

## CONSULTATION AND FEES

### Face to face:

Either at a mutually agreed location or at my business address (private consultation room)

### Free:

20 Minute Consultation

### Fees:

Session: £40.00

### How many Sessions are required?

This depends on each person, Everybody brings different experiences and each experience is unique. Sometimes positive and permanent changes can be achieved in one session



# Enhanced Training Company



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催眠師

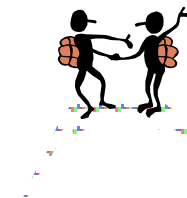
HYPNOTIST

## Enhanced Training Company

Registered  
Hypnotist  
Registered  
CHiNOSIS Coach  
Master  
Practitioner  
NLP

(Neuro Linguistic Programming)  
(Trained with Paul McKenna)

*Don't limit your  
Challenges -  
Challenge your  
Limits*



**Theresa M Owens**

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# HYPNOSIS & NLP

Hypnosis is an effective safe technique that can be used to promote and accelerate change to achieve physical and mental well being

Our understanding of hypnosis has advanced greatly in the past century; we no longer believe in a mythical figure with a pocket watch that can compel us to do his 'bidding'.

Hypnosis can be characterized by three things -

**Intense concentration**

**Extreme Relaxation**

**High suggestibility**

The common view of hypnosis is that it is a trance-like altered state of consciousness. Hypnosis is not like being asleep—you can be aware of everything going on around you, you simply have a stronger internal focus, and a wonderful sense of calm, deep relaxation

## Frequently asked Questions

### *Can anyone be hypnotized?*

*Hypnosis is a natural state of mind. Anyone can enter hypnosis providing that they want to be hypnotized and they have no fears*

### *Can I get stuck in hypnosis?*

*Regardless of how deeply you go into hypnosis, you can always choose to instantly emerge; you will be able to open your eyes and be instantly awake.*

### *Will I be unconscious?*

*No, people describe it as being extremely relaxed, or between waking and sleeping.*

### *How will I be hypnotized?*

*You will be guided into hypnosis through suggestion enabling you to completely relax and 'imagine' therefore deepening the state*

## *Hypnosis & NLP can help with*

*Motivation*

*Confidence / Self-esteem*

*Giving up smoking*

*Weight Loss*

*Relationships*

*Phobias*

*Stress / Anxiety*

*and much more*

## *Hypnosis is a natural part of you*

*If you couldn't go into hypnosis, you wouldn't be able to learn, sleep, or get yourself nervous by doing 'negative self hypnosis'.*

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