

LifeWorks Through Self-Hypnosis



A discovery.

A deep relax.

An adventure.

**A Self-Hypnosis Training
Course.**

For you.

Self-Hypnosis Training Course

The course includes 22 hours of scheduled tuition on Self-Hypnosis held over a Friday evening, Saturday and Sunday.

Friday 7:00pm - 10:00pm (Open Forum & Course Students)

Demonstration, talk and discussion explaining self-hypnosis. Dispelling the current myths and misconceptions about hypnosis. You get the chance to talk to someone in hypnosis and ask them how it really feels for them. Those wishing to get a taste of the weekend course may attend this first part of the course free of charge (space permitting).

Saturday 10:00am - 9:00pm (Course Students only)

The Self-Hypnosis Training, Study and application of Progressive Language, and suggestion writing. Experience of deep hypnosis, and receive your own Deep Relaxation Program. Note, that unlike most Self Hypnosis courses, this course teaches you the language of successful self-hypnosis programming, as well as the Self-Hypnosis technique itself.

Sunday 10:00am - 7:00pm (Course Students only)

More Self-Hypnosis Training and Programme Writing and receive your own programme to be able to use Self-Hypnosis. Then using your own self-hypnosis you get to explore and use the inner, deeper, more powerful you - that has been there all along!

What is Hypnosis?

To learn hypnosis it is useful to understand your sub-conscious mind. This is the part of your mind that is the most powerful, containing infinite wisdom and a very deep level of intelligence. It is your untapped resource that turns a plan into reality.

Your sub-conscious mind is the source of all your emotions and therefore directs nearly all your behaviour. Most importantly, your sub-conscious is also responsible for maintaining your body in good. Self-Hypnosis is the doorway to this inner you – your inner world, your best friend, the truly enchanted realms of your imagination and possibility. You can enter this world to improve your well-being, health and quality of life. You can begin to develop a better and better rapport with yourself. You have experienced natural hypnotic states everyday of your life, when watching TV, daydreaming or driving.

Self-Hypnosis is entering these same natural states deliberately with awareness. It is a systematic method you can learn easily which allows you to enter a safe, hypnotic state, in which you can communicate directly with your sub-conscious and issue safe instructions and suggestions.

Learning self-hypnosis is just the beginning of an entire new way of life. This weekend will be the start of an exciting, stimulating and learning journey. Whatever you think you are – you will discover you are more than that on this training.

How can Hypnosis help you?

There are literally no limits to what you can do with your new skills as a self-hypnotist. You can expect the following benefits:

Feeling more calm and relaxed, Being more in control, Improved self-esteem, More peace of mind, Enhanced problem solving, More confident public speaking, Better quality health.

Self-hypnosis can also help with:

Becoming a non-smoker, managing pain, getting lighter, releasing phobias and fears, passing exams more easily, significantly increasing self-confidence.

How do I register?

Courses are planned regularly through the year. To register on a course phone and book your place now. Remember, places go quickly, so book early to get your seat!

Also, please call if you would just like to attend the Open Forum.

Phone: 01 525 854 687

Email: tim@lifeworks.uk.com

Web: www.lifeworks.uk.com

No previous experience of hypnosis is necessary for you to take full advantage of this powerful course. Places are open to all those aged over 14 years.

Teaching is limited to groups of 15 and your progress through the course is monitored at an individual level. The course also contains demonstrations to show you that hypnosis works powerfully and will show you some of the everyday applications of self-hypnosis.

About your Tutor

Tim Alberry

D.Hyp., B.Sc.(Hons), NLMP, EMDRP

Tim has studied Self-Hypnosis for 16 years and Hypnotherapy and NLP (Neuro-Linguistic Programming) for 14 years. Tim graduated from the LifeForce School of Hypnotherapy, Regents Park College, London. He is a member of the Hypnotherapy Association and CNHC (Complimentary & Natural Healthcare Council).

Tim first became involved in hypnosis through experiencing a self-hypnosis weekend himself – and after having experienced the empowering nature of self-hypnosis, decided to train to be able to deliver the self-hypnosis course to others. Tim runs a private hypnotherapy practice in Leighton Buzzard and runs courses in self-hypnosis, mind management, and self-development through Progressive Language and NLP.

Course Fees

Our prime objective is to offer you the finest tuition and the very best value for money. Your course fee includes the following:

- 22 hours of scheduled tuition
- Refreshments
- Complete Course Manual
- Course Handouts
- Full Support Network
- Access to free refresher courses
- Reduced Rate Therapy Sessions
- Relax Programme Installed
- Self-Hypnosis Program Installed
- Self-hypnosis CD

The inclusive cost of your course is £300.00 (£50 deposit). Remember, your course fee entitles you to return on refresher courses for just £50 per course as often as you wish (space permitting).

Course Venue

LifeWorks runs Self-Hypnosis Courses at Pulfords School in the market town of Leighton Buzzard. Leighton Buzzard is easily accessed from London Euston, and 20 minutes from the M1. The venue is within easy walking distance of the vibrant Leighton Buzzard High Street. The school is also right next to a spacious park and just 10 minutes walk from The Swan Hotel also in the High Street.