

exploding the myths

'there is more scientific evidence for hypnotherapy than any other complementary therapy'

The Health Education Authority

HYPNOSIS is a powerful and natural ability available to everyone; easy to learn and use. On this stimulating weekend you will learn the most powerful tool for achieving calmness of mind and changing patterns of thought, behaviour and emotion.

Over the last seven years, Uncommon Knowledge has presented this exciting workshop to over 2000 delighted delegates. Through a careful blend of explanation, demonstration and practise, experienced trainers will show you how to use your hypnotic ability to its best effect.

With the help of *your* unconscious mind you will discover how to quickly and easily change unwanted habits, overcome fears, boost self-confidence and diminish unpleasant emotion. You will learn how to maintain your composure in difficult situations, decrease stress and anxiety and above all, *relax*.



uncommon knowledge®

no ticking clocks
no swinging pendulums

free hypnosis training pack

CD and Scripts

On arrival at the workshop you will receive this CD and scripts package worth £23.95. Use them to improve your hypnosis skills, or just relax!



discovery

freedom

control

influence

clarity



uncommon knowledge®

saturday

- the ability to hypnotise yourself and others
- a solid understanding of what exactly hypnosis is and how it works
- the ability to relax deeply in under 2 minutes
- the skills needed to relax others using your voice and body language
- how to use hypnosis in everyday life
- free course notes including 5 easy-to-use hypnotic inductions
- a wealth of information on human behaviour, psychology and emotional states

sunday

- discover how to use self-hypnosis to increase self-confidence
- enhance creativity
- improve sleep
- boost immune system function
- balance your emotional life
- manage anxiety
- lift depression
- manage stress
- enhance your memory and learning abilities
- learn the core 'NLP' techniques of scrambling, anchoring and future-pacing
- anxiety, anger and stress-management techniques that really work
- witness the fast phobia cure in action



'using hypnosis people can perform prodigious feats of willpower and self healing'



ncommon knowledge*

June 5th-6th

Richmond

i would like to attend
this workshop

Places at this popular workshop are strictly limited to ensure high levels of personal attention. Bookings can be made in 3 ways.

☎ telephone: 01273 776770

🌐 online: www.uncommon-knowledge.co.uk/hyp

✉ post the application form below

The 2 day course costs £147 inc VAT

For payment options and further information please see the back of this leaflet

You will be sent confirmation and venue directions immediately upon receipt of your application.

my details

Please book me a place on this workshop.

Title: _____ Surname: _____

First name: _____

Address: _____

Postcode: _____

Contact tel. no.: _____

email address: _____

I enclose a cheque made payable to:
'Uncommon Knowledge Ltd' for the sum of £

Send to:
Uncommon Knowledge Ltd, 12 Queen square, Brighton, BN1 3FD

about your trainers

mark tyrrell DHyp, EH.P, NLP-BHR, HGDip



Author of 'Maximise your Self Esteem - The Giant Within', published by Orbit books, Mark trains thousands of health professionals and members of the public every year on topics ranging from bullying and self esteem to hypnosis and brief, solution-focused psychotherapy on the Uncommon

Knowledge diploma course. Originally a psychiatric nurse, Mark is now Creative Director for Uncommon Knowledge and also maintains a busy practice at the Uncommon Knowledge clinic in central Brighton.

jill wootton DHypPsych (UK) BA(Hons)



Director of Training for Uncommon Knowledge, Jill began life in sales and marketing leading to directing a team managing international conferences and exhibitions. After retraining Jill worked as a massage then acupuncture therapist. She has worked and taught in a variety of

positions and places, including The Cancer Resource Centre in Wandsworth and the Royal Marsden Hospital. Jill now works as a therapist from the Uncommon Knowledge clinic in Brighton and her home in Cuckfield, West Sussex and is head trainer on the Uncommon Knowledge Diploma course. She is a dedicated and experienced trainer with a down-to-earth and fun presenting style.

payment options



If you wish to pay in two parts, send £25 deposit now (non-refundable) and pay the balance at the beginning of the course. You will be sent confirmation and venue directions immediately upon receipt of your application. Uncommon Knowledge reserve the right to change trainers if necessary.

money back guarantee

We want you to be happy with what you have learned. Apply the skills from the workshop and if you are not delighted with the results, write to us right away. We'll issue you a refund or arrange a complimentary place at another workshop. How can we be so confident? Over 2,000 people have attended this workshop and we get feedback from every event.

skills for life

Practical skills. We focus only on those skills which you can use to make a difference right away.

The benefit to you. You will have skills to give you the edge in many personal and professional situations for the rest of your life.

feedback

People from all walks of life and of all ages attend this workshop. Here are some of their comments:

"It was most enlightening to discover how our lives can be drastically improved simply by retraining the brain using an easily applied technique."

Rob Maile, Newspaper Sub-editor

"It is always a pleasure to see gifted and conscientious practitioners in action. Good job!"

Jonathan Bowder, Business Owner

"I would recommend this course to anyone who is interested in or even just slightly curious about Hypnosis and its benefits."

Peter Muller, Managing Director



uncommon knowledge*

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how to use

hypnosis

to help yourself and others

"Fantastic, well-presented & great fun. I think anyone would benefit from this course, whatever their lifestyle or career."

Fiona Atkins, Business Manager