

# Hypnotherapy for Fear of Public Speaking

Turn Fear into Fuel



Wellbeing  
Pathways



# I'm Carol, owner of Wellbeing Pathways

## Passionate about helping you live life to the full

I am a certified and registered clinical hypnotherapist, and using individualised hypnotherapy I have helped many clients to overcome their phobia or fear which has empowered them to enjoy their life, and even do things they never thought possible.

Along with being a clinical hypnotherapist trained in hypnotherapy techniques for phobia release, I am a mindfulness instructor.



# About

## Find your voice

Picture this: you're standing in front of a crowd, ready to deliver a presentation that could potentially propel your career forward. Your heart starts racing, palms sweating, and your mind goes blank. The fear of public speaking, known as glossophobia, grips you tightly, hindering your ability to communicate effectively.

You're not alone. Public speaking anxiety, also known as glossophobia, affects countless individuals worldwide. In the UK alone, studies reveal that it's one of the most prevalent fears, surpassing even the fear of death for many! Shocking, isn't it? From nervous students giving class presentations to seasoned professionals delivering speeches, this fear knows no bounds.

The good news? It's entirely conquerable, and hypnotherapy can offer the solution.



# About

## Why Choose Hypnotherapy?

Contrary to popular belief, fear of public speaking isn't an inherent trait but rather a learned behaviour, often stemming from early childhood experiences or sudden triggers after years of speaking without fear. Hypnotherapy offers a path to reframe these fears, enabling individuals to embrace the exhilaration of public speaking.

Through gentle yet targeted techniques like visualisation, relaxation, and positive reinforcement, hypnotherapy addresses the root cause of your fear and replaces it with empowering beliefs and behaviours. Whether it's reframing negative thoughts, building self-esteem, or mastering relaxation techniques, hypnotherapy allows your inner speaker to find their voice with newfound confidence and poise.

Imagine a world where public speaking becomes not just bearable but enjoyable! Hypnotherapy empowers you to speak with conviction, captivate your audience, and unlock new opportunities for career advancement.



# Testimonials

“Having hypnotherapy with you has really helped me, much more than I thought it would. I have a confident voice now and I’m not afraid to be heard, thank you so much.”

Alan

## Case Study

A case study for a Fear of Public Speaking client is available to read [here](#).



# Services & Fees

## **Fear of Public Speaking options available:**

Hypnotherapy Appointment £70

Overcome Fear of Public Speaking Programme £220

Individualised Overcome Fear of Public Speaking Programme providing you with practical techniques to support you to find release your phobia or fear, and move on with life. The programme includes:

- Three personalised hypnotherapy appointments
- Fear of Public Speaking, its management information & self-help material
- Two Mp3 audios to enhance your positive mindset change

To support you, hypnotherapy sessions can be taken over an agreed time frame.

10% discount for NHS, Care, Emergency Services, Armed Forces apply to all sessions and packages.





# Extra Info

## Location

I offer in person appointments at a choice of two private clinics (Elland and Lea, nr. Preston), and also offer online sessions, please see here for [details](#)

## Free Initial Consultation

To help you to decide if working together could help you, I offer a no obligation free phone call. This is a chance to explain the help you want, find out more about how we can work together and ask any questions you have.

Please contact me to book or choose a slot [here](#).

# Contact Me

For further details or to make a booking:

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To visit the website:

[Wellbeing Pathways](#)

Or scan the QR code!



*Disclaimer: Results may vary from person to person.  
Hypnotherapy is not suitable if you have epilepsy, psychosis or a personality disorder.*