

Performance Management

Trust in your abilities



Hypnotherapy
& Mindfulness
Solutions



I'm Carol, owner of Hypnotherapy & Mindfulness Solutions

Passionate about your potential

Success mindset is a way of thinking and living that empowers you in your life. I have the privilege to see the amazing changes that developing a success mindset can spark for my clients as they learn how to let their talent shine through.

I am a certified and registered clinical hypnotherapist and mindfulness instructor, with additional training to support your success mindset release.



About

Go with the flow

Performance improvement can mean different things to different people at different times in life. Your focus could be to improve your sports performance, music, acting, hobbies, within work, being more organised or anything that you want to become better at doing.

Whatever it is, the one thing that can support your progress or achievement is a success mindset. There's a state of flow that professional performers strive for. Their mind is focused and clear as they perform at their best. It is entirely possible to learn and develop this same state of mind too so you can improve your performance in your chosen area.

Hypnotherapy can help enhance performance, and ignite your success mindset because thoughts influence your emotions, your responses and your ability to succeed.





Testimonial

“The sessions totally changed my life. Carol is so professional and understanding.

No matter what you struggle with Carol will help tailor a plan to you with what ever you need.

She is a credit to her occupation.”

Amber, Performance Management Client

Case studies

Case studies for Performance Management clients can be found [here](#) and [here](#).

Services & Fees

Performance Management options available:

Hypnotherapy Appointment £70

Performance Management Programme £199

Individualised Performance Management Programme providing you with practical techniques to support you to activate your success mindset. The programme includes:

- Three personalised hypnotherapy appointments
- Success mindset, its management information & self-help material
- Two Mp3 audios to enhance your success mindset change

To support you, hypnotherapy sessions can be taken over an agreed time frame.

20% discount for NHS, Care, Emergency Services, Armed Forces apply to all sessions and packages.





Extra Info

Free Initial Consultation

To help you to decide if working together could help you, I offer a no obligation free phone call. This is a chance to explain the help you want, find out more about how we can work together and ask any questions you have. Please contact me to book.

Performance Management for Groups

Please enquire for details.

Contact Me

For further details or to make a booking:

- T: 07305 810935
- E: enquiries@hypnomind.co.uk

To visit the website:

- [Hypnotherapy & Mindfulness Solutions](#)
- Or scan the QR code



***Disclaimer: Results may vary from person to person.
Hypnotherapy is not suitable if you have epilepsy, psychosis or a personality disorder.***