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## **Self-Hypnosis Workshop 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.**

**The hypnotic state itself is a state of deep concentration and focus, exactly what is needed for learning.** 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.

Class size is kept very small, with the maximum of eight 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 much more relaxed about your study and very motivated, feeling the new brightness of your mind and equipped with new skills**, ready to jump into your studies.

### **Workshop Schedule**

Date	Sunday 5 <sup>th</sup> February 2012
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	\$290 (\$250 early bird before 5 <sup>th</sup> January)
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

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.

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: Monday 5/2/2012 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: \_\_\_\_\_

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