



# Mind Power Workshops for positive change

Two inspiring and practical half-day workshops on  
Sat 23 January 2010, The Meeting House, Brighton



**Jan Alcoe, BSc(PsychHons), DHypPsych(UK)**  
Is an experienced trainer, speaker and writer in holistic health care and well-being. She is a registered hypnotherapist and author of *Lifting Your Spirits: seven tools for coping with illness* (Janki Foundation, 2008)

**Sarah Turner, BA(Hons), DHypPsych (UK)**  
is an accredited hypnotherapist and solution focused therapist running workshops and individual sessions in Brighton and London. Through her skills, she has seen many clients achieve healthier relationships towards food and eating.

## **BEAT ANXIETY, WORRY AND STRESS 10 AM to 12.45 PM**

This enjoyable and relaxing workshop will help you to understand and utilise the power of the mind to overcome stress. Drawing on the latest approaches from the world of hypnotherapy, NLP and cognitive psychology, you will experience practical ways to:

- control stress and reduce anxiety
- relax deeply
- avoid panic
- change negative thinking and worry patterns
- meet basic needs in healthy ways
- boost your physical and emotional resilience to cope with life's challenges.

**Enquires and further information: Contact Jan Alcoe (details below)**

The event will be held in the famous Lanes area of Brighton, close to the seafront, so enjoy a half-day workshop with time left to explore and shop. The Meeting House is in Ship Street, 10 minutes walk from Brighton Station, close to all City bus routes and with car parking nearby.

**Price: £30 per workshop, £50 for both AM and PM workshops (save £10)**

Includes refreshments and handouts

### **BOOKINGS:**

Contact Jan Alcoe (details opposite)  
Payment in advance via cheque or Paypal

T 01273 504574  
M 07774 758202  
E [jan@hypnotherapyforliving.co.uk](mailto:jan@hypnotherapyforliving.co.uk)  
W [www.hypnotherapyforliving.co.uk](http://www.hypnotherapyforliving.co.uk)