



Increase your ability to perform a task, skill, or specialized behavior and achieve greater levels of mastery!

Performance Enhancement

Individuals of all types have used hypnosis and imagery to boost their personal and professional performance abilities and nurture creative talents.

Performance Anxiety is often a cause of lessened performance ability. The anticipatory stresses of an event or performed action can inhibit abilities and talents already possessed by an individual. Common examples are Fear of Public Speaking, Stage Fright, and Test Anxiety. In addition, the ability to perform in the academic and professional environment is key to attracting the best opportunities and financial rewards. Whether student or professional, you can discover increased confidence, improved memory & focus, and greater success-ability in your life.

Students will improve study skills, boost exam preparation and eliminate test anxiety. Professionals will improve public speaking ability, improve sales performance, and enhance work-related relationships. Individuals can enhance their intimacy and sexual responsiveness.

Both professional and amateur athletes will optimize their training and level of sports performance, whether they compete alone or as part of a team. Non-competitors will maximize their enjoyment of the personal challenge for excellence.

Actors, musicians, composers, writers, dancers, and visual artists will nurture their creative talents and achieve greater artistic and creative expression, overcome performance anxiety or creative blocks, and improve the personal skills required to succeed. No matter who you are, or what you do, your level of self-esteem, self-confidence, and motivation can support your desires for health and happiness, or they can work against you.

Whether it is a private consultation, group, or self-hypnosis training, take advantage of the opportunity you have to create a positive life script that supports all your desires for health, happiness, and performance power today! Call us @ (505) 232-9010 to schedule a consultation.

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