



REDESIGNED MIND

Hypnotherapy

If you have the desire to change unwanted or unproductive feelings and behaviors, or to improve personal and professional performance, hypnotherapy may be the solution for you.

Change is never easy and it requires dedication and perseverance, yet those alone do not always produce the desired results. This is because habits, behaviors, and beliefs are deep-seeded within the subconscious mind and 88% of the time happen automatically, without you even knowing.

How can hypnotherapy help? Hypnotherapy produces positive change through 'redesigning' thoughts, actions, and beliefs within the subconscious mind. The subconscious is the area of the mind that holds the accumulation of automatic, learned responses to external stimuli. This includes positive responses like the ability to tie a shoe or dress without thinking about it; as well as undesirable reactions such as fear of water, the inability to speak in front of groups, exam anxiety, stress eating, and various other outcomes we live with on a daily basis.

Hypnotherapy can replace undesirable habits, behaviors, and beliefs with positive and constructive responses that improves physical and mental health and wellness, achieving goals, and enhancing performance.

If you are interested in transforming your life for the positive, I look forward to partnering with you to achieve your desired goals.

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SERVICE LISTING

HEALTH

- Pain Management
- Breathing & Relaxation
- Headaches & Migraines
- Overall Health Improvement

PERFORMANCE

- Sports
- Tardiness
- Concentration
- Performance Anxiety
- Study Habits & Testing
- Goal Achievement & Motivation
- Communication & Public Speaking

WELLNESS

- Exercise
- Insomnia
- Smoking Cessation
- Weight Loss, Overeating
- Sugar Addictions & Cravings

SELF-IMPROVEMENT

- Fears, Phobias, Panic Attacks
- OCD & Controlling Behaviors
- Habit Change, Tics, Stuttering
- Insecurity, Inhibition, Inferiority
- Stress, Anxiety, Worry, Rumination
- Perfectionism, Change Management
- Confidence, Assertiveness, Self-Esteem
- Irrational Thoughts, Negativity, Irritability
- Indecisiveness, Helplessness, Discouragement

