

Is stress taking over your life?
Are you living your life to the fullest?
Are you taking advantage of every opportunity?
Are you present in your life?
Are you happy?



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“Stress”

Cut the crap and get on
with living!

Sunday 18 January 2015



SOLUTIONS
by Debbie Lanyon

CLINICAL HYPNOTHERAPIST & WELLNESS CONSULTANT

0433 299 079

www.solutionsby.com.au

My name is Debbie Lanyon and I am committed to helping you achieve the success in life that you want and deserve.

Having worked in Corporate Australia for over 25 years within middle management and senior executive positions I understand the demands and pressures that are placed on individuals, not just in the workplace but at home, to be all and everything to everyone. Sometimes balance is lost, and stress can build and overwhelm our lives.

My workshop is designed to be informative and interactive. Not only will you participate in two hypnotic processes/guided visualisations, you will learn a series of techniques that you can take with you to help identify areas of your life where stress may be taking over. You will be given tools to be the positive change in your life, and will receive a take home audio to reduce stress.

I have qualifications in clinical hypnotherapy, emotional freedom technique, acceptance commitment therapy and neuro linguistic programming. I am on the national register of qualified hypnotherapists. Take comfort in the knowledge that you are working with someone who has been professionally trained to Australian standards.

Cost: \$395pp, or if you book with a colleague, friend or partner reduce to \$345pp. Due to the unique nature of the workshop, participants are capped at a maximum of 20.

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Two weeks before the workshop you will be sent a Questionnaire to complete. This will assess your current stress and anxiety levels. Results will be provided to you at the workshop.

One week before the workshop you will be sent a small activity to complete. I won't take longer than 5-10 minutes. This piece of pre work will be used in one of our exercises at the workshop. I promise it will be enlightening.

I look forward to working with you and sharing my tips and techniques to enable you to have a happier, healthy life - if you so choose.

Regards

Deb

Hypnosis

Our minds work on two levels – the conscious and subconscious. We make decisions, think and act with our conscious mind. The subconscious mind controls our habits. In the relaxed state known as hypnosis, we can communicate directly with the subconscious mind. This is why it is so quick and easy to change habits of a lifetime with hypnosis.

Hypnosis is a naturally occurring state that we go in and out of every day. If you want positive change in your life, you will be successful using hypnosis. You are in control and can terminate the session any time. Hypnosis is a safe, relaxing and enjoyable experience.

Emotional Freedom Technique

EFT is fast becoming one of the leading energy therapies used by highly respected clinicians, psychologists and psychiatrists. EFT is an emotional version of acupuncture without the needles. It is used to align and rebalance your meridians.

My four week intensive program teaches you skills that you can take forward and use throughout your life. You will learn how to remove the charge from past memories, eliminate limiting beliefs, and rid yourself of concerns and worries about the future.

Acceptance Commitment Therapy

ACT is a new wave of counselling that teaches skills and techniques to work with your thoughts and feelings.

It is not about telling you to think positive or stop your thoughts. It is about learning to notice, name and accept your thoughts. By allowing thoughts to be, working from a values based system, and taking committed action, you will experience positive change.

Life Coaching

I specialise in helping you identify and understand your values, and then apply this knowledge to your life, goal setting, managing stress and anxiety, understanding and eliminating 'limiting beliefs' and habits, or just getting out of that rut that you may be in.

As everyone is different, with different needs, I offer a range of options from one off sessions to 3 month packages. I will customize a program specifically for you. You may only need me for one session, so why pay for what you are not going to use?



Debbie Lanyon



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Having been a smoker one of my passions is smoking cessation, my program has an incredible success rate with an optional lifetime guarantee.

As a clinically trained Hypnotherapist and Wellness Consultant. I can assist you with your concerns; whether it be smoking cessation, weight loss, anxiety, alcohol, stress or sleep. I am on the National register of qualified Hypnotherapists, and offer health care rebates to those with appropriate private cover.

I also hold internationally recognised qualifications in Emotional Freedom Technique, nationally recognised qualifications in Acceptance Commitment Therapy and multiple business credentials including: a Graduate Certificate in Management, Certificate IV Workplace Trainer and Assessor and Masters level Facilitation.

I can tailor corporate packages for smoking cessation, and wellness workshops.

I am committed to helping you create positive change in your life.

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**DO YOU
NEED HELP?**

**Quit Cigarettes In One
Session GUARANTEED!**
**Lose Weight with Virtual
Gastric Banding**

"Hypnosis can help! A growing body of research supports the ancient practice as an effective tool in the treatment of a variety of problems from weight loss to anxiety and chronic pain."

Newsweek, September 2004



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Smoking Cessation

Why people don't quit?

Everyone knows cigarettes are not good for them and that they spend too much money on them.

So, why do people continue to smoke? Why is it so hard for people to quit? The majority of smokers, in fact 63% want to quit. But they don't. Why?

There are many reasons, the most common are that people:

- Do not want to put on weight
- Do not want to go through withdrawal symptoms
- Do not think they have the willpower to quit
- Smoke to relieve stress and relax
- Believe they are addicted to cigarettes.

The biggest reason of all, smoking cigarettes is not under your control.

How many cigarettes a day do you actually enjoy? Most people enjoy 3 or 4. All the others you smoke unconsciously. Smoking cigarettes is usually done by your subconscious mind.

It is like driving. When you first learned how to drive you had to consciously think about it. But you drive unconsciously.

When you first started smoking you did it consciously. Now it is something you do automatically. So unless you deal with the individual reasons unique to you, you will not have any luck in quitting cigarettes long term.

How does this system help me to quit cigarettes?

Your reasons for smoking cigarettes are different from other peoples' reasons. The areas you need help in are different than your friends, family or colleagues. As I customise the session to you and address your specific needs, you become a non-smoker with ease.

Have you tried to Quit before?

Why didn't it work? Did you:

- Not want to deal with withdrawal symptoms?
- Start gaining weight?
- Start smoking again for no real reason?
- Just have one?
- Feel social pressure from other smokers? Or,
- Did you find some other reason?

The beauty of this system is that it deals with all the reasons that are unique to you. It even goes one step further. This system is pro-active in removing a lot of the common reasons people fail.

For example with this system I will help find and create new habits, so you don't gain weight when you quit cigarettes.

Optional Lifetime Guarantee

I am so confident in this system that I offer an optional lifetime guarantee. This means that if you ever start smoking cigarettes again, I will work with you again at no charge.

"Hospitalized patients who smoke may be more likely to quit smoking through the use of hypnotherapy than patients using other smoking cessation methods. Smoking patients who participated in one hypnotherapy session were more likely to be non-smokers at 6 months compared with patients using nicotine replacement therapy (NRT) alone or patients who quit 'cold turkey'."

American College of Chest Physicians

What is Virtual Gastric Banding?

Weight Loss

Virtual Gastric Banding (VGB) changes the way you think about food, giving very safe and predictable weight loss results.

VGB is a non-surgical technique using the power of your mind to allow you to be satisfied with smaller amounts of food. Your subconscious mind 'believes' that surgery has occurred.

It is most definitely NOT a diet - we know that diets only work in the short term. The VGB allows you to eat what you want, but will ensure that you eat smaller portions. As it is not a diet, you won't feel deprived, miserable or hungry, the issues which cause diets to fail. As The VGB effectively negates these issues, you are left with a long term solution to your weight problems.

How does this system help me to lose weight?

Hypnosis works on the deep part of the mind, where old habits and patterns are stored. By modifying old habits, new habits can be created.

Enjoy the relaxing process of hypnosis and the feeling of being completely at ease, whilst your mind is learning new healthy habits.

"Hypnosis is a naturally occurring state of concentration; it is actually a means of enhancing your control over both your mind and body."

Dr David Spiegel, Assoc. Chair of Psychiatry – Stanford University, School of Medicine

Studies on Virtual Gastric Banding?

"In a large analysis, comparing the results of adding hypnosis to weight loss, multiple studies have shown that adding hypnosis increased weight loss by an average of 97% during treatment, and even more importantly increased the effectiveness post treatment by over 146%. This shows that hypnosis works even better over time."

Journal of Consulting and Clinical Psychology, 1996

"In a 9 week study of two weight management groups (one using hypnosis and one not) the hypnosis group continued to get results in the two year period following treatment, while the non-hypnosis group showed no further results."

Journal of Clinical Psychology, 1985

Information about the process?

Long term weight loss using hypnosis is successfully achieved by attending four sessions over four weeks – each session is ideally no more than one week apart.

Prior to attending your first session you will be provided with a questionnaire to complete, to enable customisation of your sessions.

At each session there will be a consultation to see if there are any adjustments that need to be made to your treatment. As everyone is different, your sessions will be tailored to work for you.

As part of your package you will be given two take home audios to keep you on track to achieving your goal.

I will keep in touch with you for twenty six weeks after your last session to monitor your progress. If it is felt that you need to come in for a further session during this time, it will be arranged at no cost to you.