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## Advanced Self-Hypnosis Course for Effective Study & Stress Free Exams

**Learn self-hypnosis, the most effective and empowering natural self help method. The experienced clinical hypnotherapist will teach you how to instantly enter the hypnotic state and how to use this alerted state of consciousness to achieve your study goals. You will learn special techniques for effective study, how to motivate yourself to reach your goals and how to stay calm and focused during the exams.**

Hypnosis is a **perfect tool to achieve the full body and mind relaxation, not comparable with any other techniques**. You will be always able to relax and greatly reduce the stress level and with the quiet, rested mind you will be naturally absorbing much more knowledge than ever. You will not only learn the effective study methods but also the advanced hypnotherapy techniques, especially aimed at increasing self-confidence and motivation.

The course combines one-on-one private hypnotherapy sessions with the group workshop. The students are taught, during deep hypnosis in a private session, how to induce instantly the hypnotic trance using just one word. They are also taught the basic self hypnosis procedure to practice on their own before the commencement of the workshop. It is most beneficial to have a private session 3 to 7 days before the group workshop.

The one day group workshop follows the private session. Class size is kept very small, with the maximum of 8 students. The workshop is mostly practical; the effective techniques are explained and then applied by students in hypnosis. You will learn and empower yourself for the future, and you will be already applying the new skills and methods in the workshop, so **by the end of the day you will be already much more relaxed about your study and motivated, feeling the new brightness of your mind and equipped with new skills**, ready to jump into your studies.

### Workshop Schedule

Date	Sunday 19 <sup>th</sup> February 2012
Duration	10 am to 6 pm
Location	suite 704 BMA House 135-137 Macquarie Street Sydney, NSW 2000
Teacher	Joanna Malinowska
Price	\$440 (\$400 early bird before 19 <sup>th</sup> January) This price includes one day workshop and one hour individual hypnotherapy session before the workshop
Price for former clients	\$290 (\$250 early bird before 19 <sup>th</sup> January) This price is restricted to my former clients who are using self hypnosis for some time
Booking	Send the online enrolment form <a href="http://www.self-hypnosis.com.au/enrolments.htm">www.self-hypnosis.com.au/enrolments.htm</a> Optionally email <a href="mailto:joanna@myhypnotherapy.com.au">joanna@myhypnotherapy.com.au</a> or call Joanna 0412 092 972

## **Learning Outcomes**

On the completion of the course, the student should be able to:

- Induce instant hypnotic state and deepen it to the required level in every situation.
- Use self-hypnosis for deep relaxation and dealing with stress
- Use the art of applying powerful post hypnotic suggestions to achieve goals
- Use the hypnotic state to perform specific mental tasks, like studying or focusing during the exam. This state is sometimes called "waking hypnosis"; it is an alerted, focused state which lets achieve great results in many areas
- Have working knowledge of efficient reading and memorizing skills, combining enjoyment, speed and comprehension
- Have basic understanding of various hypnotherapy techniques
- Apply specific hypnotherapy techniques to increase self-confidence and motivation needed for study
- Be open to the creative use of self-hypnosis on an every day basis and in extreme situations

## **Teaching Methods**

Private one hour hypnotherapy session, when student is taught the instant self hypnosis. One day small group workshop (up to 8 participants) with short lectures, practical application of techniques and classroom discussions. Students are given the course notes for references and homework exercises for practice.

## **Teaching Guarantee**

There is a complete fees refund if a student cannot be taught the instant self-hypnosis during the private hypnotic session (has never happened yet).

Please **visit my website** [www.self-hypnosis.com.au](http://www.self-hypnosis.com.au) to read more about hypnosis, hypnotherapy and self-hypnosis.

To **enroll please use the attached enrolment form or preferably enroll online** form [www.self-hypnosis.com.au/enrolments.htm](http://www.self-hypnosis.com.au/enrolments.htm)

[www.myhypnotherapy.com.au](http://www.myhypnotherapy.com.au)  
[www.self-hypnosis.com.au](http://www.self-hypnosis.com.au)  
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## Advanced Self-Hypnosis Workshop Enrolment Form

### Participant Details

Title: \_\_\_\_\_ First Name: \_\_\_\_\_ Surname: \_\_\_\_\_

Address: \_\_\_\_\_

Suburb: \_\_\_\_\_ Postcode: \_\_\_\_\_

Tel (wk): \_\_\_\_\_ Tel (home) \_\_\_\_\_ Tel (mobile) \_\_\_\_\_

Email: \_\_\_\_\_

Fax: \_\_\_\_\_ DOB: \_\_\_\_\_

### Workshop Details

Date and Time: Sunday 19/2/2011 10 am to 6 pm

Location: suite 704 BMA House, 135-137 Macquarie Street, Sydney, NSW 2000

#### Agreement:

I understand that the Enrolment Form is the agreement between me and Joanna Malinowska. A refund (initiated by the participant) incurs a fee of 10% of the amount refunded. The request for refund must be made in writing / by email at least 10 days before the workshop. If for any reason Joanna Malinowska does not deliver the course in the agreed time schedule, the participant has the choice of full refund of the fee or transfer to next available workshop.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Payment (see the schedule):** \_\_\_\_\_ Cash \_\_\_ Credit Card \_\_\_

**Credit Card Details** Bankcard \_\_\_ Visa \_\_\_ MasterCard \_\_\_ security code \_\_\_\_\_

Card No. \_\_\_\_\_ Expiry Date: \_\_\_\_\_

Cardholder's Name: \_\_\_\_\_ Signature: \_\_\_\_\_

**Payments by Paypal on [www.self-hypnosis.com.au/enrolments.htm](http://www.self-hypnosis.com.au/enrolments.htm)**