

HYPNOSIS FOR HAPPINESS:

*An exploration of the subconscious with a
Certified Hypnotherapist & Brain Trainer*

AGENDA

- WELCOME & INTRODUCTIONS
- DISCUSSION OF THE SUBCONSCIOUS
MIND & HYPNOSIS
- GROUP HYPNOSIS FOR HAPPINESS
- QUIET TIME FOR INTEGRATION
- CLOSING DISCUSSION AND Q&A



EVENT DESCRIPTION

(CAN ALTER IF YOU NEED A DIFFERENT FORMAT/LENGTH)

COME EXPERIENCE AN UPLIFTING GROUP HYPNOSIS SESSION TO ACTIVATE YOUR HIGHEST POTENTIAL. WE WILL START WITH A DISCUSSION OF THE SUBCONSCIOUS MIND TO LEARN HOW IT IMPACTS YOUR DAY TO DAY LIFE, THOUGHTS AND BEHAVIORS, AND HOW HYPNOTHERAPY CAN SHIFT YOUR MINDSET.

ENJOY A DEEPLY RELAXING GROUP HYPNOSIS TO BEGIN DISSOLVING NEGATIVE SELF-TALK, UNWANTED PATTERNS, AND TO EXPERIENCE INTERNAL PEACE AND HAPPINESS DAY TO DAY. THIS WILL BE A SESSION OF HYPNO-SOUND MEDITATION WHERE EMMA WILL USE HYPNOSIS AS A RELAXATION TECHNIQUE, GUIDED IMAGERY TO TAP INTO THE WISDOM OF YOUR OWN MIND, AND SOUND BOWLS TO TIE IT ALL TOGETHER.

AS A CERTIFIED HYPNOTHERAPIST AND BRAIN TRAINER, EMMA WILL SHARE HER FAVORITE TIPS AND TRICKS FOR TRAINING YOUR BRAIN TO BE YOUR BEST FRIEND. YOU WILL LEAVE WITH TANGIBLE TOOLS TO ACTIVATE YOUR POTENTIAL BY DISRUPTING OLD PATTERNS AND BREAKING FREE FROM SUBCONSCIOUS BLOCKS THAT CAUSE YOU TO REMAIN IN UNWANTED CYCLES OF FEAR, ANXIETY AND SELF-DOUBT.

THIS EVENT IS FOR YOU IF YOU:

- NEED SOME STRESS RELIEF AND ARE LOOKING TO MEET LIKE MINDED PEOPLE.
- WANT TO EXPLORE THE POWER OF YOUR OWN SUBCONSCIOUS AND HOW TO UTILIZE IT FOR YOUR OWN BENEFIT
- WANT GUIDANCE ON ANY BIG DECISION MAKING AND NEED SOME SUPPORT.
- ARE FEELING STUCK AND WANT TO FEEL UNSTOPPABLE.
- WANT MORE MOTIVATION IN YOUR LIFE.
- HAVE A NEW YEAR'S RESOLUTION, GOAL OR HABIT YOU'D LIKE TO STICK TO
- WANT TO FIND BALANCE IN YOUR LIFE.
- WANT TO IMPROVE YOUR RELATIONSHIPS
- HAVE A FEELING, THOUGHT OR PATTERN YOU'D LIKE TO LET GO OF
- WANT TO CALL IN ABUNDANCE FOR 2024
- ARE INTERESTED IN TRYING HYPNOSIS



THIS WAS A RECENT EVENT I DID AT THE CENTER SF

ABOUT EMMA



EMMA IS A CERTIFIED HYPNOTHERAPIST, NLP PRACTITIONER AND HAPPINESS COACH WITH A BACKGROUND IN NUTRITION AND NEUROSCIENCE. SHE WEAVES TOGETHER SCIENCE AND SPIRITUALITY TO HELP INDIVIDUALS GO FROM FEELING STUCK TO UNSTOPPABLE.

SHE SPECIALIZES IN 1:1 AND GROUP COACHING, RETREATS AND PUBLIC SPEAKING TO HELP PEOPLE WHO ARE READY TO MAKE A CHANGE, REALIZE THEIR FULL POTENTIAL AND RE-DISCOVER HOW AWESOME THEY TRULY ARE.



WHAT IS HYPNOSIS?

HYPNOSIS IS A STATE OF BEING VERY RELAXED OR IN HYPNOTHERAPY WE CALL THIS “TRANCE.” THIS STATE IS NATURAL AND MOST OF YOU HAVE EXPERIENCED IT BEFORE. LIGHTER FORMS OF “TRANCE” OR RELAXATION INCLUDE THINGS LIKE DAY DREAMING, GETTING LOST IN A BOOK OR TV SHOW. DEEPER STAGES OF “TRANCE” INCLUDE THE PHASE RIGHT BEFORE YOU FALL ASLEEP, OR COMING OUT OF A REALLY GOOD SOUND BATH OR SHAVASANA WHEN YOU JUST FEEL SO RELAXED.

THIS STATE OF TRANCE IS VERY POWERFUL BECAUSE IT ALLOWS AN INDIVIDUAL TO ACCESS THEIR SUBCONSCIOUS, WHICH DRIVES 85% OF BRAIN FUNCTION. THE SUBCONSCIOUS IS RESPONSIBLE FOR EMOTIONS, THOUGHTS, BEHAVIORAL PATTERNS, BODY REGULATION, MEMORY AND MUCH MORE. WITH HYPNOTHERAPY WE COMBINE THIS RELAXED STATE WITH GUIDED IMAGERY OR PROMPTS TO HELP ONE GAIN ACCESS TO THE ANSWERS ONE ALREADY HAS INSIDE OF YOUR OWN SUBCONSCIOUS MIND AND DRIVE LASTING CHANGE.

WHAT IS THE DIFFERENCE BETWEEN MEDITATION AND HYPNOSIS?

Meditation and Hypnosis often feel similar because they both have a relaxing or “trance” like effect. However, the main difference is that meditation strengthens someones conscious awareness of the present moment to help clear your mind. For example, you may be guided to point your attention towards your body and how it feels against the chair or your breath and any tension in your body. This usually is a routine practice and doesn't have to be goal oriented.

Hypnosis on the other hand is goal oriented and uses the subconscious to change neural patterns in light of the goal. Rather than focusing only on the present moment, hypnosis is used to change the brain for a more ideal future. In the subconscious state our inspiration, creativity and true memory of our experiences are all heightened, so an individual can become less focused on the present moment. In this state, the hypnotherapist guides the individual with specific techniques, so they can gain the insights for themselves.

Similar to meditation, hypnotherapy does not always need to involve talking, so the individual can have a private experience of their own. Ultimately, an individual walks away with a heightened sense of self and awareness of their goal/situation they wanted to achieve. This leads to a feeling of getting unstuck and being unstoppable towards their goal.

I will be a part of
Envision festival's new
employee / artist
wellness program this
year. This is where
they have practitioners
allocated for artists
and staff throughout
the festival.

If this is of interest to
LIB as well, here is a
rough proposal for
offerings geared
towards staff / artists.

LIB STAFF / ARTIST WELLNESS PROPOSAL

QUANTUM MANIFESTATION FOR YOUR BEST LIB YET.

This session will be a manifestation hypno-meditation. Individuals can call in their most ideal LIB and bring that image in their mind to life. This will be a group session, so artists and staff could participate.

RELEASING ANXIETY GROUP SESSION

This will be geared towards artists for releasing any anxiety around their performances. We will harness the power of the brain to shift anxiety to confidence. This can also be open to staff if there is a specific event they need support on.

GROUP HYPNOSIS FOR HAPPINESS

Artists and Staff can come together to experience a deeply relaxing group hypnosis session. We will focus on increasing confidence and happiness while dissolving negative self-talk and unwanted patterns.

Private Hypnotherapy Sessions

Artists and Staff can experience 1:1 hypnotherapy sessions. The applications of hypnotherapy are vast and popular topics include: releasing negative stuck emotions, improving habits, improving pain or other physical ailments, trauma releasing, smoking cessation, inner child work, releasing limiting beliefs, support with grief, etc.