

# Hypnosis Tips to Conquer Public Speaking

## 1. Relaxation Techniques

Begin each session by guiding the client into a deeply relaxed state. This helps to reduce immediate anxiety and opens the subconscious mind to positive suggestions. Techniques like progressive muscle relaxation, deep breathing, and visualization effectively encourage relaxation.



## 3. Reframing Negative Beliefs

Replace unhelpful beliefs, such as "I'll forget my words" or "Everyone will laugh at me," with empowering ones like "I am prepared and capable" or "My audience wants me to succeed." This shift can significantly alter your client's mindset.



## 2. Identifying Triggers

Use hypnosis to uncover specific triggers that heighten a client's anxiety. For example, they may feel nervous when preparing their speech or standing in front of a large audience. Identifying these triggers allows you to address them directly.



## 4. Visualization and Mental Rehearsal

Help your clients visualize themselves speaking confidently and receiving positive feedback. The subconscious mind cannot distinguish between real and imagined experiences, making visualization a powerful tool for building confidence.



## 5. Anchoring Techniques

Teach your client to associate calmness and confidence with a specific physical action, such as tapping their finger on their leg. This "anchor" can be used during actual speaking engagements to trigger a sense of ease.



## 6. Post-Hypnotic Suggestions

Embed post-hypnotic suggestions in your sessions, reinforcing clients' confidence and ability to remain calm under pressure. For instance, suggest to clients that they will feel a sense of excitement and clarity each time they prepare to speak.

