

Quick Boost to Self-Belief and Confidence Overview of 4 session program.

The **Boost Your Confidence Program** focusses on providing a shot of confidence for various situations where more confidence would make life easier.

1 Boost Your Confidence: Trust in yourself and your abilities

In order to feel confident, a person wants to feel calm and relaxed with the situation they are in. Highly emotional states, such as anxiety, make it difficult to enjoy anything, but once relaxation comes, confidence normally follows.

We put confidence in perspective. There are many skills that a particular person may not feel confident about, but this is because they have not had been taught how to! However, when someone does have the requisite skills but still doubts their ability to complete the task, they are being prevented from fulfilling their potential. You will be gently guided in your conscious and unconscious minds to rediscover their self-trust. Embedding it deep in your unconscious mind. In which you feel strong and begin to strengthen self-mastery. Allowing you to rehearse experiencing confident interactions in any chosen situation.

2 Try New Things - Expand Your Potential

So who do you think you are? And what do you think you can do?

Sadly, so many people let themselves be conned into believing that they are 'not the sort of person who...' or that they 'could never do such-and-such'. And so they hold back from trying new things, learning new skills and developing new talents which could enrich and transform their lives.

But just how do you break out of such limiting notions? Especially if you have spent a lifetime believing yourself 'incapable'?

This session will help anyone with a secret dream of starting something new. Rediscover that faith and belief in themselves that they were born with. Overcoming their doubts and fears and go for it.

We discuss how self-limiting notions get a hold on us, and reassures you that it is possible to overcome them. Reminding you that you know how to do many amazing things, including unconscious learning.

Taking your dream and living it as deeply and intensely as possible. Giving you the courage and confidence to step out into the new. Being comfortable with the unknown!

3 Believe in Yourself -realise your potential

Many people fail to reach their full potential not because external circumstances prevent it, but because they doubt themselves and so hold back from even *attempting* to reach a challenging goal.

But the trouble with doubting yourself, although it looks like admirable modesty, is that it can become a self-fulfilling prophecy. If you don't think you can do it, you *won't* do it.

This session will enable you to get out of this trap and discover what they're really capable of.

We discuss the powerful effect our expectations and beliefs have on our life experiences. How important it is to guide these in a positive direction if you want to get the best out of life. In the trance state you can then make significant changes within yourself. Promoting growth and development in an open-ended way, without setting up self-imposed limitations in advance.

You then can adopt this new approach as a fundamental template for engaging with the challenges of their life, ensuring that you give yourself the best possible chance.

4 Tame Your Inner Critic

Some people think too highly of themselves but many more people think too lowly of themselves. They keep an inner critic busy, telling them how they may fail, or be rejected or it's just not worth trying. This is corrosive and demoralizing. Preventing people from enjoying life and making the most of their potential.

But how to you make that critic shut up? This session will enable you to take control of the tendency to over-criticise yourself. Converting it into a more useful attitude encouragement and support for yourself. No matter how critical you may be, this habit can be modified and converted into a more constructive behaviour. This is a deep inner process of change and transformation.

You will hypnotically rehearse what life will be like with this new habit and mindset. Feeling comfortable with accepting and encouraging yourself.

BONUS Banish Embarrassment - Stop awkward self-consciousness

Human beings are highly social creatures and very sensitive to each other's reactions. It's as if we have a radar out there sensing how we are fitting in, or meeting expectations. If something seems out of place, we may react with embarrassment - blushing, or suddenly becoming clumsy and awkward; all of which makes it a hundred times worse!

Although everyone will have an embarrassing experience from time to time, people with an overly sensitive 'radar' can feel as if awkwardness and embarrassment has taken over their life, making it hard to form solid ties with people, or even to progress professionally.

This audio session will lead you gently into a deeper and deeper state of relaxation (it's impossible to feel embarrassed when you are relaxed). Then, hypnotic rehearsal is used to ensure you have plenty of practice in carrying your calmer state into new situations and enjoying the experience of unselfconscious interaction.