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**Joanna Malinowska**  
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NSW 2120  
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## **One Day Advanced Self-Hypnosis Course for Confidence and Public Performance**

**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 that alerted state of consciousness to achieve your goals.**

Hypnosis is a perfect tool to achieve the **full body and mind relaxation, not comparable with any other techniques**. Self-hypnosis is the best preparation to cope with unexpected stress in the future. You will be always able to relax and greatly reduce the stress level. You will be able to give yourself the suggestions to change the stress into a challenge or to implement solutions. You will also learn the **advanced hypnotherapy techniques, not usually taught to the public**. You will be able to deal with your issues and you will learn how to access your subconscious resources and to utilize them. The focus in this workshop is the practical application of the techniques for building confidence and self-esteem needed for social interactions, public speaking and other public performance achievements.

**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 10 students. The workshop is mostly practical; the effective techniques are explained and then applied by students in hypnosis. Some techniques are taught in hypnosis first, so learning is most efficient.

### **Workshop Schedule**

Date	Sunday 10 <sup>th</sup> October 2010
Duration	10 am to 6 pm
Location	Ryde-Eastwood Leagues Club, 117 Ryedale Rd, West Ryde (Opposite West Ryde Rail Station) ; Free parking
Teacher	Joanna Malinowska
Price	\$440 (\$400 early bird before 10 <sup>th</sup> September) This price includes one day workshop and one hour individual hypnotherapy session before the workshop
Price for former clients	\$290 (\$250 early bird before 10 <sup>th</sup> September) 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">http://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 physical or mental tasks, like studying, giving a presentation etc. This state is sometimes called "waking hypnosis"; it is an alerted, focused state which lets achieve great results in many areas.
- Have basic understanding of various hypnotherapy techniques including hypnoanalytical techniques, NLP and awareness raising techniques
- Apply specific hypnotherapy techniques to increase self-confidence and self-esteem
- Apply specific hypnotherapy techniques for public speaking and public performance
- 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. The workshop is mostly practical, so the techniques are applied to the particular situations presented by the students with immediate results. The 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** <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 10/10/2010 10 am to 6 pm

Location: Ryde-Eastwood Leagues Club, 117 Ryedale Rd, West Ryde

#### 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: \_\_\_\_\_

**Please inform the reception by calling 9233 3399 before sending this form by fax**

**Payments by Paypal on <http://www.self-hypnosis.com.au/enrolments.htm>**