

## **Hypno-Coaching**

**You can be amazed at the effect that my unique hypno-coaching programme can have in your life.**

Hypno-coaching is a rich and effective blend of modern coaching techniques, NLP and hypnosis. During the process you will learn how to;

- carry out an in-depth assessment of core beliefs.
- transform your negative and limiting core beliefs.
- neutralise the negative language patterns of your Internal Critic.
- understand the purpose of other blocks to progress.
- set a clear and compelling outcome.
- develop your personal Alpha State
- use the Theatre of the Mind to rehearse new behaviours.

This method is more effective than coaching alone and incorporates both conscious and unconscious processes to help you *transform your outcome into reality*.

A colleague likens this process to the metamorphosis of the caterpillar into the chrysalis then on into the emergence of a beautiful butterfly. Many of my clients testify to this and I have witnessed this with my own eyes.