



# The Action Factory Training

"Enjoy the Journey"

## An Introduction to Hypnosis - ½ Day

### Hypnosis

Hypnosis involves putting the mind into a semi conscious state and opening up the avenues to the external messages it receives. Despite all the assertions and accusations Hypnosis is a safe state not unlike a waking sleep or daydream. The course is presented Michael Dawson who is a skilled practitioner trained by the "London School of Hypnotherapy"

### Aims of the course

This half-day introduction is intended to debunk many of the myths surrounding hypnosis and instead learn about its limitations, history and power. The intention is to have a fun, interesting and safe afternoon for those who wish to try or watch hypnosis in action and to learn the skills of self-hypnosis. This is NOT a hypnotic comedy performance but an educating experience dealing with the real uses of this medium

### Client groups

This half-day makes for an exciting and fun option at the end of any corporate weekend or conference. Just about anyone can gain something from this presentation. The clients have the option to learn and be involved or just come along as spectators for curiosity. We always enjoy a fun afternoon with something for both the skeptics and the believers.

### Course content

- History of Hypnosis
- Hypnotic Myth busters
- The Skills Required to Practice Self Hypnosis
- Optional Practice & Demonstration
- Provision of Example Scripts for Private Use

### Course methods

As with all Action Factory training we believe that people learn and absorb information and skills in a non-pressured fun environment. Clients are free to participate or observe at whatever level they feel comfortable. The ½ day will involve a mixture of discussion, debate and practical involvement.

### Cost

£50 per person or corporate booking  
The cost includes all materials, notes and scripts  
Min 6 persons

*We are always happy to discuss your individual teams needs or provide a free presentation at your next team meeting. Just ask we are here to help*

### The Action Factory

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