

Carol Woodliff

Visualization & Self-Hypnosis Skills

For Healing, Creativity & Success



There are many myths about hypnosis. But one thing that isn't a myth is that these skills can help you change your life. It doesn't matter whether you call it meditation, visualization or self-hypnosis—everyone has the ability to use their mind and heart more effectively.

Today, we are more and more aware of the mind-body connection and spiritual principals such as the law of attraction. Studies are being conducted every day which prove that harnessing the power of your mind is one of the most effective tools for your success. Learn the skills that the leaders in mind-body medicine and elite athletes and performers already use.

Explore:

- What Hypnosis Is *and Isn't*.
- The Mind/Body Connection.
- The Power of Words, Imagery & Visualization.
- How to Use this State for Your Own Creativity, Health and Success.

Come away with an understanding of how this practical tool can be used in your life today.

Carol Woodliff is a sought after speaker in the areas of self-improvement, spirituality, and stress management. She gets rave reviews from teenagers to seniors!

A few of the organizations Carol has spoken at include: Caltech, The National Youth Leadership Forum on Medicine, Western University College of Osteopathic Medicine, IHOP Corp., Parker Hannifin Aerospace, California Federation of Business & Professional Women, Arizona Court Reporters Association, Skadden, Arps, Slate, Meagher & Flom, and Gibson, Dunn & Crutcher.

As a hypnotherapist in San Marino (Pasadena), CA, Carol helps clients eliminate the barriers to living well in a wide range of areas from coping with physical illness, to overcoming fears and bad habits, to developing a mindset for success.

Her presentations combine the best of mind-body practices and spirituality with practical, real-world experience gained in over 20 years of supervising and coaching employees at some of the nation's finest law firms.

Be prepared to learn, laugh and connect with information you've been searching for!

Carol Woodliff, Speaker, Spiritual Hypnotherapist & Coach

2425 Mission Street, Suite 6A, San Marino, California 91108 (626) 737-1478

carolwoodliff.com carol@carolwoodliff.com