

HYPNOSISWORKS

Change your Mind Change your life



Self-Hypnosis

“When you change your mind - you change your life”

Trainer:



Brian McGowan
B.A. Hyp, Gen Th,
Dip. Sports Psych, Dip NLP

Brian, one of MTC's directors, is a licensed Practitioner of NLP (Neurolinguistic Programming) And with the above qualifications makes him the perfect choice for the delivery of this course.

Member of British Academy of Hypnosis
Member of S.F.T.R
Member of International Society of Sport Psychology (ISSP)

Hypnotherapy

Stop Smoking, Weight loss,
Relaxation,
Stress, Anxiety, Fears and Phobias,
Lower Blood Pressure

Generis Therapy

Non-intrusive Pain Relief & Pain Control

Sports Performance Enhancement

Control Anxiety, Learn to Play "In the Zone",
Advice and coaching on Mental Preparation,
Imagery, Motivation and Concentration

- If you don't like what you have, here's a way to get what you want!
- You want to change
- You try to change
- You wish you knew how to make it work.

We all want to make a really good decisions and stick to them with all our might - and then, lo and behold, the old patterns emerge and we fall right back into our old behaviours and habits.

- Well, if making a resolution or a commitment isn't enough to create permanent change, what is it going to take?
- How do we break free from the beliefs and thoughts that run amok in our consciousness? Take heart, there is a way.....

Self-Hypnosis

You already know what hypnosis feels like – you have already experienced natural hypnotic states everyday of your life. For example, watching TV, day dreaming, getting lost in a good book or driving on "automatic pilot". These are pleasant, dreamlike states when we "drift-off" and our sub-conscious mind takes over.

So why do you need to learn it if it is such a natural occurrence?

The Self-Hypnosis course teaches you to enter these same natural states deliberately, when you choose to and with awareness. You will learn a systematic method that allows you to enter a safe, trance-like state, in which you can communicate directly with your sub-conscious and issue safe instructions or "suggestions".

With self-hypnosis there are literally no limits to what you can achieve. You have the power to make changes in your life – changes that happen quickly and changes that last!

Do you want to?

Relax and be calm
Enjoy better quality of sleep
Improve your confidence & self-esteem
Enhance your performance at work and sports
Become healthier and fitter
Reduce weight
Promote rapid healing and recovery
Control or reduce pain without drugs
Learn faster and pass exams
Enjoy flying
Enjoy pregnancy and wonderfully natural childbirth (women only of course!)
Overcome phobias
And so much more.....

Learning Self-Hypnosis is just the beginning of an entirely new way of life.

This 1 day course (delivered on weekends) will be the start of an exciting, stimulating and challenging journey. This could be the start of a new you!

Objectives of the Course:

To introduce the delegates to Self-Hypnosis, enabling them to take control of their lives in a positive and lasting manner.

Course Content:

Delegates will cover -

- ❖ **History of Hypnosis**
- ❖ **Myths & Misconceptions**
- ❖ **Why we must use the power of self hypnosis**
- ❖ **What we can achieve, quickly and easily**
- ❖ **How self hypnosis works**
- ❖ **Rules of the mind**
- ❖ **Principles of Suggestion**
- ❖ **Suggestibility Testing**
- ❖ **Methods of self hypnosis**
- ❖ **Relaxation**
- ❖ **Induction Methods**
- ❖ **Using deepeners to get lasting results**
- ❖ **Formulation of Suggestions**
- ❖ **Visualisations to change your future**
- ❖ **Removing blocks that have held you back in the past**

Certification:	Hypnosisworks attendance/completion certificate
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Course Duration:	1 Day
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Suitable for:	Anyone
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Cost:	£89.00 (inclusive of vat) per person <i>(Please ask about our group discounts)</i>
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Why Attend:

If you:

- Want to reach your goals
- Want to Find Peace of Mind
- Want to Become a calmer person
- Want to Learn to control stress in your life
- Just want to relax!

Self Hypnosis will show you how.

When our subconscious mind is in conflict with what we try to do consciously, we inevitably fail - whatever the situation may be. By learning and understanding selfhypnosis you can ensure that all parts integrate fully, ensuring success in whatever you want to achieve.

Hypnosisworks is a trading name for MTC Services Ltd.