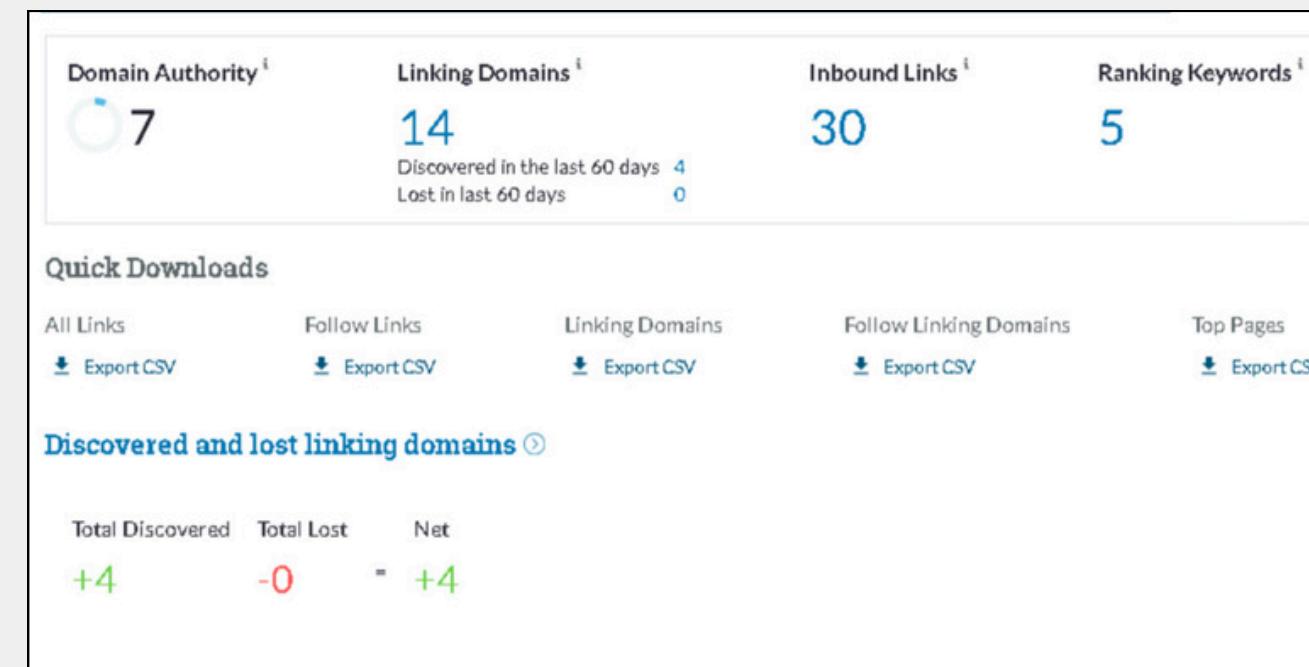
<https://blog.google/products/search/google-search-update-march-2024/>

<https://www.searchenginejournal.com/google-march-2024-core-update/510243/>

Backlinking Strategy:

Our strategic approach to backlinking continues to strengthen your website's authority and competitiveness.

By acquiring high-quality backlinks from reputable sources, we're enhancing your domain authority and reinforcing your position within the industry.



black coffee for weight loss at night

If you drink coffee, serving it black is your best option for weight loss . Black coffee is calorie-free it's the cream and sugar that can pack ...

3 answers · 0 votes: No. Not at all. Drinking coffee before bed with burn off ZERO b

What's the best time to drink black coffee for weight ... 6 answers 6 Nov 202

Is black coffee in the morning good for weight loss ... 6 answers 20 Sept 202

Does drinking black coffee really help reduce ... 76 answers 24 Nov 202

Is it safe to drink strong black coffee every morning ... 2 answers 25 Jul 202

More results from www.quora.com



Healthline

<https://www.healthline.com/nutrition/coffee-increase-weight-loss>

3 **Can Coffee Increase Your Metabolism and Help You Burn ...**

23 Oct 2023 — For this reason, drinking coffee or other caffeinated beverages may not be an effective weight-loss strategy in the long term. The Bottom Line.



Jess' Hypnotherapy

<https://www.jesshypnotherapy.com/what-is-the-best-time-to-drink-black-coffee-for-weight-loss>

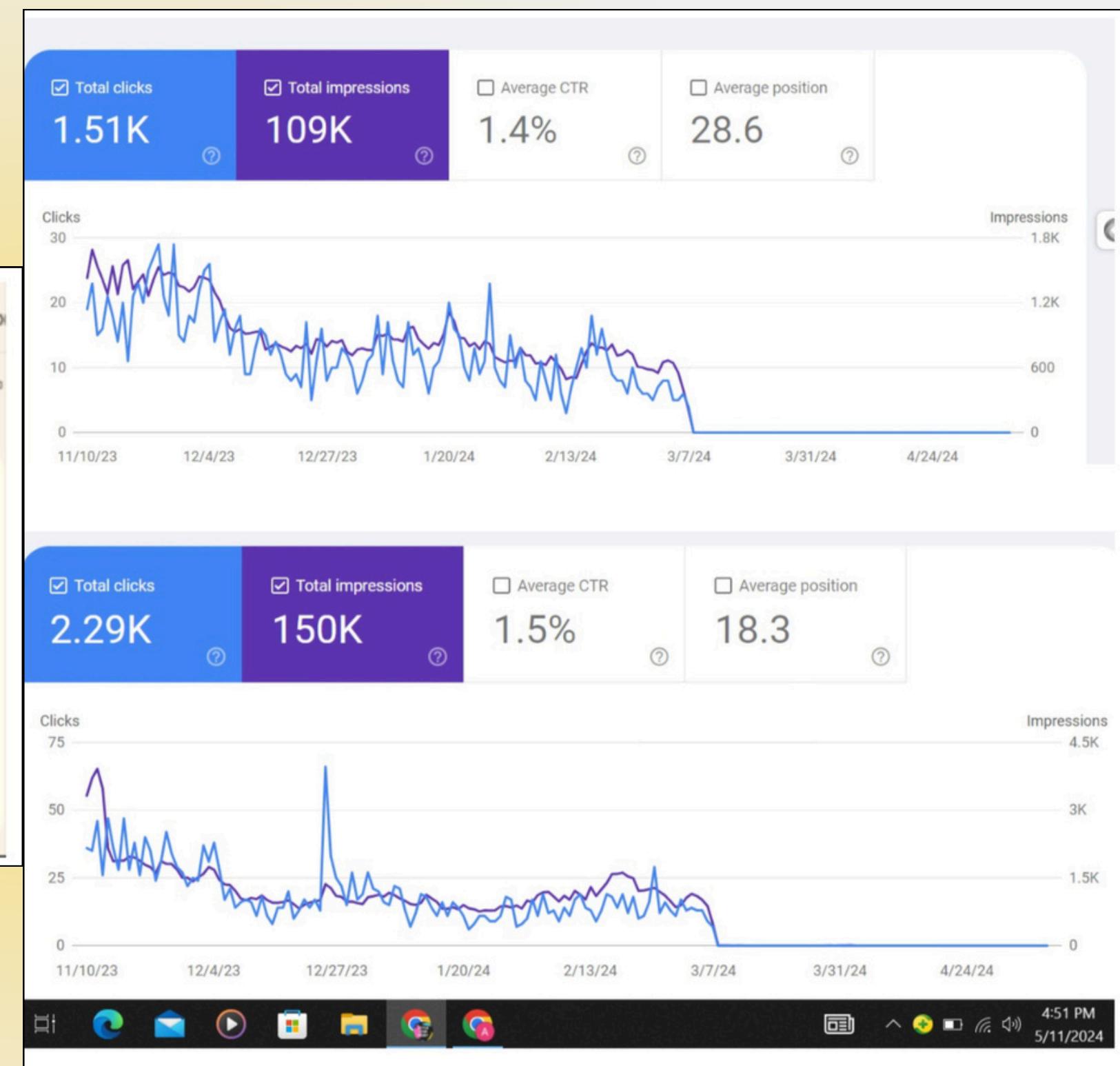
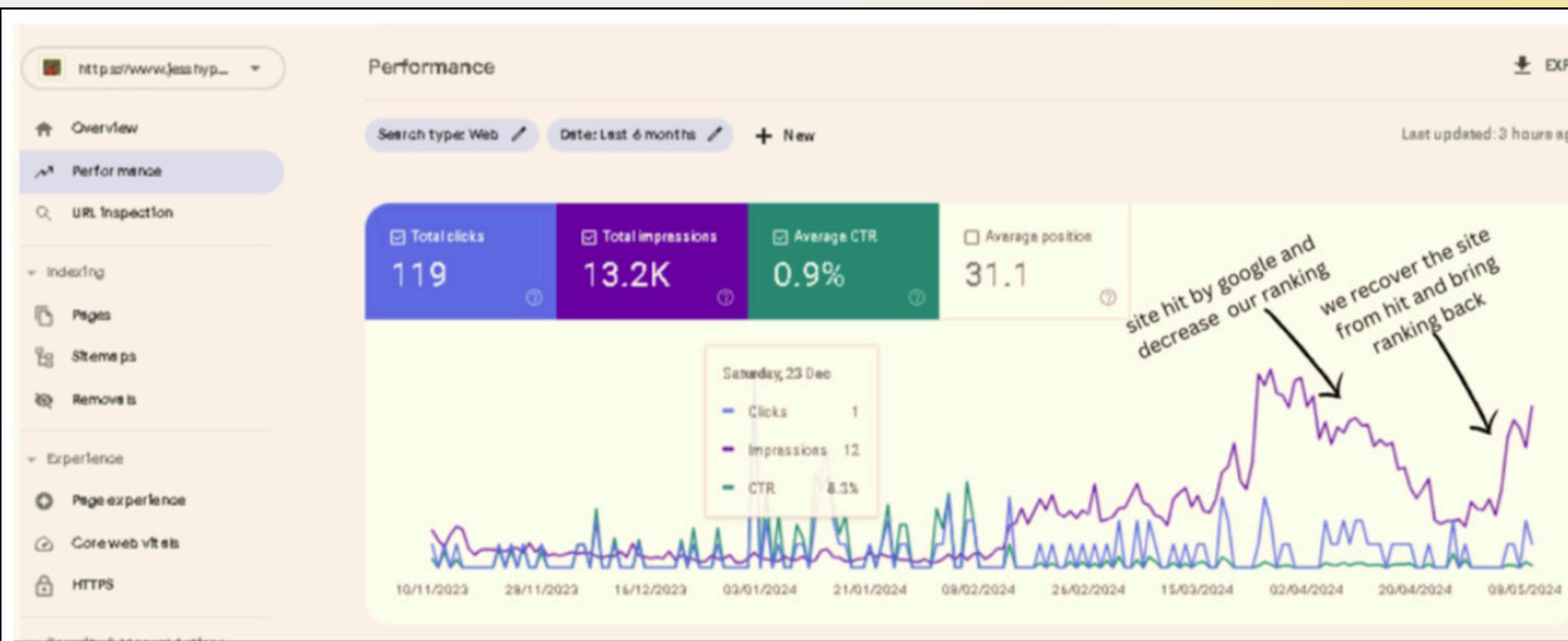
4 **What is the best time to drink Black Coffee for Weight Loss**

24 Apr 2024 — Drinking black coffee at night for weight loss might not be ideal.

Consuming caffeine in the evening can disrupt sleep, which is crucial for ...

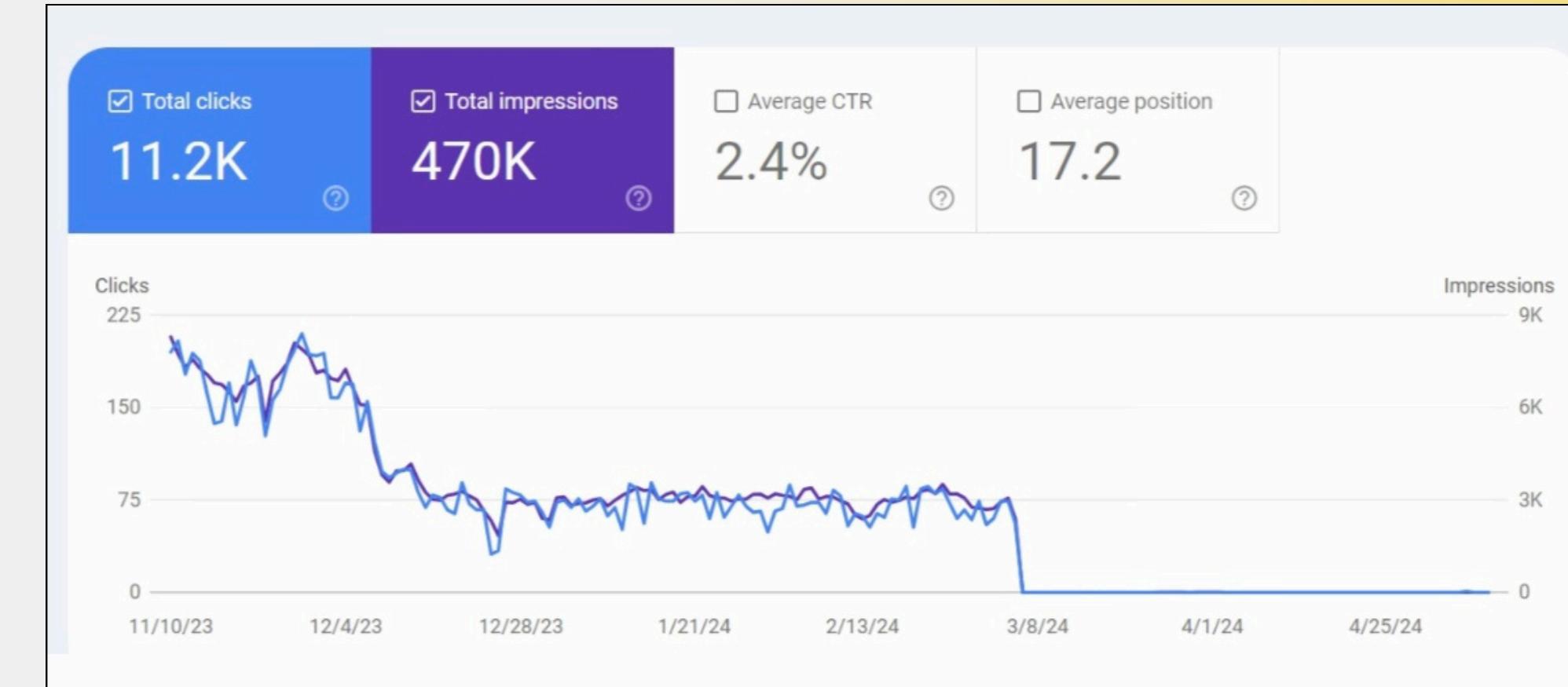
Example of site hit by google in march update and now there traffic is zero:

Our site performance which we recover from update:



Moving Forward:

As we progress into the coming months, our focus remains on sustaining and amplifying these positive outcomes. We're committed to continuously refining our strategies, staying abreast of industry developments, and capitalizing on emerging opportunities to further elevate your online presence and drive meaningful results for your business.



Thank you for entrusting us with your SEO endeavors. We look forward to continuing this journey of growth and success together.