

# Selfhelpnosis

*80% of people feel stressed on a weekly basis. Are you one of them?*

## **If I could teach you in one day how to feel in control, would you come?**

The feeling of being in control of your life is a skill that nobody seems to teach when you're growing up, but, like any skill, once you have it, it's yours for life. And, like riding a bike, once the skill has become habitual it needs barely any work to maintain.

That's what this course can help you develop, the sense of being able to deal effectively with what life throws at you.

Life is busy and most of you just don't have the time to research what could help you with your stress, or undertake lengthy daily exercises which leave you even more time-pressured. We've done the research for you and can teach you simple techniques that, once begun, can run in the background of your day with only a minimal need for time from you.

### **A Solution For Stress**

In a one day workshop we'll teach you the most successful approaches from the fields of Personal Development and Positive Psychology in removing stress from the body, and how to train your brain to reduce your responses to things that have stressed you up until now. Using Wordweaving, a modern approach to self-hypnotic suggestion, we'll provide you with some short recordings to take with you and listen to that will activate your relaxation response in an amazingly short space of time, prime your brain to anticipate positive outcomes, and leave you feeling more in control of your own destiny.

### **About Your Trainer**

Trevor Silvester is an internationally recognised therapist and NLP trainer. He is the Training Director of The Quest Institute, the leading provider of training to the public in the field of Cognitive Hypnotherapy and Neuro Linguistic Programming (NLP). Trevor has over 15 years experience working as a therapist, helping with a wide range of issues – stress and anxiety being prominent among them.



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## Facts about Stress that probably won't surprise you

- 80% of workers feel stress in their job.
- 50% say they need help in learning how to manage stress.
- 14% have felt like striking a co-worker in the past year, but didn't.
- 29% have yelled at co-workers because of workplace stress,
- 19% of workers have quit a previous position because of job stress.
- 62% routinely find that they end the day with work-related neck pain.
- 34% reported difficulty in sleeping because they were too stressed-out.

## Facts about Stress that probably will

- Stress is a sign your body is working perfectly.
- The difference between a stressful situation and a challenging situation is our perception of: Our ability to manage it; the level of control we feel we have over it, and the meaning, significance and consequence it has for us. You can change your perception of all of these things.
- There are techniques available that are simple to use that can radically change your experience of stress and quickly put you back in control.

*Imagine the difference being free of 'that feeling' would make.*

### Course Details:

**Location:** Regents College London

**Date:** Saturday 19th March 2011

**Cost:** £70+VAT Limited places

To book ring Jan on **01638 720020**

For more information about Trevor visit

[www.questinstitute.co.uk](http://www.questinstitute.co.uk)

*What people say about our courses:*

"Quality, intensity and Trevor's assistance allow me to feel that I have obtained a great training. And I loved sensing Trevor's enthusiasm and dedication to make things work."

**Barbara Clegg**

*"Training with the Quest Institute was the best decision I ever made."*

**Peter McLinton**

"This is a well-crafted and thought-out course. Trevor Silvester manages to convey what can be difficult concepts with just the right touch of humour and always well."

**Ian Read**

*"I loved the course. I thought it was interesting, powerful stuff and extremely useful and relevant. The content was well explained with good examples and humour."*

**Michelle Wallace,  
Senior Project Manager,  
Debenhams**

"Trevor has a real gift for teaching. Not only does he do it in a clear and totally understandable way, but his warmth and humour make it all the more enjoyable. His enthusiasm and expertise in this field just makes you feel that you are learning from the very best."

**Rachael Edwards**

*"Quite simply the most useful and enjoyable course I have ever been on. Trevor has that very rare commodity of in depth knowledge and an ability to communicate it in an engaging way. The first time in my life my attention has not wandered for two days."*

**Tim Martin MD,  
TwoWay Vision**