

HYPNOTHERAPY & COACHING WORKSHOP

- What hypnotherapy & motivational coaching are
- Explanation of how I work in these areas & others:
 - Dealing with physical & emotional pain
 - Smoking Weight issues Improved performance
 - Confidence building: dealing with anxiety & fear
- A short hypnosis session on confidence building
- Demonstration of a coaching session
- Question & answers
- What a new client can expect:
 - Following a booking clients receive my relaxation CD
 - I will take a case history of the problem/issue
 - Set up ways the problem can begin to be reduced
 - Hypnosis (a very relaxed state: no chicken impersonations!) which incorporates motivational interventions. The issue will be reframed, using the client's language, to change its significance. Clients will receive a CD of this session.