

Life Coaching

Life coaching is a process that helps you identify and achieve goals by developing belief in your talents and skills to enable you to create the lifestyle you want. Life coaching is not about looking into the past, but about where you are now - where you want to be and how you are going to get there. Life coaching will give you the support and encouragement to get the results you want, whether it is in your personal or professional life.

Training

If you would like to learn more we offer a variety of courses to suit individual and company needs. Mind-Field Training is a professional and practical organisation that specialises in providing courses in Clinical Hypnotherapy, Personal Development, Anxiety & Stress Management plus Corporate Training Programmes throughout the UK.

Mind-Field Training is fully accredited and validated by the General Hypnotherapy Register, the Hypnotherapy Society and the Hypnotherapy Association. All Clinical Hypnotherapy courses meet the required National standards for study criteria.

Clinics are held in Hawkhurst and Tonbridge. If you would like to discuss options or find out more information, please phone me on the number below.

If I am not available, please leave your name and number and I will return your call as soon as possible.

Penny Hawkins

Advice line: 01892 750 255.

Are You Ready For Change?

The average person has sixty thousand thoughts a day, and 95% of those thoughts are the same as we had yesterday. This can subsequently create the same feelings we have about ourselves or the situation we are in. At times, life seems stuck and going nowhere, then all of a sudden, it's galloping out of control.

When we are stuck, we long for a change; when life is out of control we want things to stay the same. We experience change everyday, as the world we live in is constantly changing. We change our hair-styles, the clothes we wear, the car we drive, our job ...but how often do we change the way we behave or react? Or the way we feel or think?

Every interpretation we make every minute has an effect on our mind and body. Here's the good news! We can change those interpretations because we made them in the first place! We have the power to make choices. Just knowing this maybe enough for you to make changes if you need to.



Penny Hawkins

NRH Adv dip Hyp.
SQHP, Cert. Ed.
Adv IEB Cert
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MHS, MHA, GHR reg.
LNLP Mstr NLP Practitioner;
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The Mind Connection

*“Better Mind
means
Better Health”*

Hypnotherapy
NLP
Life Coaching
EFT & EMDR

www.TheMindConnection.co.uk

All the following myths have no foundation as explained opposite:

M1. Hypnotherapy allows the therapist to take control of my mind.

M2. Hypnosis is like having a general anesthetic, I'll be unconscious and not know what's going on.

M3. Stress is something we just have to learn to live with we can't do much about it.

M4. I have always had a fear of "spiders", I don't think that can change.

M5. I have always had an addiction to "whatever", I can't see how mind work can change that. Old habits and patterns of behaviour are well established.

M6. Hypnotherapy won't work for me as I know I wouldn't be a good subject for it.

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F1. Quite the reverse, hypnotherapy allows *you* to take control of your mind and the therapist helps you do this for *yourself*.

F2. When we are in a hypnotic state it is like the day-dreaming state, many times during every day. We are often not consciously aware of everything we do all the time otherwise we would be overwhelmed.

F3. We can learn ways of reducing the impact of stress on our lives by learning effective coping strategies.

F4. Most of our fears can be based on an association experienced a long time ago that is not relevant to the fear itself. NLP and hypnosis are extremely effective in dealing with fears and phobias.

F5. Our addictions or cravings are, in part a mind problem, that can be retrained to minimize the effect.

F6. It is rare for clients not to benefit from hypnotherapy with the right approach.

What problems can hypnotherapy help?

Confidence / Ego Strengthening
Emotional Issues
Exam / Test Nerves
Fears / Phobias
Irritable Bowel Syndrome
Insomnia / Sleep Problems
Migraines /Blushing
Past life Regression Therapy

Bereavement
Pain Relief
Public Speaking
Relationship Issues
Skin Disorders
Smoking Cessation
Stress Relief
Weight Control

Hypnotherapy

Hypnotherapy is a natural, safe and effective way to make positive and beneficial life changes. With Hypnotic techniques, you can change old habits and patterns of behaviour, heal past hurts, discard negative beliefs and much more, to help you achieve what you want.

"Hypnotherapy" is the use of Hypnosis for therapeutic purposes. The term "hypnosis" is used to describe a state of awareness. We experience this state of awareness quite naturally every day of our lives. All hypnosis is self-hypnosis

You may have heard the term "trance". Trance and Hypnosis are the the same. When a person is in "trance" or "hypnosis" they become more aware of their inner thoughts, feelings and sensations. This allows the conscious mind (critical, analytical mind) to be by-passed therefore allowing the creative mind (subconscious mind) to be more receptive to positive and beneficial suggestions.

NLP (Neuro Linguistic Programming)

Neuro Linguistic Programming is all about communication. How we communicate with ourselves and process communication (verbally and non verbally) within the world and with the people around us. NLP, along with life coaching is used to help the client find their goals enabling them to make decisions that will improve their lives and get the very best out of themselves by making better choices.