

## What is HypnoCoaching®?

As a Certified HypnoCoach®, I will blend traditional personal life coaching methods with hypnosis to help you be successful in your life. I will use a structured system that is specifically designed to help you tap into your own inner resources and use your own natural abilities so that you can dissolve barriers and take those action steps necessary to reach your desired goals and dreams. HypnoCoaching® has the advantage over traditional personal coaching by incorporating Hypnosis and NLP techniques into the process so that you can make changes at a subconscious level and thus achieve what you desire more easily, quickly and effectively.

Probably you feel like you know what you should be doing, but maybe feel unable to get in gear and get it done. What we “know” is controlled by the Conscious Mind, and consists of only 10% of the brain. But there is also a lot more that we are not consciously aware of that has far more control over our life – over our thoughts, feelings and behaviors. The Subconscious mind consists of the other 90% of the brain, and is the source of our personality, beliefs, values, emotions, etc.

Traditional personal coaching is focused primarily on the Conscious Mind, that first 10%. And for some, it can be quite effective all by itself. But Hypnosis is used to communicate with the other 90% of the brain, the Subconscious Mind, both to make changes at a deeper level of knowing and feeling, as well as to tap into one's inner resources and creative thought processes. The subconscious mind holds the key to achieving anything we desire.

And so, with HypnoCoaching® that blends both these methods together, you are able to work with the whole 100% of your brain to more easily reach your goals and be successful.

**How could you benefit from having someone to talk with on a regular basis – Someone who can help bring clarity and focus and direction to your week's challenges, so you can stay motivated and take action towards achieving your desired goals?**

## HypnoCoaching®

**What is it that you would really like to achieve in your life right now?**

**What obstacles do you need to overcome to reach this goal?**

**What change in your thinking has to take place for you to be successful?**



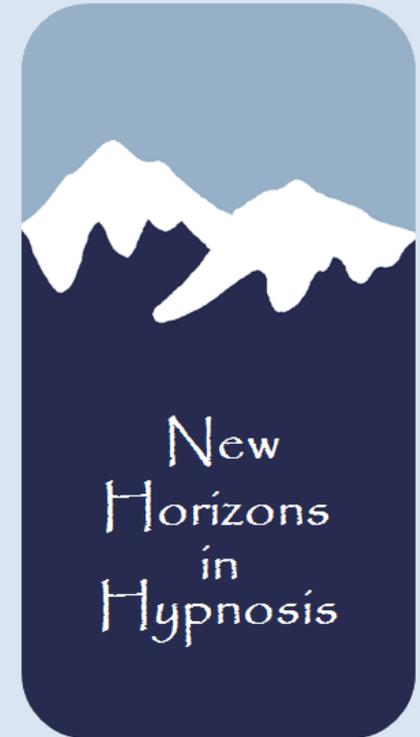
**Aren't you worth the investment that will help you to be your very best? You have everything to gain!**

**Take steps now to make positive changes and start living the life you desire.**

**Don't put it off...  
Call (508) 246-2721 Now!  
And schedule your first session.**

## HypnoCoaching®

Hypnosis via Skype or Telephone



*A Holistic Approach  
for the Body, Mind & Spirit.*

**Linda E. Donalds, BCH CI**

Board Certified Hypnotist  
NGH Certified Instructor  
Certified HypnoCoach®

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## What is Coaching?

In sports, we are all familiar with athletes who have coaches or personal trainers who tell them how to improve their game – how to practice, how to make the next play, how to win. A personal coach is much like that, but in other areas of your life. Someone who can give you the guidance and support that you need to win your game – to be successful reaching your personal goal.

It can be hard to reach a goal all on our own, without support. Sometimes family and friends are not the right people to provide that support. When you decide to make a life change, your personal coach is someone who can be objective, non-judgmental and forward-focused, in whom you can trust to help you clarify exactly what you want to achieve, assist you in creating a roadmap to reach that goal, help you to reduce distractions and navigate obstacles, provide encouragement, lean on or talk to along the way, and keep you accountable and motivated. Your coach is there to keep you on track, and when necessary, reconnect you with your purpose and passion for going after that goal or dream in the first place.

## What is Hypnosis?

Hypnosis is a state of hyper-focused attention, or intense concentration, where the subconscious mind can be communicated with more easily and is more receptive to suggestions made to it. This altered state of mind is completely natural and everyone experiences it regularly on a day-to-day basis – but often times we are not aware that our experiences are in fact the same state that is also known as hypnosis, or even that these experiences can influence our lives.

Recall the last time when you became so engrossed in an activity, such as reading a book or watching TV or working on your computer, that you were unaware of other events happening in your environment, such as someone entering the room. You were not asleep, but rather in an altered state of mind induced by focusing our attention on something specific. It produced a change in your perception. What many don't realize is that even during these common daily experiences, you are also more readily influenced by ideas suggested to you during

these times. By things that others say to you, and by your own internal thoughts.

Now, when hypnosis is used by someone like myself who is trained to help people reach their goals and dreams, then it becomes a wonderful tool to positively and effectively change those old, negative, out-dated, erroneous messages that were programmed into your mind by others – to reframe past experiences and change old limiting thoughts, feelings and behaviors so that you become empowered to move forward more easily in the direction you so desire. I will use a variety of hypnotherapeutic techniques like visualization, guided imagery, and neuro-linguistic programming, as these methods allow us to communicate and make changes at the subconscious level.

## Your Initial Meeting

Preferably the initial consultation is held in my office. This is the best way for us to meet, get to know each other, and begin building the coaching relationship which will ensure your success. However, when distance or lifestyle do not make it possible for this to be an in-person session, then this first meeting can be held via Skype.

During this session, we will get to know each other. We will discuss the intake questionnaire that you have filled out ahead of time. We will clarify your purpose for HypnoCoaching®, articulate a clear goal, and determine the action steps needed to get you there. We will begin identifying some of the obstacles that have been thwarting your progress, and start developing a plan for dissolving them. We will determine the best schedule for your subsequent HypnoCoaching® sessions. A short hypnosis experience is included in this session. This first session is also longer, so please allot 90 minutes. Subsequent sessions will run shorter, at 50-60 minutes.

## Subsequent Sessions

HypnoCoaching® requires a three month commitment consisting of weekly or biweekly sessions in person or via Skype, telephone, or email. Each week, we will begin by checking in on progress around the action items from your previous session. We will discuss the successes you had, and any challenges you may have encountered.

HypnoCoaching® uses specific techniques and exercises designed to identify what motivates you, discover your subconscious response patterns, challenge your self-limiting thoughts and beliefs, and enable you to tap into your own inner resources where you can find your own best solutions and determine your next most powerful action steps.

Some sessions will include a live hypnosis experience via Skype to work on releasing fears or for changing unproductive habits or thinking patterns. Other sessions will focus on learning and practicing self-hypnosis, a very effective tool you can use on your own to facilitate progress towards your goal. The session will conclude with you having clear action steps to be completed for the next HypnoCoaching® session.

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### – About Linda E. Donalds, BCH CI –

For many years, I have enjoyed working with people to help them dissolve inner barriers using hypnosis techniques so that they can be free to move forward in successfully reaching their desired goals.



Back in January 1998, I became a Certified Hypnotist through the National Guild of Hypnotists (NGH), after completing their “Certification in Hypnotism” course. Over the years, I have also completed many additional advanced training programs in the field of hypnotism, including certification in Complementary Medical Hypnotism, Diabetes Motivational Coaching, Bariatric Surgery Support Hypnotism, Pain Management Hypnotism, and as a HypnoBirthing® Practitioner.

For more information about  
all of my Hypnosis services,  
Please call or visit my website:

[www.NewHorizonsInHypnosis.com](http://www.NewHorizonsInHypnosis.com)