



Freedom

- Duration: 4 sessions, 60 minutes each
- Objective: Overcome fears, phobias, and limiting beliefs through achieving and maintaining a state of flow

SESSION 1

60 mins

Understanding Fear and Flow

- Exploring the role of fear in limiting potential
- Techniques for identifying and understanding fears
- Setting intentions for overcoming fears

SESSION 2

60 mins

Hypnotherapy for Fear Release

- Hypnotherapy techniques for fear and phobia reduction
- Visualization and exposure therapy in flow states
- Practicing relaxation and confidence-building exercises



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SESSION 3

60 mins

Empowerment through Flow

- Techniques for building resilience and self-confidence
- Activities to confront and overcome fears
- Role-playing and scenario-based exercises

SESSION 4

60 mins

Integration and Empowerment

- Reviewing progress and achievements in overcoming fears
- Strategies for maintaining confidence and empowerment
- Creating a personal empowerment plan for continued growth

Additional Resources:

- Fear reduction exercises and activities
- Self-help books and resources on overcoming phobias