

*Tuitions, enrichment classes, school supplementary lessons...
Still performing below expectation... WHY?*

Here's the answer. Here's the solution.

Exam Anxiety Management Workshop



HypnoSpa
& Therapy

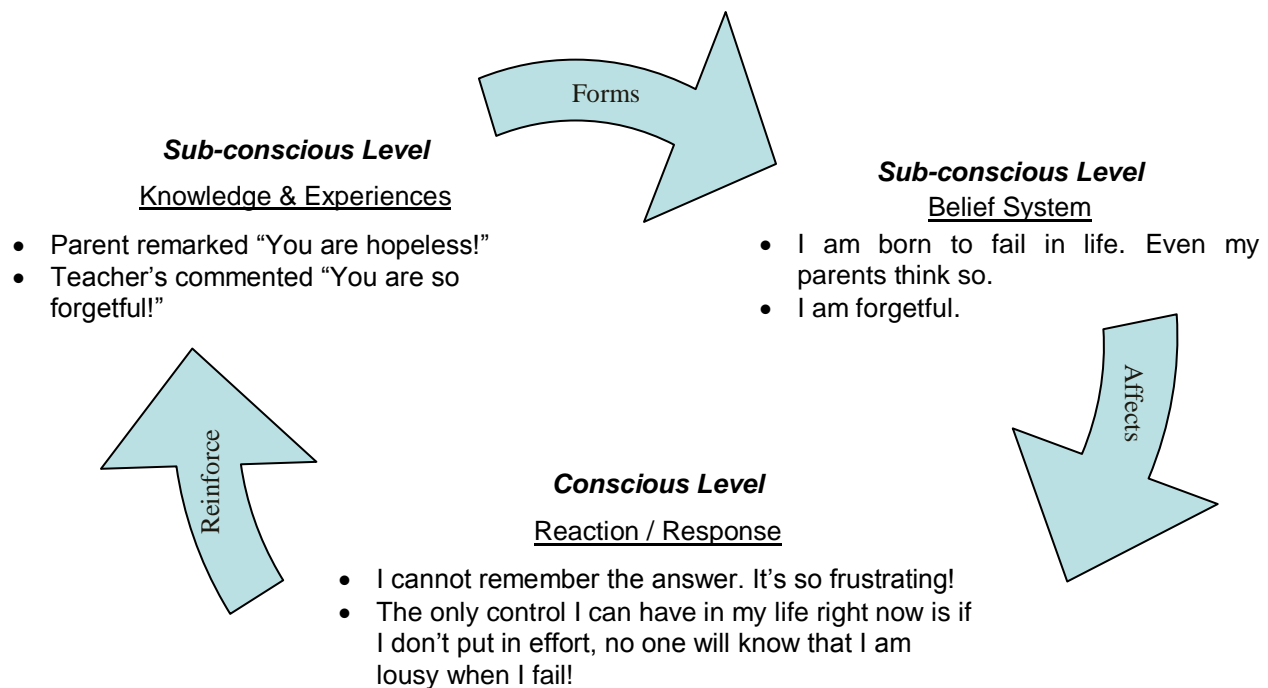
Overcoming Issues. Enhancing Lives.

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Students who are very hardworking and show great progress in their daily work performed below expectation during examination.

How do you know your child is suffering from Exam anxiety?

They have sleeping and/or eating disorders. They are easily irritable. They developed “bo-chap” attitude. Procrastination becomes their middle name. They often get stomach upset before paper. Their mind goes “blank” during exams etc.



HOW DOES OUR MIND WORK

Trigger and Association

All your experiences and knowledge are kept in your sub-conscious mind. At a conscious level, you may not be able to recall certain experiences or knowledge but it doesn't mean they are not there.

All it takes is a situation that triggers certain association to the experience or knowledge that you have. Your response will be a reflection of your belief system. In other words, if the association is made to an unfavourable experience or knowledge, your response will be an unpleasant one.

Anxiety triggers off Fight-or-Flight-Mode

It is human's nature to be in the fight or flight mode when we are anxious as this is an indication that we perceive external threats. As such, our cells from our brain and our organs will travel towards our limbs to gear us up for the moment.

Working with fewer cells in the brain and organs, no wonder we become less intelligent, more forgetful and fall sick easily when we are stressed.

EXAM ANXIETY MANAGEMENT WORKSHOP

This workshop is designed to help the student from inside-out. It is a combination of hypnotherapy, counseling and coaching.

Through hypnotherapy, we work at the sub-conscious level:-

- Neutralising the effects of unfavourable experiences and knowledge.
- Build and encourage positive thinking.

Through counseling and life-coaching, we work at the conscious level:-

- Reinforce the programming done at the subconscious level.
- Translate their positive thinking into the results
- Create opportunities for success.

BENEFITS OF THE WORKSHOP

- ✓ **Students acquire a life-skill of managing their life through their mind.**
- ✓ **Students will develop a more positive self-image.**
- ✓ **Time and money spent on tuition or enrichment classes will reap better results.**
- ✓ **Students with deep rooted issue affecting their behavior can be identified.**

Workshop 1

Date : Begin on March Term Break
Duration : 1 hour 15 minutes per session
Venue : HypnoSpa & Therapy

What do they do during the sessions?

- Session 1** Coaching - Realistic Goal Setting.
Hypnotherapy - Ego Strengthening
- Session 2** Coaching - Handling Procrastination
Hypnotherapy - Proactive Strengthening
- Session 3** Coaching - Resisting Temptation
Hypnotherapy - Focus Strengthening
- Session 4** Coaching - Mastering Fears
Hypnotherapy – Confidence Booster
- Session 5** Examination Success Visualisation
(60 min)

Workshop 2

Date : Last week of June Holidays
Duration : 1 hour 15 minutes per session
Venue : HypnoSpa & Therapy

Only those who have gone through Workshop 1 may attend

What do they do during the sessions?

- Session 1** Coaching – Review and update goals.
Hypnotherapy - Ego Strengthening
- Session 2** Hypnotherapy – Staying Focused
- Session 3** Hypnotherapy – Reinforcing resistance against temptation
- Session 4** Examination Success Booster (60 min)

During each of the sessions, there will be brief discussion before hypnotherapy.

Classes are divided into **level groups** of Pri 5 & 6; Sec 1 & 2; Sec 3 to 5; Junior College.

There will **only be 4 participants per class**. It takes only 2 participants to start the class.

Workshop Fees

EAM Workshop 1 - \$500/child

EAM Workshop 2 - \$400/child

Total Workshop Fee - \$900/child

Estimated workshop fee per hour - \$80

Workshop Fee includes

Course Material

HST CD for relaxation worth \$15

\$100 off 1-on-1 Coaching Package (*only for simultaneous sign up for workshop 1 & 2*)

Seats will only be confirmed upon payment by cash or cheque made payable to HypnoSpa & Therapy.

HYPNOTHERAPY

Hypnotherapy uses hypnosis techniques to help clients enhance the quality of their life. Generally, the client will gain a better understanding of themselves thus be able to manage their life.

Clearing the myth of hypnosis

Misconception / Fiction	Fact
Hypnosis is mind control	We cannot hypnotize someone to do something that is against their intention.
During hypnosis, you are unconscious	You <u>are conscious</u> during hypnosis as you need to follow the instructions given by the Hypnotherapist facilitating your access into your sub-conscious mind. It is an interactive process.
You will be out of control and you will be revealing information that may be harmful to you	Since you are conscious, you are in control of how much information to share with your Hypnotherapist. We cannot read your mind. So we depend on what you share with us so as to help you move on during the session.

In fact, we go through hypnosis everyday without the presence of a hypnotist or hypnotherapist.

You are in the state of hypnosis when you are so focused on a task that all else become insignificant. For example, a child playing PSP or a soccer fan watching a soccer match may not notice that the phone is ringing non-stop. ***The power of staying focused is very strong!***

Can you imagine the amazing success rate when you can focus on resolving an issue or improving the quality of your life? ***Hypnotherapy is one such tool which can bring about a high level of focus.***



THE TRAINER

Joyce Tham is the founder of HypnoSpa & Therapy. She is a Certified Professional Hypnotherapist with National Guild of Hypnotists, International Medical and Dental Hypnotherapy Association and also American Council of Hypnotists Examiners.

She was also a Teacher for 9 years. During the 9 years, she was trained as a Teacher Counselor in Year 2000. In Year 2003, she became a Career Guidance Officer and in 2007, she went on to become the Caring Actions in Response to Emergency Officer and Assistant Discipline Mistress.

Her experience working with children through teaching, counseling and coaching was further enhanced by her training at MindChamps Singapore in 2008.

Besides her experience in the field of education, she was also an Assistant Police Investigator for 2 years. Her experience in identifying issues and getting useful information helped her greatly in her career as an educator.

Guest speaker for Social Service Training Institute in 2009

Featured in My Paper Chinese Section on 11 Jan 2010