



COACHINGANDLIFE

HYPNOSIS ON-LINE





PROGRAM

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INTRODUCTION TO HYPNOSIS
OPENING
SPEECH BY BRYAN C. DUNN

45 MIN

EXERCISES
STRESS DOWN
INNER VISION

60 MIN

Q &A
SPEECH BY BRYAN C. DUNN
CLOSING

45 MIN



SESSION TITLES AND DESCRIPTIONS

Hypnosis for Stress Management

Bryan will explain the properties of Hypnosis and how it works. Then a group Stress Release and Fortification session. Q&A

Hypnosis for Self-Worth/Obstacles Elimination

Bryan will review the previous session and how hypnosis works again. A group Self-Worth/Obstacle Elimination session. Q&A

Self-Havening to Hardwire success

Brain Bryan will explain the properties and how to do Self-Havening. A guided Self-Havening session. Q&A





Special
Program



EXECUTIVE HYPNOSIS PROGRAM

HYPNOSIS FOR STRESS MANAGEMENT

Bryan will explain the properties of Hypnosis and how it works. Then a group Stress Release and Fortification session. Q&A

HYPNOSIS FOR SELF-WORTH/OBSTACLES ELIMINATION

Bryan will review the previous session and how hypnosis works again. A group Self-Worth/Obstacle Elimination session. Q&A

SELF-HAVENING TO HARDWIRE SUCCESS

Bryan will explain the properties and how to do Self-Havening. A guided Self-Havening session. Q&A

EXECUTIVE HYPNOSIS PROGRAM

3 x 2% hours live sessions
One session per week
for 3 consecutive weeks.

Exclusive EHP Forum
access for further questions.

Access to recorded content.





We, as a global community, are facing some of the most stressful times in generations.



Let's face facts

From the pandemic to political upheaval, to having to adjust to the new dynamics of working from home; everyone is feeling stress.

It does not help that stress is one of the main contributors to the top 6 leading causes of death.

Everyone is affected. CEOs who are navigating a changing landscape of the way business is done are under stress to meet the needs of their boards and businesses.

Executives and Management are stressed while trying to navigate the new needs of business, clients, and employees.

And, employees are feeling the pressure of combining work life and homelife—finding a balance while still being productive

Overcome Fears

Many contend with Fear of Success, Imposter Syndrome, Homeostasis, and other concerns. Hypnosis is a proven method to alleviate fears and move forward.

KEY TOPICS

Contend with Anxious Feelings—Recognize, release, and rewire your mind to overcome anxious feelings and attain your goals. Hypnosis and Self-Havening will allow you to create new neural connections and eradicate anxious feelings.

Gain Confidence—One of the biggest impediments to getting what you want is lacking the full belief in your own abilities. Awaken your self-awareness of how amazing and talented you truly are.

Hone Business Skills—Gaining mastery over your own mind and contending with the issues that have stood in your way of the success will allow you to become a top-notch businessperson. Utilizing these techniques and taking advantage of Hypnosis and Self-Havening, you will create an atmosphere of synergy and business acumen.



SHIFTING PERSPECTIVE

We will focus on creating a new paradigm of thought and approach for you. You will learn to access the entirety of your mind, both conscious and subconscious.

Hypnosis and Self-Havening will allow you to expand your strategy base, giving you the edge to succeed. Using these tools, you will learn to move past, and release the nonessential nonsense that oftentimes holds us back subconsciously.

"Hypnosis has the potential to address the many issues that keep an individual from being more successful on the job and even at home. These techniques would have proved invaluable for any of my time spent in the corporate environment."

-John Moyer, Business.com



"Now, hypnosis is also becoming a trend among business leaders who are seeking help with performance issues such as focus, speech anxiety, confidence and even goal-setting."

-Jade Scipioni, CNBC.com



Stress Relief

Motivation

Clarity

Openness

Vision

Results that show immediately

Participants will:

Gain an immediate release from stress.

Gain a renewed sense of motivation.

Enhance clarity of thought and focus.

Attain tools to attack stress and obstacles.

Be more innovative.

Get more neuroplasticity allowing you to adjust to new challenges more easily.

Participants will have tools to make desired changes in all aspects of personal and professional life.



We need to
create new
ways of
attacking
problems.

Everyone is stressed.

That stress can be compounded by the aforementioned obstacles.

We all face both personal and professional obstacles. We ask ourselves,

“How do I fit in?

How can I meet everyone’s needs? Am I good enough and capable enough?”

Self-worth concerns and overcoming normal obstacles were always something with which we had to contend. Now all of those are amplified.

In this ever-changing landscape, we need to be flexible and innovative.

We need to use new tools and Hypnosis and Havening are those tools.

The time has arrived where we need to put away antiquate ways of thinking and create new dynamics.





Hypnosis/Havening are simple methods
That has a proven record to eradicate trauma and stress
Hypnosis/Havening is a non-invasive and easy-to-follow approach to
feel better There is no wrong way to go into hypnosis.
Almost anyone can go into Hypnosis and/or use Havening.
Hypnosis/ Havening are effective tools for overcoming obstacles No
special tools are required and Hypnosis/ Havening can be done
anywhere at any time.

Participants will achieve immediate results, but moreover, results
will increase as the days pass by.
Hypnosis/ Havening have zero risks involved.
Results are self-perpetuating.

The better you feel the better you will feel.
Hypnosis/Having may be used for immediate and/or long-term gains
Participants will obtain gains without side-effects Hypnosis/
Havening builds on synergy and flows in the workplace.

Havening is a non-medicated approach to creating new synaptic
connections.
Results are self-determined.
Participants remain completely in control throughout the entire
process.

Havening is backed up by scientific evidence using the brain's
natural processes to create new dynamics. No extra tools required.
ABOUT BRYAN C DUNN, MA, CHt, CAHA
Bryan has been a hypnotherapist since 1991 when he earned his

Basic Hypnotherapist credential from Gold and Associates.
Over the years, however, Bryan never considered using his hypnosis
for a care.



BRYAN C DUNN

Earning a master's degree and California State Teaching Credential in Special Education, he became an award-winning teacher for students with learning disabilities. MA, CAHA After leaving teaching Bryan expanded his Hypnotherapist knowledge base, graduating from Hypnosis Motivation Institute in Tarzana, CA, and opened Sage Hypnotherapy and began helping individuals grow and succeed in his local area of the High Desert in Southern California.

BERIT LADEFOGE, CEO, MNLP, CCP Subsequently, Bryan teamed up with



Berit Ladefoged, CEO of Coaching and Life, and expanded his offerings the globe. In 2019 Bryan became a Certified Havening Practitioner helping folks eradicate trauma.

Bryan is now serving clients of all stripes throughout the world improve and enhance their lives, attaining their goals both personally and professionally

GET MORE INFORMATION TODAY

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CAL@COACHINGANDLIFE.COM**