

Hypnotherapy For Your Teams' Enhancement and Wellbeing

Hypnotherapy
and Wellbeing
Services for
Employers and
their People.



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HYPNOTHERAPY



Employer Hypnotherapy Services

Even before the COVID-19 pandemic, employers were becoming increasingly aware of how important it is to ensure their employees are supported to help maintain their mental health.

Not only does managing employees' wellbeing have a positive wider societal effect, for example less reliance on NHS mental health services, employees with healthy minds are more likely to be more productive and less absent from the workplace, for example, due to sickness.

So What Makes Me Unique?

My Employer hypnotherapy services are designed and delivered for the individual needs of the employing organisation with the collective and individual needs of the employees at its heart. I collaborate with Employers to understand what is required and will compose a session that delivers on this.

Hypnotherapy is a natural solution to many issues people face in their Lives and combining Hypnotherapy insights and techniques with wellbeing and team building exercises, provides a unique, positive and refreshing option for organisations wanting to invest in their peoples' wellbeing.

I bring to those I work with a unique blend of my:

- Experience of the corporate world and what it takes to be fulfilled and successful there
- Roles as Trainer, Facilitator, People Manager, Coach and Mentor in the corporate world
- Hypnotherapy insights and techniques
- General wellbeing and mindfulness exercises
- Level 2 Counselling qualification skills and experience

Meaning that I can deliver a unique and effective proposition that works successfully for both Employers and Employees alike.



Sessions Structure

The sessions I provide are unique to you and your organisation and:

- I would always discuss the shape, content, purpose, and goals for the session with you in advance so I can compose a session that is the best option for you and your employees
- My sessions can also be designed to work with whatever time and budget (see below) you have available to devote to supporting your employees in this area and the session(s) can be scheduled to be delivered at times and dates that work best for you and your employees
- My sessions can be delivered F2F or virtually, so this enables sessions to be conducted in real time with international colleagues
- My fee for the session(s) depend on the content and length of the session(s) so my fee can be discussed and agreed in advance.

The format of the sessions are usually 1 to 1, smaller sub-team groups and larger whole team groups; however, the format can be flexible depending on what you want to achieve.

1 to 1 Sessions

I provide 1 to 1 sessions to employees to help them manage whatever personal issues they are currently dealing with and that they may bring to the workplace that then adversely affects their own and colleagues' performance and wellbeing. Common issues are:

- Anxiety
- Panic Attacks
- Low-Self Esteem
- Lack of Confidence
- Trouble Sleeping
- Imposter syndrome

...these are just some examples; hypnotherapy can help people manage a wide variety of issues.

**Please contact me at
ask@gavinhypno.com or
07955 708647 to discuss your
requirements.**

Team Sessions

My sessions can be used either as team building exercises or to provide some techniques for the team to manage their individual wellbeing needs or a combination of the two or something completely different.

The sessions can also be designed to help employees facing challenges in the workplace itself and some examples of the topics that could be covered here are:

- Developing confidence to deliver presentations
- Stress management and stress reduction
- Interpersonal dynamics
- Imposter syndrome
- Self-hypnosis
- Healthy breathing techniques

I intersperse the session with Team building activities alongside the hypnotherapy and wellbeing techniques and use some fun activities to help maintain the positivity and people engagement throughout the session. The content of the sessions can include the following:

- The team building can involve some fun with group hypnosis suggestibility exercises acting as icebreakers followed by some problem-solving games

for individuals/teams designed with specific outcomes to be achieved (discussed and agreed with you in advance) and then ending with teaching a variety of wellbeing tips and ideas

- Helping to support the individuals' and the team's wellbeing will involve explaining how hypnotherapy works and providing the employees with some practical hypnotherapy techniques they can use themselves after the session. Specifically, this will include teaching self-hypnosis plus teaching a variety of wellbeing tips and ideas
- Exploring your peoples' personal core values and their Team core values and discussing and evaluating where those values are the same and where they differ and how they relate to your organisation's overall core values

I also have materials that I can share after the session has ended such as:

- Access to various audios that people can listen to either during work breaks and/or outside work
- Handouts covering all the topics covered during the session plus many more.





So How Does Hypnotherapy Work?

To understand hypnotherapy, we first need to understand what hypnosis is, as hypnotherapists use hypnosis to help their clients.

When you are in hypnosis you're asleep aren't you?

Actually no. The main common myth surrounding hypnosis is that when you're in hypnosis you go to sleep; however, in fact you are conscious when you are in hypnosis as hypnosis is actually a state of focussed attention.

Ok but the hypnotherapist will have control over me?

When a person is in hypnosis, they are in control, and they only do the things they want to do; the Hypnotherapist is merely the facilitator. When someone is in hypnosis, they will be aware of

what is going on around them. They will be able to hear the Hypnotherapist and be aware of their body. All hypnotic experiences are subjective, so people experience hypnosis at different levels ie from a light state all the way through to a deep state. People will naturally find the right level that suits them.

Here's an example. I'm sure you've experienced going on a train journey and suddenly you realise you are a couple of stops further along the route than you thought you were. That is a form of hypnosis ie daydreaming. So hypnosis is something people naturally go in and out of every day, without realising it.



So what's the science behind Hypnotherapy?

Hypnotherapy derives from a variety of psychologies including Behavioural, Cognitive and Analytical and focuses on "Neuroplasticity" ie the ability of the brain to form new neural connections throughout Life. This is coupled with the consensus that our conscious mind makes up 5% of our mind processing and our subconscious mind makes up the other 95%. Think of the conscious mind as what people see on their computer's screen and the subconscious mind is literally everything else... the processes, storage, and programmes.

Ok so how does hypnotherapy actually work?

Hypnotherapy uses the power of suggestion to encourage positive change for a person. Relaxation techniques, via hypnosis, helps the person reach a state where the conscious part of their mind is relaxed, and their subconscious part is more open to suggestion.

The Hypnotherapist asks the person to close their eyes (because by doing this, the person is already relaxing their conscious mind) and to just focus on and listen to the sound of the Hypnotherapist's voice. The Hypnotherapist then gives suggestions to the person to deeply relax and by doing this the Hypnotherapist can have direct access to the person's subconscious mind. The Hypnotherapist then uses techniques to give suggestions to the person's subconscious to help encourage the positive change(s) the person is looking to achieve.

The Hypnotherapist then re-alerts the person and the person's subconscious mind retains all the positive suggestions that has been given to them and so enables them to behave more positively going forward regarding whatever issue(s) they wanted help with.



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