

# READY TO MASTER YOUR MIND? UNLOCK YOUR POTENTIAL. EMPOWER YOUR SUBCONSCIOUS MIND.

You will be confident in your knowledge and abilities to use hypnosis to make a profound difference.

## Self-Hypnosis Training

This well rounded curriculum includes:

- o How hypnosis works
- o Defining the changes you desire
- o Allowing it to be easy to do what you want it do
- o Releasing whatever has held you back up until now
- o Applying the simple four step process to all aspects of your life

### Next training date:

four part series includes  
November 16, 30, December  
7, and 14th, Wednesdays at  
6pm CT [virtually]

## Deeper Hypnosis Training

Go deeper in this course include learning:

- o What hypnosis is
- o History of hypnosis
- o Discover the difference between conscious and subconscious state
- o Differences between meditation and hypnosis
- o How to hypnotize, including all steps and cautions
- o Hypnotic trance depth testing
- o Behavioural assessments
- o Goal setting techniques
- o What an ethical hypnotist looks like and how to be one
- o Experience being guided through hypnotic experiences

### Next training date:

January 5th to February  
7th, Tuesday and Thursdays  
at 6pm CT [virtually]

## Certified Hypnosis Training

Get everything from the Deeper Hypnosis Training plus the following:

- o Hands on and virtual experience in guiding others in a hypnotic experience
- o Final practicum and written exam as a final step in gaining your certification
- o 75 hours of class time where you'll become proficient in hypnosis
- o 25 hours of independent study where you can explore your specific niche
- o Have the confidence to launch your business quickly and easily

### Next training date:

February 9th to 12th,  
all day [in person in  
Bettendorf, Iowa]

To apply, email: [Info@IntegrativeLifeWorks.com](mailto:Info@IntegrativeLifeWorks.com)



Sandra Grace

Amanda Dell'Aquila

With more than 35 years combined of teaching and coaching experience, Sandra Grace and Amanda Dell'Aquila have learned the best secrets to successful Coaching, Speaking and Training. As Certified Consulting Hypnotists, Reiki Master/Teachers, Certified Teachers, and more, they are passionate about training entrepreneurs, like you, to manage your energy as you confidently and powerfully grow your businesses.