

2 – DAY CORPORATE & EXECUTIVE HYPNOTHERAPY WORKSHOP



Introduction

Businesses that utilise hypnotherapy in their workplaces have better employee health, satisfaction, cooperation, efficiency and more. Your workplace can benefit from hypnotherapy as well.

Unlocking the Essential Element of our Greatness and Potential.

Sometimes all that is required is a simple shift in perspective in order to create positive, lasting change. The greatest power we have is the power of our minds. The very thoughts running through our mind create the reality we live in. They shape the way we interact with each other, our teams, our customers and the world around us. If our thoughts are positive and successful, so will be our reality. By learning tools to unlock the essential element of our greatness and potential (the power of our mind), we can create powerful changes in ourselves and our organisation.

Course Objectives

By the end of this course, you will be able to:

- Learn powerful tools and techniques for developing positive thinking habits and creative problem-solving skills.
- Follow just FIVE steps in Self Hypnosis to transform a limiting belief into a source of empowerment in real time.
- Improve Sales and Employee motivation
- Restore balance to employee mental health and wellbeing
- Increase productivity whilst building future resilience
- Give value to your employee and building loyalty

Methodology

- Demonstrations
- Practices
- Discussions
- Games
- Visualisation
- Media

Who Should Attend? [®]

- Managers
- Executives
- Team leads
- Individuals interested in mental health/
workplace productivity issues and solutions



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Course Outline

MODULE 1: INTRODUCTION OF STRESS MANAGEMENT & IDENTIFY DIFFERENT TYPE OF STRESS

- Physical stress
- Psychological stress
- Psychosocial stress
- Psychospiritual stress

MODULE 2: UNDERSTAND THE STRESS MANAGEMENT APPROACH

MODULE 3: METHOD TO COPE WITH DIFFERENT STRESS WITHOUT USING PILLS AND ALCOHOL

- Motivation
- Relaxation
- Concentration
- Directing

MODULE 4: INTRODUCTION OF SELF HYPNOSIS & DEMONSTRATION

- Problem Identification and Goal Setting
- Visualisation

MODULE 5: PROVIDE A WIDE VARIETY OF THERAPY TECHNIQUES IN GOAL SETTING

- Set The Right Mental State For Self-Hypnosis

MODULE 6: APPLY METHODS TO ACCESS TO THEIR SUBCONSCIOUS MIND

- Distortion
- Generalisation
- Deletion

MODULE 7: DESIGN & DELIVER STRESS MANAGEMENT TRAINING IN THE WORKPLACE

- Step 1 - Write your goal down on paper.
- Step 2 - Stimulate the unconscious mind .
- Step 3 - Set yourself a small mini goal
- Work through a self-hypnosis session upon completing steps 1 to 3.
- Carry out the mini goal in step 3.
- Repeat the steps

MODULE 8: DESIGN TREATMENT PLANS & EXERCISES TO CALM THE BODY AND MIND, & THEN BUILD WELL-BEING AND RESILIENCE

