

Vision for Learning Hypnosis and Relaxation



*Courses with Award-Winning Author and Coach
Will Thomas and Associates*

Hypnosis and Relaxation Training

(In-house or Public Course - 2 Days)

Two day programme teaching the basic skills of hypnosis and relaxation with Will Thomas Mast Practitioner of NLP, Timeline Therapy and Hypnosis and Trainer of Hypnosis

- Learn how to induce trance states
- Understand how hypnosis works and its value
- Self-hypnosis for personal relaxation
- How to safely and ethically use hypnotic approaches to effect long term change in others

Who is the course leader?

Will Thomas is a highly experienced coach, therapist, trainer and author in the field of personal and professional change work. He is a Trainer of Hypnosis with the American Board of Hypnotherapy and holds a master's degree in Counselling and Mentoring. His courses are characterized by highly experiential programmes which offer an inspirational pathway of practical activities and opportunity to ask questions and interact with others.

**For further information and bookings e-mail
info@visionforlearning.co.uk**

www.visionforlearning.co.uk

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Vision for Learning

Hypnosis and Relaxation



Course Structure and Outcomes

How is the course structured?

The programme is designed around cycles of understanding the theory behind the processes, demonstrations of the processes and then the opportunity to practice the skills yourselves throughout the programme. It's a highly practical and hands on course which will leave you feeling confident and relaxed about using the techniques safely and ethically

Why attend the course?

Hypnosis is a simple and effective skill set to learn

You will learn how you can use hypnotic language patterns to enhance day to day communication, presentations and speeches, and for change work with individuals and yourself. You will be able to safely use the techniques and understand the correct language patterns to employ in hypnotic inductions

What will I learn?

- How to induce trance states appropriately in different situations
- Understand how hypnosis works and its value
- Be able to carry out hypnotic inductions safely by the end of the course
- Hypnotic language patterns for use in everyday situations as well as in one to one and group settings
- Self hypnosis for fine-tuning your mind
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What if I attend?

You will be adding a versatile and useful toolkit to your portfolio of communication skills. Having the capacity to encourage others to relax and accept empowering suggestions and let go of unhelpful habits is quite simply life changing. Be able to run your own mind more productively and with greater clarity is also a benefit of using self-hypnotic approaches.

'Coaching Solutions Resource Book ' by Will Thomas can be ordered online at www.visionforlearning.co.uk

You can also sign-up on the homepage to receive your FREE quarterly newsletter 'E-Vision' packed with information tips and advice