



Gerard Solutions Inc.

www.disabilityadvocategerard.com



SHIFT HAPPENS WITH HYPNOSIS™

Hypnotherapy

Accessing the subconscious is the key that enables a certified hypnotherapist to facilitate change in behaviour, perception, the way you react or respond to certain situations and uncover memories that you only thought you had forgotten. However, this can only happen if you allow it!

We all experience a trance state of hypnosis every day when we perform our daily tasks which have become so ingrained in our subconscious, we do not even think about it. Some practices that have been a part of our lives for decades, are forms of hypnosis.

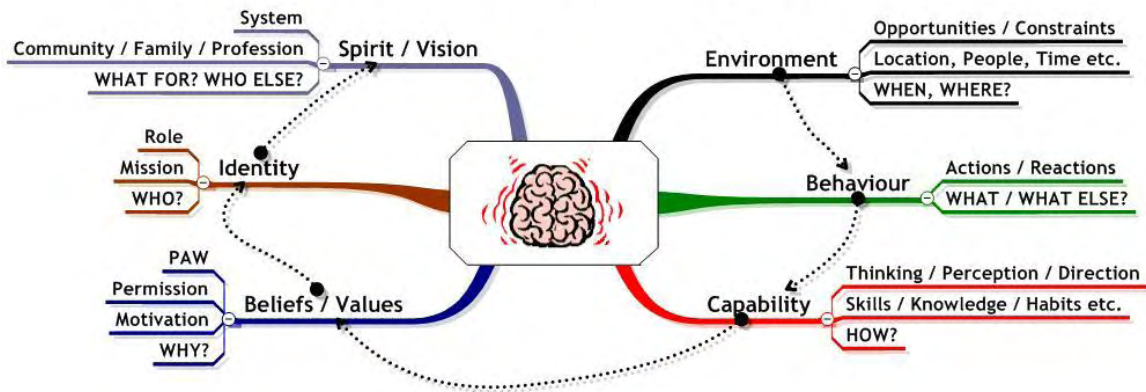
Think about it ... when you were young and you fell and scraped your elbow or cut yourself, your mom or dad would “kiss it and make it better”. Often times children actually feel better when this happens.

We know the kiss itself has no healing properties, but the trance state of pain just allows us to want to alleviate it.... so the kiss does just that. It is the suggestion that makes it better ... that suggestion given and accepted by the subconscious mind is called hypnosis.

**INTERNATIONAL
CERTIFIED MEMBER**



NEUROLOGICAL LEVELS



MYTHS & Misconceptions!

Hypnosis Myth #1

Only weak-minded people can be hypnotized...

The truth: Everyone can be hypnotized if they want to. As a matter of fact, each one of us is using hypnosis in some form every single day of our lives.

We are experiencing some form of a trance-like hypnotic state each time we engage our imagination or emotions. Any time we bypass our conscious mind, we are in trance. It's that simple!

Hypnosis Myth #2

If you can hear the hypnotist, you were not hypnotized...

Many people who have never experienced hypnosis believe that when they are hypnotized they will not be aware of anything that is happening around them. How can that be true? Just think about this.... if you lose connection with the hypnotist, how could you follow the instructions?

While the level of awareness of your surroundings may shift to some degree, you will still be aware of the hypnotist or his voice. The better you are able to play the game of "let's pretend" and immerse yourself in your subjective reality (inner world

experiences), the less you will be aware of your surroundings in the way that you are accustomed to. That's why we call it

Hypnosis Myth #3

Hypnotist has complete power over you when you are hypnotized...

The role of a hypnotist in a therapeutic setting is to help you establish connection and communication with your subconscious mind so that you can overcome any emotional or intellectual obstacles in reaching your goals.

A skilled hypnotist or hypnotherapist will help you a great deal simply due to experience and knowledge of variety of helpful techniques, but ultimately all of the power is yours – and you can choose to accept or reject any suggestion given to you.

The hypnotist is merely the facilitator – allowing you to find your way into the subconscious to become the person you wish to be.

Hypnosis Myth #4

You can remain permanently stuck in hypnosis...

No one ever got stuck, but some people enjoy deep trance so much that they don't want to come out. When you are deeply relaxed and in trance, your body begins to release an abundance of pleasure hormones (endorphins). You feel better than you've felt maybe in a long time.

The deeper into trance you go, the better you feel. You have no desire to leave this state. But when the session comes to an end and you are invited to emerge and you have two choices: either you reluctantly choose to leave this state knowing that you'll be able to experience it again or you refuse to come out.

Hypnosis itself is the state of trance, as previously discussed. But there are different ways of inducing hypnosis (called an induction) and different tools to use when the person is in trance, to accomplish the goal.

Direct Suggestion

The National Guild of Hypnotist's teachings follow the method of direct suggestion – sometimes as short as an affirmation “Every day in every respect I get better and better” or a longer script which is crafted specifically for the client and the goal they want to achieve. Both the script and the affirmation are given while the client is in hypnosis, so that it goes directly into the subconscious mind, to change the ‘blueprint’. Direct suggestion hypnosis usually involves repetition of the suggestion, through self-hypnosis and a post hypnotic suggestion to compound the message to the subconscious mind in different forms. This makes it much more effective.

Ericksonian

Ericksonian hypnosis is the style developed by Dr. Milton Erickson who used indirect suggestions and metaphors to address change for the subconscious mind. The Ericksonian method includes indirect suggestion, which is said to have a greater impact, as the conscious mind doesn't interfere with the process.

Clinical Hypnosis

Clinical hypnosis is purely the practice of hypnosis in a clinical setting. It is more personal and more effective for change than group, stage or self hypnosis. The hypnotist is focussed on the client and the issue to be changed. The client feels more in control, and the confidentiality and privacy in the clinic allow the client to look at the issue more deeply.

Different Types of Hypnosis

Regression Therapy

Regression therapy is used in hypnotherapy sessions to assist the client in finding the root cause of many of their behavioural patterns and habits. Regression therapy is also used to help recover memories of places, people and events we may have difficulty recalling.

It is a powerful tool when used ethically and professionally because it allows us to access memories we may have pushed aside to bring greater understanding in helping to resolve certain issues. Regression therapy

includes regression to earlier times in the life as well as Past Life therapy. Very often clients find themselves “slipping” into what we call “Past Life” when we are regressing to cause.

Transpersonal Hypnotherapy

Transpersonal therapy focuses on our “essential self” or soul. It is a truly holistic form of therapy which encompasses all aspects of the human experience. It utilizes the mind – body – spirit connection to foster healing, growth and personal development. The use of hypnosis in transpersonal therapy is a logical choice since the whole basis for hypnosis is using the mind to affect change in the body and in the “self”. Hypnosis is one of the best tools that we can use to establish and maintain the connection of mind – body – spirit. Transpersonal therapy also allows us to establish contact with our ancestors by use of spiritual and/or DNA regression and this provides a powerful and profound means of healing and personal growth.

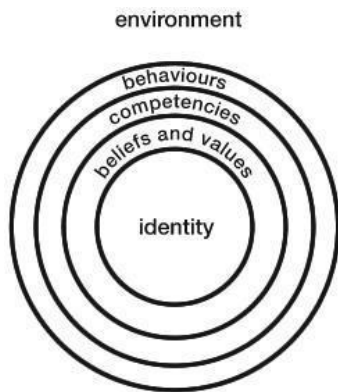
Self Hypnosis

hypnotherapist encourage clients to maintain the progress made in the clinic by practicing self hypnosis at home.

Self hypnosis can be thought of as a guided meditation with an objective in mind. We are all able to induce a hypnotic trance on ourselves and we can use that to continue the suggestions given to us by the hypnotherapist. This compounds the suggestion in our subconscious mind making the effect stronger and more permanent..

Uses of Hypnosis

Hypnosis can be used to help with a great many issues, all of which have a basis stored in the subconscious mind.



HYPNOTHERAPY

A

Addiction Help
 Alcohol Withdrawal Symptoms
 Caffeine Addiction
 Addiction
 Chocolate Addiction
 Compulsive Hoarding
 Diminish Alcohol Abuse
 Gambling Addiction
Gaming Addiction
Internet Addiction
 Air is the Currency of Life
 Airline Anxiety
 Anger Management
 Arthritis and Other Pain

Attention Deficit Disorder (ADD)

B

Bedwetting
 Breast Enlargement

C

Cancer
 Chronic Fatigue Syndrome
 Confidence
 Confidence in Company
 Creating A New You

D

Depression
 Development of Actor Character
 Drivers Tension Removal

E

Ego Strengthened

Eliminating Stuttering
Erectile Dysfunction
Examination Nerves

F

Fear of Flying
Fear of Going Places
Fear of Spiders Fear of What Others
Think
Fears and Burdens (Children)

Fibromyalgia and Pain Management

Finding Clues

FRIGIDITY

G

Gout

Goals
Goal Achievement
Grinding Teeth

H

Healing
Healing Before Surgery
Healing - dedicated to
Health Improvement

I

IBS

J

Jealousy

L

Life Memory

M

Manage Chronic Discomfort

Memory Enhancement and Attention
Span

MEMORY - RECALL AT WILL

(legal)

Migraine

Motivation & Change

N

Nail Biting

O

Over Eating

P

Pain Control

Past Life Regression Technique
Perfect Partnership
Picking and Scratching of Skin
Professional Sports

Prosperity
Public Speaking

R

Releasing Attachment to an Ex-
partner/Lover
Regression

S

Self Confidence
Self-Hypnosis,
Snoring, Sleep Disturbance
Stage Fright - Peak Performance
Stage Fright
Stress Reduction
Stuttering Elimination
Studying, Accelerated
Stress Reduction

T

Timidity

W

Weight Control-Sure Fire
Weight Control for Life
Weight Loss
Weight Loss, Over eating rut
Weight Reduction
Writer's Block and Memory Recovery
Writing Skills

Anti-Aging

Cope with Hair Loss
Fear of Aging for Women
Live Longer
Natural Anti-Aging
Non-Surgical Face Lift

Bad Habits

Breaking Bad Habits
Eyelash/Eyebrow Pulling
Hair Pulling
Lip Biting
Reduce Wine Drinking
Skin Picking
Stop Chewing Gum
Stop Impulse Buying
Stop Nail Biting
Stop Nose Picking
Stop Scratching

Stop Thumb Sucking

Cancer Treatment

Cancer - Stay Positive

Cancer Pain

Cancer Test

Chemotherapy Nausea

Needles & Cannulas

Clinical Hypnotherapy

Obsessive Checking

Coping With Disfigurement

Escape A Cult

Gag Reflex

Manage ADHD

Noise Sensitivity

Recurring Nightmares

Stop Bed Wetting

Stop Self Harm

Stuttering Therapy

Troubled Childhood

Communication Skills

Assertiveness Training

Be Funny

Be More Tactful

Compulsive Lying

Conversation Starter

Express Your Opinion

Handling Criticism

Listening Skills

Making Small Talk

Meeting People

Nervous Talking

No More Mr Nice Guy

Saying No

Speaking Clearly

Stand Up for Yourself

Stop Apologizing

Stop Arguing

Stop Being Defensive

Stop Complaining

Stop Cursing / Swearing

Stop Gossiping

Depression Self Help

Antidepressant Withdrawal

Depressed Husband

Depressed Wife

Depression Treatment

Difficult People

The Angry Bully

The Control Freak

The Gossip

The Guilt Tripper

The Know-It-All

The Moody Type

The Negative Critic

The Shy Person

Verbal Self Defense

Emotional Intelligence

Anger Management

Birthday Blues

Controlling Emotions

Dealing With Guilt

Express Your Emotions

Feeling Down

Forgive Yourself

Forgiveness

Improve Your Mood

Impulse Control

Increase Emotional Intelligence

Let Go Of The Past

Let It Go

No Embarrassment

Overcome Envy

Overcome Greed

Overcome Jealousy

Road Rage

Stop Being Irritable

Enjoy Life

Find Your Passion

Have More Fun

Life and Soul of the Party

Live in the Moment

Meaning of Life

No Regrets

Say Yes!

See The World

Seize The Day

Try New Things

Fears Phobias

Agoraphobia
Anxiety Dining Out
Bird Phobia
Cure Needle Phobia
Cure Snake Phobia
Cure Spider Phobia
Dental Phobia
Driving Test
Exam Nerves
Fear of Bridges
Fear of Cancer
Fear of Change
Fear of Crowds
Fear of Death
Fear of Doctors
Fear of Dogs
Fear of Driving
Fear of Elevators
Fear of Failure
Fear of Flying
Fear of General Anesthesia
Fear of Germs
Fear of Going Crazy
Fear of Heights
Fear of Hospitals
Fear of Others Vomiting
Fear of Photographs
Fear of Poverty
Fear of Success
Fear of Terrorism
Fear of the Dark
Fear of the Phone
Fear of Violence
Fear of Vomiting
Fear of Water
Heart Attack Fears
Musicians & Singers Nerves
Nervous Passenger
Overcome Fear and Anxiety
Overcoming Claustrophobia
Performance Anxiety
Stage Fright
Stop Panic Attacks

Technophobia
Unfamiliar Surroundings
Wedding Nerves

Grief Loss

Dealing with Grief
Death of a Child
Death of a Parent
Death Of A Partner
Death of a Pet
Fear of Leaving Home
Funeral Calm
Homesickness
Losing A Friend
Nursing Home Guilt

Growth Zone

Brain Building
Choosing the Right Foods
Creative Leaps
Envisaging You
Find Your Vision
Focusing on Your Strengths
Get Moving
Real Skills for Confidence
Recognising Self Worth
Super Concentration
Super Memory
Super Portion Control
The Way Forward
Ultimate Gym Session
Undo Negative Conditioning

Health Issues

Asthma Treatment Hypnosis
Bathroom Anxiety
Boost Your Immune System
Caring for the Terminally Ill
Chronic Fatigue Syndrome
Chronic Hives Treatment
Clean Your Teeth
Coping with Chronic Illness
Diabetic Diet
Ease Eczema
Ease Multiple Sclerosis Symptoms
Essential Tremor

Excessive Sweating
Fast Natural Healing
Fight a Cold
Warts
High Blood Pressure
Hot Flashes
Improve Posture
MRI Scan Anxiety
Muscle Spasm Treatment
PMS
Poor Circulation
Positive Menopause
Prepare for Surgery
Psoriasis Treatment
Relieving Constipation
Remember Your Medication
Restless Legs Syndrome
Stop Cracking Knuckles
Stop Facial Tics
Stop Popping Zits
Tension Headaches
Travel Sickness

Healthy Eating

Anorexia Treatment
Bulimia Treatment
Drink More Water
Eat More Vegetables
Gain Weight
Gluten Free Diet
Portion Control
Reduce Salt Intake
Stop Drinking Soda

Interpersonal Skills

Accepting Compliments
Appearances
Approaching Women
Avoid a Bad First Impression
Be a Better Friend
Be Approachable
Be Less Critical
Be More Charismatic
Be More Romantic
Become Popular
Build Instant Rapport

Dealing with the In-Laws
Don't Hold Grudges
Don't Take It Personally
Don't Be Taken for Granted
Eye Contact
Fear of Authority
Feel Connected
How to Say Sorry
I'm OK, You're OK
Increase Your Social Circle
Keeping in Touch
Negative People Shield
Overcome Fear of Confrontation
Put Yourself First
Setting Boundaries
Smile More
Stop Fidgeting

Job Skills

Asking for a Raise
Attention to Detail
Be More Persuasive
Be Punctual
Beat Interview Anxiety
Becoming a Leader
Choosing Careers
Confidence in Meetings
Confidence with Your Boss
Crying at Work
Decision Making
Enjoy Paperwork
Find a New Job
Finish What You Start
Job Loss
Job Search Perseverance
Meet Deadlines
Personal Time Management
Project Management Planning
Public Speaking
Return to Work
Selling Skills Superstar
Starting a New Job
Team Player
Telesales Confidence
Workaholic
Workplace Bullying

Learning Help

Academic Performance
Attention In Class
Happy Memory Jogger
Help With Spelling
Language Learning
Learn a Musical Instrument
Learn Fast
Remember Names
Remember What You Read
Return to School

Studying Motivation

Motivation Inspiration
Achieve Your Potential
Dealing with Failure
Energy Booster
Expect The Best
Motivation at Work
Promote Your Business
Self Motivation Booster
Selling Yourself
Start Own Business
Success Motivation
Think Big

Pain Relief

Arthritis Pain Relief
Chronic Pain Management
Fibromyalgia Pain
Hip Pain Relief
Knee Pain Relief
Neuropathic Pain Treatment
Pain Relief
Phantom Limb Pain
Shingles Pain Relief

Parenting Skills

Assertive Parenting
Crying Baby
Empty Nest Syndrome
Enjoy Motherhood
Living With Teenagers
New Dad
New Parent

New Step Parent
Not Your Parents
Overcome Parental Guilt
Overprotective Parents
Patient Parent
Single Parent
Team Family
Worry Less About Your Kids

Personal Development

Being Alone
Comfort Zone
Cultivate Compassion
Enjoy Housework
Find Lost Things
Home Improvement
Inner Artist
Introvert to Extrovert
Learned Helplessness
Living Alone
Living with Uncertainty
Personal Growth
Reinvent Yourself
Retirement Confidence
Stop Being Judgmental
Stop Self Obsession
Strength of Character

Personal Finance

Be Frugal
Build Self Belief In Business
Charge What You're Worth
Come Up With Winning Ideas
Develop an Unbeatable Work Ethic
Financial Worries
Focus for Business
Millionaire Mind
Real Business Passion
Save Money

Personal Fitness

Exercise Motivation
Fitness Class Motivation
Gym Motivation
Walk More

Personal Productivity

Be More Productive
Creativity Booster
Do It Now
Don't Get Distracted
Get Back On Track
Get Organized
Get Published
Homeworker Productivity
Improving Focus and Concentration
Overcome Lethargy
Overcoming Obstacles
Perseverance - Never Give Up
Reach Your Goals
Read More
Self-Discipline
Self-Sabotage
Stop Being Lazy
Stop Procrastination
Watch Less TV

Personal Skills

Awakening Intuition
Be Competitive
Be Less Materialistic
Be Less Passive
Be More Patient
Be More Tolerant
Best Man's Speech
Develop Optimism
Develop Personal Courage
Develop Resilience
Flexible Attitude
Gratitude Attitude
Increase Your Luck
Inner Strength
Keep A Cool Head
Keep Secrets
Know Yourself
Overcome Perfectionism
Overcome Selfishness
Positive Attitude
See the Best in Others
Stop Being Fussiness
Stop Having to be Right
Take Responsibility

What Others Think
Will Power Booster

Pregnancy Childbirth

Breastfeeding Relaxation
Childbirth Hypnosis
Connect with Your Unborn Baby
Infertility Hypnosis
Love Your Pregnant Body
Morning Sickness
Positive Pregnancy
Postnatal Depression
Pregnancy After Miscarriage

Relationship Problems

Abusive Relationship
Being Adopted
Blaming Others
Escape Emotional Abuse
Family Gatherings
Fear of Abandonment
Fear of Commitment
Fear of Rejection
Feel Attractive
Get Over a Relationship
Get Over Divorce
Independence in Relationships
Love Again
Relationship With Mother
Sibling Rivalry
Stop Seeking Approval
Trust Again

Self Confidence

Believe In Yourself
Confidence Booster
Peer Pressure

Self Esteem

Find Your Identity
Inferiority Complex
Overcome Insecurity
Self-Acceptance
Self Esteem Booster

Stop Self Blame
You're Not Stupid
You're Worth It

Sexual Problems

Increase Libido - Female
Increase Libido - Male
Losing Virginity

Sleep Problems

Bounce Out Of Bed
Cure Insomnia
Drift Off To Sleep
Early Bed
Fall Asleep Fast
Go Back To Sleep
Ignore Snoring
Sleep and Dream
Sleep Like a Child
Sleep Talking
Sleep Walking

Social Anxiety

Be Comfortable with Silence
Being Yourself Socially
Cool Down Blushing
Nervous Cough
Overcome Shyness
Self-Consciousness
Social Phobia
Socializing Motivation
Speaking in Groups
Stop Nervous Laughter

Sports Performance

Be A Winner
Free Throw Champ
Get In The Zone
Golf - Hitting Over Hazards
Golf - Perfect Swing
Golf - Putting
Golf - Teeing Off
Half Marathon Training
Improve Your Archery
Martial Arts

Mental Toughness
Play Better Snooker
Pre-Game Nerves
Quick off the Blocks
Running Endurance
Sports Injury
Taking Penalties
Ten Pin Bowling
Tennis Serve

Stress Management

Beat Burn Out
Declutter Your Life
Failing School Tests
Feeling Trapped
Instant Stress Relief
Midlife Crisis
Moving House Stress
Nervous Breakdown
Overwhelm
Personal Bankruptcy Stress
Reduce Time Pressure
Relieve Stress and Tension
Stress Management Training
Stress Relief for Carers
Stressful Christmas
Test Result Anxiety
Work Life Balance
Working Mothers

Thinking Skills

Analysis Paralysis
Creative Problem Solving
Dealing with Disappointment
Improve Objectivity
Organize Your Thinking
Overcome Indecision
Overcome Paranoia
Overcome Superstition
Positive Thinking
Stop Being a Control Freak
Stop Comparing Yourself
Stop Negative Thoughts
Stop Thinking the Worst
Stop Worrying
Victim Mentality

Weight Loss

Banish Fast Food

Boredom Eating

Comfort Eating

Eat Slowly

Enjoy Healthy Cooking

Keep Weight Off

Lose Your Sweet Tooth

Low Carb Diet

Perfect Body

Stop Binge Eating

Stop Emotional Eating

Stop Night Eating

Stop Snacking

Think Thin

TV Junk Food

Weight Loss - Eat Healthy

Weight Loss Motivation

Hypnotherapy Programs, Workshops and Seminars

Offered In-Company Programs and Private Classes

If your business or corporation needs

A Corporate or Business Success Coach program adds real value to your business. By providing positive and empowering instruction, success coaching motivates employees to be more productive and creative, sparking the growth ingenuity every successful company desires. In a day where corporate is growing stagnant, success coaching is a financial imperative.

TOP TEN REASONS WHY

COMPANIES SHOULD USE OUR SERVICES

- 1.- Increase Productivity
- 2.- Decrease Sick days
- 3.- Reduce Health Insurance Costs
- 4.- Rapid Change
- 5.- Inexpensive and Rapid Return on Investment
- 6.- Employee Gratitude
- 7.- Give your employees something to be excited about
- 8.- Minimum Time Investment
- 9.- Build Morale
- 10.-The Opportunity to change your employee's life in just a few hours!

Weight Control



Emotional eating can be triggered by boredom, anxiety, stress, loneliness, pleasure and other emotions—it is not a response to true, physical hunger. Hypnosis is an enhanced state of consciousness during which attention is highly focused and responsive to suggestions for behavioural changes. Hypnosis gently connects to the feelings that trigger emotional eating and creates healthier reactions. This workshop consists of a 60-minute group imagery session followed by a private one-on-one hypnosis session that will address your personal weight loss goals.

Smoking



“Finally, You Can Stop Smoking Once And For All Without Cravings Or Weight Gain.

“It's not even about quitting - It's about reprogramming your subconscious mind.

Panic Attack Program

If you suffer from panic attacks, you know just how terrifying they can be. They can appear without warning, and the sufferer may think they are dying, or going insane.

Insomnia Program

Insomnia can affect every aspect of your life. The tiredness it brings reduces your ability to think clearly, and leads to irritability and short-temper.

Self Confidence Trainer

Teach your unconscious mind the habits of self-confident people and make self-confidence a habit of your own.

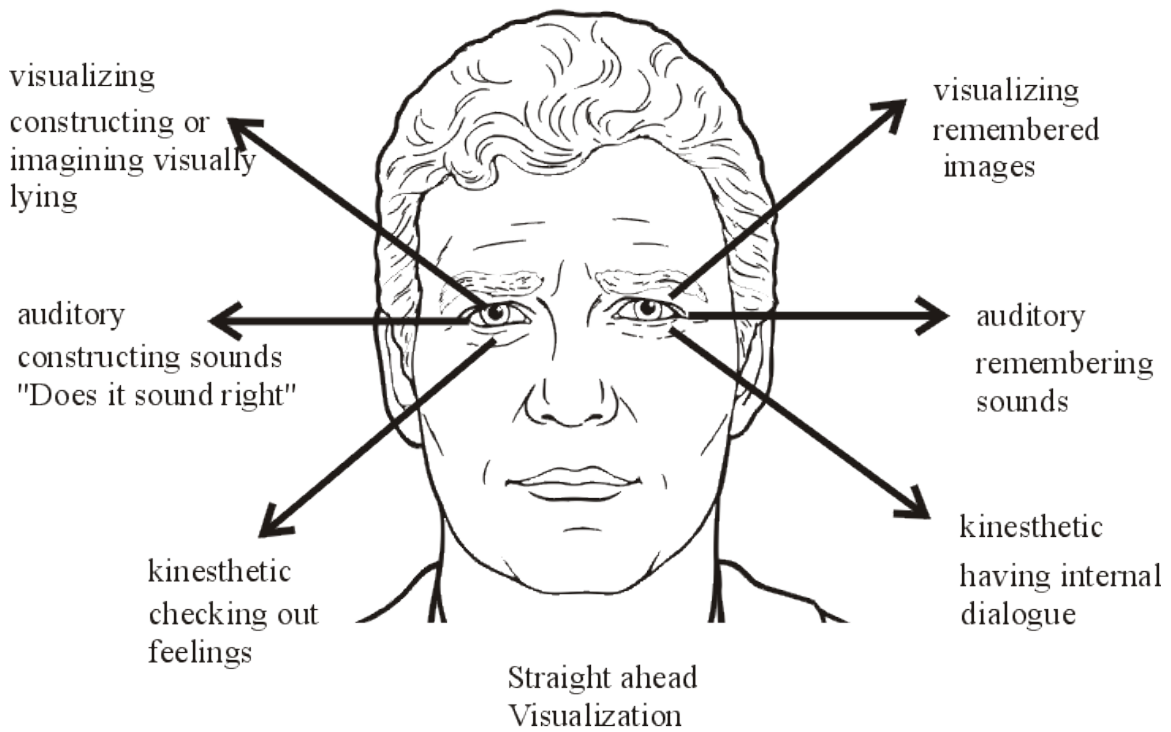
Code of Ethics

Code of Ethics proposed by the National Guild of Hypnotists.

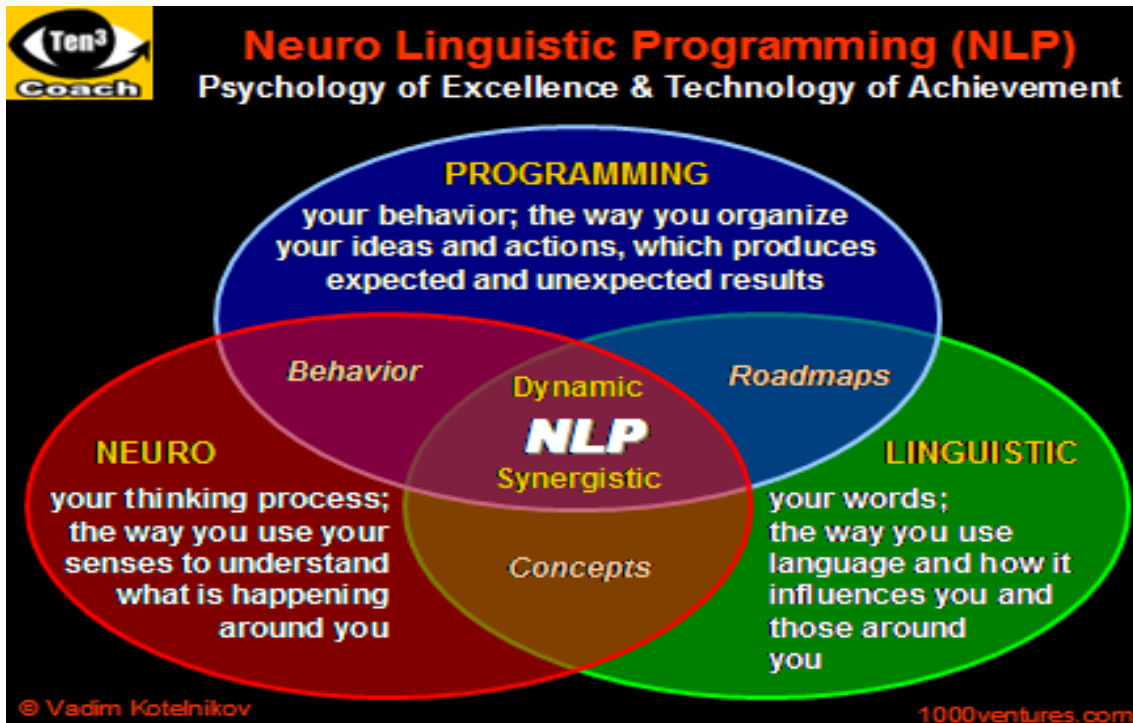
- 1. Client Welfare – Members shall make the physical and mental wellbeing of each client a prime consideration.**
- 2. Client Safety – Members shall not engage in verbal, physical or sexual abuse of any client.**
- 3. Practice Limits – Members shall use hypnotism strictly within the limits of their training and competence and in conformity to the laws of their Government.**
- 4. Advertising – Members shall be truthful in their advertising.**
- 5. Referred Practice – Members shall engage in hypnotic work with a client regarding a medical or mental disease only with the written referral form of an appropriately licensed medical or mental health professional, except when otherwise provided for by law.**
- 6. Reasonable Practice – Members shall withhold non-referred hypnotic work with a client if a client’s behaviour, appearance or statements would lead a reasonable person to believe that the client should be evaluated by a licensed health care professional. Members shall provide services to such clients only after evaluation and with the approval of the licensed health care professional.**
- 7. Colleagues – Members shall treat hypnotist colleagues with respect. Hypnosis is not a “cure-all” alternative for treatment. There is considerable research going on at universities around the world where scientists are looking into the possible applications and uses of hypnosis. Once more is understood about the extent to which our thoughts affect our physical being, the applications of hypnosis will be enhanced to reflect these findings.**

LEFT
Constructed images

RIGHT
Remembered images



Eye positions as looking at another person



About NLP

NLP studies patterns of mind, language, and strategies (or programs) used by successful people. By focusing on what successful people do, a practitioner can learn how to model those thoughts, words, and actions for a client. It is an extremely effective methodology for self-development and personal growth.

The study of NLP can also be applied to other areas of life, such as relationships, effective communication, mental performance, and even athletic/physical activities. However, the practical application that surprises people the most is in the world of business. Using NLP techniques and strategies, a person can become more motivated, boost sales, and dramatically improve work performance.

Using Other NLP Techniques and Hypnosis

Using other NLP techniques and hypnosis – can produce dramatic results for many people.

By learning the insights, skills and techniques of NLP and using them in conjunction with the influence of hypnosis, a practitioner can approach issues and concerns from different directions. This allows him or her to work through that issue more rapidly and more effectively.

The NLP skill set uses Ericksonian hypnosis. It differs from traditional hypnosis in the way suggestions are made and implanted in the participant's subconscious mind. Ericksonian hypnotists use subtle, indirect suggestions rather than direct commands so that the client is much more likely to act on them. Those indirect suggestions are then accessed readily during NLP activities and behaviors.

Are NLP and Hypnosis The Same?

No, they are not. Hypnosis is a skill set within the NLP model. NLP looks at how someone views themselves and their experiences and then use that subjective information throughout a their life. Instead of just following old patterns, a person can cut through what is not working and make a conscious choice to embrace what does work.

Hypnosis is a very deep state of relaxation that focuses internally on the subconscious mind. It allows a person to step away from the rest of the world and let go of preconceived notions, tapping into the internal resources and abilities that a person actually has, but may not have access to.

Hypnosis is an effective technique within the NLP skill set for dealing with things such as fear, emotional issues, mental health issues, and personal development. Skilled practitioners use hypnosis as an integral part of work with clients to achieve the results they are looking for

NLP enables different ways of thinking, perceiving and behaving.

- Have you ever thought, "If only I could be more motivated, energetic, confident, persistent, patient, sensitive or open"?
- Or ... "If only I could be less sensitive to criticism, anxious, bad tempered, impatient, emotional"

- Have you ever wondered why sometimes people can be.. uncooperative, frustrating, their own worst enemy, selfish?
- The founders of Neuro Linguistic Programming, together with many others over the last 30 years have developed techniques, models, and methods to-
- Become more of the person you have always wanted to be.
- Find joy in everyday tasks and events.
- Achieve important outcomes in the most effective way.
- Be able to learn to do just about anything someone else does well (including skills thought to be innate such as "talents").
- Become your own best friend.
- Be able to persuade and influence others.
- Develop and maintain quality relationships.

There are many pieces to the NLP puzzle, lots to cover. We want to create a kind of mentoring relationship to help navigate the sometimes-confusing terrain.

The ideal purpose is to go beyond the techniques (the hows). To answer for example:

1. What's in it for me?
2. What can I do when the boss acts like a jerk?
3. How can I get myself to cooperate?
4. What's the best thing to use for this problem?
5. What does this jargon mean?
6. Why do I need to know about this model?
7. When should I use a particular method rather than a different one?
8. What's behind the ideas, techniques and processes?

Here is an opportunity for anyone who wants to make positive changes in their lives, whether that's at work, at home, in your social life, or relating to your dreams and aspirations, which deserve to be given a proper chance to grow and flourish.

Many people make New Year Resolutions and wonder why they didn't manage to stick to what they'd intended to do.

Rather than feeling like a failure for not having yet achieved what you would like to achieve, now is the time for you to consider the possibility that you simply need to learn HOW to get what you want effectively, whether it's:

- breaking an old habit...
- thinking more positively about yourself...
- healing the past...
- dealing with difficult or stuck relationships...
- creating more of what you want in your life...
- getting rid of obstacles to your success...
- being able to truly believe that great things are now possible for you...
- taking powerful steps in the journey of bringing your dreams to life!

Imagine Yourself Now Being Able To:

- Set new goals for yourself that you are 100% more likely to achieve...
- Solve problems effortlessly, activating deep & powerful resources within you...
- Experience genuine & profound confidence in yourself & your abilities...
- Stop procrastinating now & easily take the actions that will transform you...
- Instantly get into really resourceful states whenever you need them most...
- Manage your emotional states - turn fear into a friend & blast away negativity & doubt...
- Make real lasting changes in your life that you previously thought were impossible...
- Transform difficult or stuck relationships in your work, social life & home life...

NLP is about learning to see with fresh eyes. It's about understanding how people work. It's about understanding our own thinking. It's about changing our stories to have a happy ending.

Workshops

Course: "Teens Workshop"

Course Objectives: To develop the fullest potential in the students and motivate them for success and mould them to be champions in life.

- Build self-confidence, self-esteem,
- Leadership.
- Harness their mind power to achieve
- Personal and examination goals.
- Understand the key principles in goal setting.
- Super learning techniques.

Executive

The Unfair Advantage "Selling with NLP!" is a sales training workshop apply NLP (neuro linguistic programming) to sales and marketing. The NLP workshop is available as a public NLP workshop, an in-h everybody has competition-- for sales and competition for time.

When you call someone or make a sales presentation, you are competing against hundreds of other things that are trying to get the attention of that person, things that may look or feel more important than your call, right now.

So how do you get a customer to decide to "buy" from you or even just listen to you? You need an unfair advantage--a reason that makes you more attractive to the customer than your competition. You need an advantage that allows you to "speak" in a more persuasive way. That advantage will not be your engineering excellence, your service quality, or your prices. You have only one advantage YOU! The only real "unfair advantage" you can have is a better way to sell YOU, because the customer will always buy you before he/she buys your product. You must shine brighter and more powerfully than your competition, or no one will hear what you have to say, Customized NLP workshop to all corporate.

Alethic & More!

- Performance for Teams
- Performance for Individual Athletes
- Performance for Coaches
- Performance for Support Personnel: (Parents, Trainers, Therapists)
- Performance and Athletic Injuries
- Wired for Performance
- Performance for Organizations

You have an array of possible strategies and courses to choose from DAG depending on whether you are developing yourself, your team or your organization. (Whatever the case, you can have each of the workshops further customized to fit your precise needs.)

Performance for Teams

In small groups, you learn to model peak performance and leadership directly through experiential exercises, demonstrations of excellence and practical exercises.

The skills are easily learned. Changes are made at a deep, unconscious level and transferable to any sporting environment. Results are immediate, empowering and fun. After every workshop, the level of passionate commitment is palpable.

Performance for Individual Athletes

As an athlete, you learn to stay in the Zone and enjoy having a secret weapon in your corner. These workshops will help you to:

- Identify good habits and magnify them so that they are your power and strength.
- Identify bad habits and resolve them.
- mentally clean up all past mistakes and failures so that "you have never made a mistake."
- Turn all facets of competition to your benefit and gain the empowerment that joy brings to your game.

These one-on-one seminars are fixed in format but tailored to your needs. Over the course of one-on-one training, you learn empowering strategies that enhance awareness, resolve stress, and develop leadership skills. In just one two-hour session expect major shifts in thinking and new practical skills. The one-on-one session is designed to produce well-rounded, exceptional team leaders.

Performance for Coaches

Coaches, trainers and managers can greatly control a team's overall performance. "Who leads whom?" gets answered in this workshop. These workshops will help you to:

- Use basic strategies to take charge of interpersonal team dynamics, team cohesion and morale.
- Help your athletes identify and quickly overcome bad habits, resolve anger and gain incredible feelings of power.
- Learn how to get the skills you teach to stick.
- Learn how to win the support of the team, other coaches, trainers, parents, management and even the referees.
- Become that coach you have always admired.

Performance for Support Personnel: (Parents, Trainers, Therapists)

There is no worse feeling than being part of the support personnel on a team and being powerless to help in the face of a depressed, lackadaisical or angry coach, player or colleague. This workshop encourages empowerment and teaches you some very specific ways to be a positive influence on the team, an athlete, your child or the coach.

It is also designed for those of you who are sports psychologists, athletic therapists, physiotherapists, and others who want to get the most out of their interventions. Many trainers give excellent training in content but let their trainees down with the experience. You will learn to make your role or presentation highly effective.

Performance and Athletic Injuries

The mental side of healing is well documented. This workshop takes "visualization" to the next level. While we all know that visualization can help relax or alleviate conditions, this workshop shows athletic and other therapists how to install new muscle memory, resolve chronic conditions and ease or resolve pain. Strategies will include how to help athletes with chronic groin pulls, back spasms and post-traumatic stress related to sports trauma.

Wired for Performance

We currently work with coaches and athletes throughout.

Performance for Organizations

Whether you are a multimillion dollar sports franchise or a not-for-profit sports organization working with kids, you can benefit from injecting Performance into your organization as a whole. You develop a culture of performance that builds power, respect and commitment. New individuals come into your organization at any level and learn quickly, communicate effectively and want to stay.

Summary

Hypnosis is an effective technique within the NLP skill set for dealing with things such as **fear, emotional issues, mental health issues, and personal development**. Skilled practitioners use hypnosis as an integral part of work with clients to achieve the results they are looking for.