

# LEARN SELF HYPNOSIS

## LEARN SELF HYPNOSIS

### The Secret to Success Design Your Mind Expand Your Life

Learn the techniques that elite athletes and highly successful people all over the world use to design and focus their mind to create their dreams.

Superstars of the Sporting World, Entrepreneurs, Business Professionals and Successful Minds around the world speak of their ability to focus their mind, 'feel' and 'see' their dreams long before those dreams actualize.

The Focused Hypnotic State is the key to Designing Your Mind

Learn simple & effective techniques to :

- Increase Self-Worth & Confidence
- Overcome Fear & Emotional Blocks
- Conquer Self-Sabotage & Procrastination
- Release Stress & Anxiety
- Create Balance & Wellbeing
- Master Self Healing Techniques
- Improve Sporting Technique & Focus
- Reach deep states of Meditation easily

Course includes a variety of easy to learn techniques. You will be able to take yourself to deep states of self-hypnosis by lunchtime. Then spend the day learning techniques to release negativity, improve focus & confidence, build motivation, heal your body & develop personal strengths.

#### By the end of the day

You will reach deep states of hypnosis within seconds with the use of your own personalised self-hypnotic code

You will be able to control the depth of your experience and bring yourself easily out of Hypnosis every time

You will master a variety of effective tools to continue your personal growth and healing

You will experience self-hypnosis many times

You will learn how to clear issues before you leave

You will understand why hypnosis is so effective

You will understand how to use the tools to achieve your goals

#### What to Expect

Positive tools for Growth & Development!

Inspiration...Direction...and of course...Motivation to Take Action!



## LEARN SELF HYPNOSIS — The Secret to Success

### Your Course Tutors

**Maggie Wilde** is a Master Practitioner in Clinical Hypnotherapy & NLP. She teaches the Practitioner Level Clinical Hypnotherapy at the Certificate IV and Diploma Levels and regularly speaks at festivals and conferences around the country. She has operated a number of Hypnotherapy & Coaching Centres on The Sunshine Coast, Brisbane and The Gold Coast for many years and runs regular Workshops and Inspirational Coaching Events. She is the Author of Wildly Happy & Wise and DIY Happiness and the founder of Wildly Happy World [www.wildlyhappy.com](http://www.wildlyhappy.com) and co-founder of Mind Design Centre.

Maggie believes we are all Masters of our own destiny! Given the right tools and support—we each have the opportunity to create sustainable happiness as we live the life we'd love!

**Melanie Schwartze** is a Master Practitioner in Clinical Hypnotherapy & NLP. She is an Area Governor of Toastmasters and a Successful Entrepreneur and Business Coach. She is the co-founder of Mind Design Centre and operates a successful Clinical Hypnotherapy & Coaching Centre on the Sunshine Coast. Melanie is an inspirational speaker and regularly speaks at educational events.

Melanie believes we each have the ability to learn how to Empower our Lives, Design our Minds and be the best we can be!

## Open to the power of your own mind! Design it the way you want it to be!

LEARN SELF HYPNOSIS WITH TWO INSPIRATIONAL WOMEN:

**When:** SATURDAY MAY 8, 2010

**Where:** BALONY PLACE, 26A NUNKERI COURT FOREST GLEN

**Time:** 9.00AM till 5.00PM

**Investment:** \$250 pp

**Course includes:** Workbook  
Self Hypnosis CD

Tea & Coffee Provided

**What to bring:** A yummy lunch to munch, a yoga mat or something to lie on, a light rug or shawl and wear loose comfortable clothing

**N.B. Self Hypnosis is not a substitute for professional medical advice or therapeutic care. For more complex issues or personalised one on one programs please discuss your concerns with one of our professional clinical hypnotherapists**

Mind Design Centre & Wildly Happy World  
[www.wildlyhappy.com](http://www.wildlyhappy.com)  
E-mail: [admin@wildlyhappy.com](mailto:admin@wildlyhappy.com)

BOOK THIS SUNSHINE COAST EVENT ONLINE AT  
<http://www.wildlyhappy.com.au/shop2.html>  
or Phone: 1300 664 544  
Maggie: 0405 138 567 Mel: 0417 757 203