

Hypnotherapy in the Office

Personal development through better thinking: motivation, stress busting, confidence, smoking cessation, enhanced concentration, greater energy, weight control and optimism.

These are just some of the key areas which can be supported and greatly improved.

With stress being a #1 factor responsible for high levels of absence, it is a major area of concern and requires sensitive handling to help those already affected and prevent others from becoming a victim. Hypnosis is an effective technique to use in a corporate environment which will immediately add value to a business, by helping staff to achieve the mental attitude and even physical health required to gain their full potential in their given roles. It assists with relaxing the state of mind and helps to retrain thought processes, leading people to think smarter without being influenced by anxieties. Also, hypnosis can provide the infrastructure for staff to learn how to motivate themselves, improving creativity and boosting their confidence which are essential attributes in all levels of any business. Mental blocks can be common and in a sales environment fatal for the individual(s) concerned and unsatisfactory for the company's objectives, a hypnotherapist can help by working with either individuals or groups to help establish targets and goals at an instinctive unconscious level where they become integrated within each person's individual belief system. Couple this with confidence building strategies and the sales and marketing teams are empowered to progress beyond the confines of their comfort zone and achieve substantial positive results.

Hypnosis is a state of mind not dissimilar to the state we experience when daydreaming. It helps by speeding up our ability to move thought from our conscious process to our instinctual unconscious process. Habits that are hard to break and limiting beliefs about self which naturally intrude upon our lives in various ways, can be replaced with more positive thoughts and behaviours when using hypnosis and guided correctly. It enables us to effectively address negativities which have such debilitating and in some cases devastating long term difficulties and issues, leading to a much more calm and optimistic attitude along with a useful coping method for dealing with everyday pressures, an essential ingredient for those working in customer services.

Onsite individual and group sessions are successfully conducted: one-off appointments and regular team building; weekly, monthly, quarterly as required.

“Whether you think that you can, or that you can't, you are usually right.” Henry Ford.

