

HYPNOSISWORKS

Change your Mind Change your life

Self-Talk

“Effective & Practical Stress Management Training”

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

- How do you react when faced with problem situations?
- How do you react when you are concerned - or worried - or afraid?
- What goes through your mind in these situations?
- Are you Rational? Are you Emotional?
- Do you ever "beat" yourself up, or talk yourself down?

How we handle ourselves when faced with what life throws at us - in our working lives and in our personal lives - defines who we are.

So and so is a "hot head" –
X is so laid back about things –
Y is always living on her nerves –
Z is "up" one minute and "down" the next.

We are all different - that's what makes the world such an exciting place. But none of us are perfect. We all see things in other people we admire. We all see things in ourselves that we wish we could change.

So you want to be more "laid back" but always get instantly "wound up" when certain situations trigger extreme, out-of-control emotional reactions. It feels as if you go on auto-pilot and have little or no control over the way you feel or behave once certain internal buttons have been pushed.

Your head may say this is ridiculous but you can't stop yourself from over-reacting with anger, sadness, fear, shame, guilt, or jealousy to a situation that just doesn't merit that kind of emotional energy.

Everyday, work, home and our personal lives throw circumstances at us that cause us STRESS - but we can't stop the world and get off (well you can when you "pop your clogs" - and then who knows what the afterlife will throw at us?) so we need to know how to control situations that confront us.

Self Talk will enable you to do just that - control and handle what life flings at you.

Our reactions are a result of existing conditioning and programming that may help us in a given situation or may hinder us.

Self Talk teaches you practical and effective techniques that help you become self sufficient and proficient in dealing with everyday problematical situations.

Self Talk uses NLP and Hypnotherapy techniques that we can all put into practice to help us become the person we want to be.

Self Talk will let you understand why you react the way you do to certain situations and give you the power to change that - if you wish to change that aspect of your life.

In our professional lives we are trained, coached and mentored in the "mechanical" aspects of our work. We are given clear, concise instructions on "how to" and "when to" perform tasks and functions on which our success depends - - -

But all too often we are left using our own instincts and internal programming when performing these tasks...

And who gave us a manual on "life"?

Self Talk will help you write your next chapter.

Using practical workshop exercises and effective light-hearted explanations, Self Talk will give you the power to understand what is going on within you, why its going on and how to change it - if that is what you wish to do.....

Objectives & Course Content

- ❖ **Analysing the Stresses in our lives - both Positive and Negative Stresses**
 - What is stress, what causes stress, becoming aware of your own stress?
 - How thoughts trigger Stress more than situations.
- ❖ **How do we react to stress?**
 - Understanding how our reaction is an automatic, learned response compounded by years of repetition.
 - How you always have a choice, even when you think you don't.
- ❖ **Using NLP techniques to reframe stressful and unpleasant situations.**
 - Visualising, Hearing and Feeling problematical situations and reframing them so they don't trouble you any more.
 - Recognising Triggers and developing Anchors
 - Learning practical ways of approaching up and coming difficult situations that you know you will face by using Perceptual Positions.
- ❖ **Look into emotions and how they affect us.**
 - Find out why nothing can bother you unless YOU give it permission to do so.
 - Emotions are the "currency" of every situation
- ❖ **Find out how our Mind works**
 - Brain vs the Mind
 - Conscious vs Subconscious
 - The Rules of the Mind and using them to our advantage
- ❖ **Find out how our imagination is our most powerful ally and our most destructive influence**
 - How Imagination can overcome logic
 - How Imagination is more powerful than knowledge.
- ❖ **Practical methods for powerful communication with ourselves**
 - Talking direct to our Sub-conscious using Self-Hypnosis techniques.
 - When, where and how.

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:

- £ Life is tough enough without being stressed out at everything and anything.
- £ Stressed out because of work? Official figures now show that stress has become the number one cause of absenteeism in the workplace.
- £ The number of employees citing work-related anxiety and depression has doubled in a decade to more than a million.
- £ Stress-related illness is believed to cost £3.7 Billion a year in lost productivity and healthcare costs.
- £ Stress can kill.

Hypnosisworks is a trading name for MTC Services Ltd.