



## JO FISHER HYPNOTHERAPY HELP FOR ANXIETY & STRESS LESS WORKSHOP



Jo is a fully qualified Clinical and Solution Focused Hypnotherapist as well as a Certified NLP Coach, Certified Practitioner of Neuro-Linguistic Programming and Certified Practitioner of Time Line Therapy™. She is also a Mindfulness Coach and a Certified Hypnotic Birthing Practitioner. She is the owner of Jo Fisher Hypnotherapy based at The Media Centre in Huddersfield.

Jo treats clients suffering from a range of issues including anxiety & stress, panic attacks, depression & low moods, lack of confidence & self-esteem, phobias (fear of needles, spiders, water etc .....), insomnia and OCD as well as eating problems, weight loss and wanting to quit smoking. In addition, she helps clients with addictions and dependencies including alcohol, drugs and gambling by working to change their behaviours.

*“Most of us know how it feels to be stressed, worried or nervous about something. Usually, these feelings come and go quickly. However sometimes these feelings last longer and are more intense and you may be suffering from anxiety to a greater or lesser extent.”*

During the workshop for ‘Help for Anxiety’ and ‘Stress Less’, Jo will help participants to understand how they can manage and control their anxiety. She will explain the difference between stress and anxiety, how the brain works in relation to anxiety & stress as well as the role of sleep. Jo will also give practical tools & techniques that participants will be able to use on a daily basis to help with anxiety. She will finish the workshop with a 20 minute hypnotherapy relaxation session if required.

### Additional benefits for participants

- All participants will receive a link to an MP3 Hypnotherapy Relaxation Track to listen to before they go to sleep which will help with their anxiety & stress ongoing
- All participants will receive a pdf of the practical tools & techniques to help to calm them and cope with many situations
- In addition to the workshop and relaxation session, Jo will offer a one-to-one chat with any of the participants that would like to discuss their problems in more detail.