



CAPE TOWN HYPNOSIS CENTRE

Certified by the South African Institute of Hypnotism. Member of the International Medical & Dental Hypnotherapy Association. Member of COCHASA.

Visualise your ideal work environment

One where your employees arrive on time, energised, ready to focus on the job at hand. Where your people do their respective jobs without needing to be reprimanded or worse, coerced. Where personal issues remain personal and people relate on a professional level, leaving pettiness and self-serving behaviour behind. Enabling the individual to equate success with personal achievement, not in comparison to how well colleagues are performing.

If this is not what you are experiencing, consider a Hypnotherapy workshop, designed to create instant changes which are then continually reinforced by the subconscious mind's ability to readjust certain ways of thinking.

Change

Your company is made up of individuals, each with a unique set of past experiences which inform all their decisions and behaviours, which in turn affect your business.

Team building fails when individuals have not addressed their own shortcomings. Motivational speakers have only a short term impact. The lack of lasting results is, in itself demoralising. And how does one individual inspire others to succeed in this environment?

The current favourite is 'The Secret', but studies have shown that as few as 3% of people who have watched it actually improved their lives, motivation and productivity.

Why hypnosis works

Using hypnosis as a form of therapy provides the tools and techniques for individuals to effect life-long change, subconsciously allowing the uptake of new and better ways of thinking and behaving.

It treats the cause, not the symptoms. And the result is a more harmonious workplace. Increased self esteem and reduced conflict and stress inevitably lead to happier employees. And happier employees are physically healthier, perform better and are capable of being an asset to your business instead of a financial drain.

Hypnotherapy is not mind control or stage hypnosis. It is about achieving a relaxed mental state in a very safe environment in which you can access self awareness, uncovering the elements within yourself that hold you back.

How hypnosis works

Your hypnotherapist is your guide, teaching you self hypnosis, a skill that lasts a life time. Once you have learned to shut out the outside world, you can focus on the inner self, tapping into the thoughts you don't usually want to think about. Issues such as fear of failure, low self esteem, social phobias, fear of public speaking and so forth often dog our lives, with negative thoughts that damage our confidence and reduce our effectiveness.

When the mind becomes 'entranced' (similar to the state of becoming engrossed in a good book or movie), the subconscious is open to positive suggestions for change, allowing old emotional triggers to be deactivated. New, self-created positive triggers are then created and entrenched to ensure that a lasting, new way of thinking is achieved.

Investing

in individuals strengthens the whole, directly translating to less absenteeism, increased productivity, reduced stress levels and conflict.

The process

The consultant will meet with you to ascertain specific needs and problem areas. These are often issues like goal- setting, enhancing the sales process, stress reduction, conflict resolution and establishing accountability. Once this is done, a training program will be designed specifically for your business.

Think of hypnosis as a personal trainer for the mind, providing positive reinforcement, transforming the mind and improving overall performance, using tools such as relaxation, narrative, visualization, , role play and music.

Information

For more information on Cape Town Hypnosis Centre, visit our website:

www.capetownhypnosis.co.za

Duration: 4 hours (can be split over 2 sessions) and each participant will receive a reinforcing CD.

For bookings and queries, contact : **Jann Du Venage** BA (Psy) Wits. CHT (SAIH) MDHA

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