What Is Hypnotherapy and How Does It Work? with Nancy Holguin

with Nancy Holguin · Hosted by Kathi Burns, CPO®, Business FLOW Strategist

Nancy Holguin is a clinical hypnotherapist who runs The Confidence Shoppe in Southern California and has been in practice since 2015.

- [ ] When you feel depleted, find a quiet spot and take a 60-second meditation break.
- [ ] Take three or four deep breaths, hold, exhale slowly and think "I'm at peace, I'm safe."
- [ ] If that phrase feels untrue, say "I like the idea of being at peace" instead.
- [ ] Play a waterfall sound from YouTube while you do the exercise.
- [ ] Practice calming your mind every day, not only in emergencies.
- [ ] Catch yourself when you start self-criticism and name what you want to adjust instead.
- [ ] Keep reading and learning: school is never out for the pros.
- [ ] Give client follow-ups a set day and time on your calendar.
- [ ] Plan a month of social media posts around holidays and awareness months.
- [ ] If you miss a scheduled task, leave it on the calendar and catch up next week.

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