

Within Sight

Happy New Year

What will 2012 be like for you? Do you know the first steps to take to avoid another year flying by without creating the life you want?

Abraham Lincoln said if you have six hours to chop a tree down you better spend the first four sharpening your axe. So before taking action take time thinking about the life you want.

Put your ladder up against the right wall: Make sure what you are aiming for is what you really want. Don't work hard to get something then find out it doesn't make you happy.

Not sure what you want? if you have a clear idea that's great but what if you don't? **Start to notice all the things that make you feel good.**

This creates a measuring stick to show how much a job or life style would bring you fulfillment. So, if you really like being in a team of people don't opt for being a light house keeper....pretty obvious I know but we can be attracted to a job, person or life style yet feel discontented when we have it.

Decide what is important to you: Coaches call this knowing your values and it can be a useful resource. So if you think spending time in nature, teamwork and quality family time, are part of your values. Then taking a job as a on the road salesman in a city may make you discontent.....

For more information <http://www.hypnotherapy-brief-therapy-training.com/index.php/blog/start-preparing-for-those-new-year-s-resolutions-now>



New from Within Sight

Conscious Medicine

Imagine shifting a pain in your neck and arm that has been there for ages? That's what happened to two people on our conscious medicine course last October.

They used techniques from a rapidly expanding way of dealing with illness, one that recognises our experiences are metabolised into biology. These techniques and practical exercises can bring extraordinary levels of behavioural changes and physical healing.

Science has shown the belief that our DNA and our cellular activity is fixed, is wrong. In fact the opposite happens, as your cells are continually reacting to stimuli from your physical and energetic environment. Even your DNA does not wholly determine if you get a disease or not, as the cells in your DNA can activate DNA programming - or not!

If you want to help yourself or others align mind and body for health - Join us and experience these powerful techniques.



Sam Cotton teaches therapists confidence in using their voice to capture a clients' attention, and build a natural flow of hypnotic communication.



Trainers, Sally Ann and Jill out of office gear and walking on the South Downs last Winter. Oh, and a mulled wine to keep warm.



Students traveling from further afield to do the Diploma explore the local area. Phil from Leicester said the time by the sea makes the weekends extra special.

Dates for 2012

All of our courses are held at Brighton university.

Learn Hypnosis to Help Yourself and Others:

January 21st -

22nd, Brighton. *'one of the best short courses that I have ever encountered, great value for money....and I left knowing how to do hypnosis. High energy and very engaging.'* SM

Professional Diploma Hypnotherapy Psychotherapy 2012

Starts February 18th/19th.

Ten weekends - One weekend a month.

'Life changing.' BM

'on the diploma I was inadvertently given the tools and knowledge to be able to negotiate a happy and fulfilled life. Really learning about what it takes to be happy, and in turn learning how to teach that to others really is priceless. From my friendships to my relationships with my family and partner, everything has received a positive impact.So whether it's for personal or professional reasons, this course is worth every penny.' TS

Modules from our diploma open to the public :- Solution Focused Brief Therapy

Sunday February 19th

Ask questions that promote rapid beneficial change. The increasing choice of health practitioners and business managers.

Metaphor - the language of rapport and healing

Saturday March 17th



* Advanced Psychology course in Norway: Within Sight offers a three day advanced course to practicing hypnotherapists. Here's jill expressive as ever.

On the last afternoon of a three day course everyone was beginning to get that glazed look. Jill soon had them laughing and recharged with a game.

The ultimate way to build rapport, bypass logical resistance and weave lasting change into your clients life.

Lift Phobia's and Post Traumatic Stress Disorder with The Rewind Technique

Saturday April 21st

Reputed to be the most effective psychotherapeutic tool in the West.

Break the Cycle of Addiction

Sunday April 22nd

Understand the true nature of addiction and how to help people change unhelpful habits.

Conscious Medicine

June 9th/10th.

Learn powerful hypnotic and energy medicine techniques to overcome illness and unwanted patterns.

Performance Coaching:

June 16th 10.00 - 1.00

Build confidence in your ability to relax in a client session. Learn how to trust your instinctive skills.

Solution focused Brief Therapy on line course.

Learn from the comfort of your home on our six week course. Thursdays 7.00 - 8.00, 12th April - 17th May.

Students from all ages and backgrounds on Diploma



Youngest recruit Edward with fellow students Tessa, Judy and Mum Katie who gave birth without pain using hypnosis in January. and still got top marks in her client sessions. Amazing!



Another awesome student was 78 year old Kathy (middle) who traveled from Bath. **Contact us** 01273 738663 email: info@within-sight.com www.within-sight.com

For anyone interested in doing NLP or EFT or

Happiness and Personal Development courses, take a look at Success Psychologist Kath Temple's courses. Kath and her team at Happiness Events approach training in the same way we do at Within Sight. Jill trained Kath in Solution-Focused Psychotherapy & Hypnotherapy, and Kath has worked with Paul McKenna for many years. This power house of a woman offers courses that are memorable, practical, lots of fun and life changing. www.happinessevents.co.uk kath@happinessevents.co.uk