



Ease into *Change with Hypnosis!*

Mike Proulx - Hypnotherapist

StressLessLiveWell.com (613) 317-1193 

- Public Speaking
- Weight Management
- Stop Smoking
- Sales Effectiveness
- Reduce Stress
- Improve Memory
- Sports Performance
- Better Sleep
- Business Success
- Self-Confidence
- Increase Motivation
- Creativity / Innovation
- Problem Solving
- *The list is endless...*

Leverage your Subconscious for Success!

Your Weight Management Program Quick Overview

Session ONE

(Duration approx. 2 hrs)

The first hour: Assessment/Questionnaire

From the information gathered, the hypnotherapist will create a custom-tailored hypnosis script that will be delivered live at session two.

The second hour: Live in-person hypnosis.

Title: Preparing your mind for positive change

This hypnosis is to reduce your stress, worries, and anxieties around your decision to reduce weight. It is also designed to neutralize your old belief - believing that it is hard to change. It's all about preparing you to embrace and accept that change can be easy.

Assignment: (between sessions one & two)

#1: Weigh yourself tonight or on the first morning after session ONE. Bring this information to your next session.

#2: Between sessions one & two, listen daily to the recording titled: "Preparing your mind for positive change." Every time you listen to this recording, you are conditioning your mind to go deep into trance and are creating deep roots of new beliefs in your subconscious mind. As a result, when you show up at session two, you will feel confident, optimistic, and expecting success.

#3: Custom assignments based on today's assessment.

Session TWO

(Duration approx. 1-2 hrs)

Debrief: Conversation on how your week went. Review completed assignments.

Custom Hypnosis Session: “The New Me” *

This hypnosis is designed to start the weight reduction process in a gentle and noncoercive way. Key suggestions (based on your assessment) are built-in to facilitate positive changes.

*This hypnosis session is recorded live. A modified version of this recording designed for at-home listening will be available within 48 hours. Listen daily or as needed for reinforcement.

Session THREE

(Duration approx. 1-2 hrs)

Debrief: Conversation on how your week went. Review completed assignments.

Hypnosis: Content & approach to be determined based on the debrief.

Safe weight reduction is a process that takes time.

Depending on your circumstances & weight desired, your weight reduction could take weeks and months to materialize. This 3-session program is your starting point. Many clients achieve their goals in a reasonable and safe time frame (thanks in part to reinforcement recordings) and they do not need more sessions.

Everyone is different. Some clients, typically after a few months, need another 3-session program (booster) that includes a NEW assessment and a NEW custom hypnosis session based on up-to-date needs. The need and timing for a 3-session program booster is at the client's discretion.

Long Term Support

You will receive follow-up emails and/or calls to assess your progress.

30 days after your final session and 3 months after that.

You are welcome to email/call anytime to discuss your progress.