

NLP Hypnotherapy for Confidence and Self-Esteem

Discover new abilities and realise your *true potential!*

Inside all of us is a desire to accomplish more, to live more profoundly and experience each day to the fullest. Yet, for many of us those desires stay locked deep inside, crowded out by our fears and overshadowed by our doubts and low self esteem. This self-defeating behaviour becomes such a part of our existence that we barely notice that we suffer from low self esteem. **Telling ourselves not to bother, or that we are destined for less than spectacular, seems normal.**

But with greater self esteem you are capable of so much more. If you can stop holding yourself back for just one minute you might see all the possibilities that lie ahead. **Just picture yourself doing the things you've dreamed of before.** Would you go out for that job you always wanted? How about approaching that certain someone you've wanted to speak to? What about taking that trip and embarking on a new life journey? **Your opportunities are endless when you have high self esteem and truly believe in yourself.**

So why is it that we constantly tell ourselves no? Why do we insist that we're not good enough, strong enough, or smart enough to do and be what we want? We may have been told these things as children or been given signals of such as we developed our sense of self over the years, but guess what - those messages were wrong. Their purpose was to deny you of all you dream and desire. **The only person holding you back now is you. It's about time you make a move.**

More than any other aspect of our psychology it is confidence that gives us the ability to engage with the world.

When our confidence is low our sense of self esteem, or how we estimate our self, the "I can" is limited - sometimes the idea of a business meeting, going on a date, an evening with friends or even venturing beyond our front door seems beyond our capabilities.

NLP Hypnotherapy, is one of the most effective treatments for low confidence and low self-esteem.

In NLP hypnotherapy the treatment given for low self esteem and confidence begins with an in depth coaching session. We work together to root out the exact cause of your limiting belief or negative emotional issue which is holding you back. This is like clicking on an icon on the mind's computer and bringing the file on to the screen to be dealt with. NLP coaching helps loosen the hold the belief or emotion has on you so it is easily erased, leaving room for positive, life affirming beliefs to be installed...- Almost every condition benefits from this initial work - since the sense of self-belief in our abilities influences how we think, feel, motivate ourselves and behave.

“People who believe they have the power to exercise some measure of control over their lives are healthier, more effective and more successful than those who lack faith in their ability to effect changes in their lives.” - Albert Bandura

In a state of deep hypnotic relaxation which we call “trance” your conscious self talk will reduce and become irrelevant to you, and your unconscious mind will record all the positive suggestions I give you, easily and effortlessly. You will be given powerful suggestions for feeling more confident, more in control and more effective in their lives.

In addition you will learn how to remember and focus on previous experiences of success and confidence while learning how to view experiences of failure or low confidence as learning situations.

In NLP hypnosis and coaching you can rehearse situations where you want to feel more confident - and through this experience of mental rehearsal in hypnosis you develop a sense of self-mastery that influences performance in real life situations.

Take action now to rebuild confidence and self esteem!

It's really important to understand that each of us needs to take conscious action to rebuild our confidence when we have had an experience that has lowered our sense of confidence.

Who are my clients?

My clients seeking help for confidence range from high-flying business people who have just suffered a setback and need to rapidly rebuild confidence, to those who have chronic low self-esteem, shyness and .fear of people and situations.

Many people suffering from chronic low confidence have simply not developed habits of thought and action that create a robust sense of self-confidence. NLP Hypnotherapy provides a powerful and effective solutions to rapidly rebuild confidence and develop robust self-esteem.

For further information, or to book your NLP Hypnotherapy session and begin your journey to robust self esteem and confidence, call me on +442866328200 or email info@lindaburke.co.uk