



WELL-BEING INITIATIVE 2011/2012

HYPNOSIS

March 1, 15 and 29

April 12 and 27

9:00-4:00

\$50 FOR 50 MINUTE SESSION

Horton Hall 205

**WOULD YOU LIKE TO IMPROVE YOUR LIFE?
HYPNOSIS CAN HELP WHERE OTHER METHODS FAIL.**

- A scientifically verified and effective technique that can promote accelerated human change.
- Hypnosis can change your life by creating desired changes in behavior, attitude and self-esteem.
- The only tool which reaches deep into the subconscious mind, where we can effect change.
- Hypnosis is an easy way to address issues such as:

Stress Management
Weight Loss
Smoking Cessation
Bad Habits
Negative Thinking

Overcoming Shyness
Increasing Self Esteem
Fear of Public Speaking
Improving Memory

Improving Sports Performance
Improving Stage/Music Performance
Improving Self Confidence
AND MORE

For more information about hypnosis click on: http://www.hypnosisofficeofcarlisle.com/Home_Page.html

FEE PAYABLE AT THE TIME OF SERVICE.

Please complete the registration form and email to mwilson@ship.edu fax to extension 4037 or send to Human Resources, attention Maryrose Wilson, **NO LATER THAN 2 DAYS BEFORE EACH DATE:**

| | | | |
|------|--|-----------|--|
| Name | | Email | |
| Dept | | Extension | |

March 1

March 15

March 29

Apr 12

Apr 27

Preferred time:

| | |
|--------------------------|-------------|
| <input type="checkbox"/> | 9:00-9:50 |
| <input type="checkbox"/> | 10:00-10:50 |
| <input type="checkbox"/> | 11:00-11:50 |
| <input type="checkbox"/> | 12:00-12:50 |
| <input type="checkbox"/> | 1:00-1:50 |
| <input type="checkbox"/> | 2:00-2:50 |
| <input type="checkbox"/> | 3:00-3:50 |

Alternate time:

| | |
|--------------------------|-------------|
| <input type="checkbox"/> | 9:00-9:50 |
| <input type="checkbox"/> | 10:00-10:50 |
| <input type="checkbox"/> | 11:00-11:50 |
| <input type="checkbox"/> | 12:00-12:50 |
| <input type="checkbox"/> | 1:00-1:50 |
| <input type="checkbox"/> | 2:00-2:50 |
| <input type="checkbox"/> | 3:00-3:50 |