

Business Seminar held at Chamber of Commerce

Tracey Barraclough qualified with the NCTH Ltd at our Leeds venue. Tracey has always been confident to promote the positive benefits of hypnotherapy to herself and has given talks to a wide variety of groups and audiences...

This year Tracey has taken the opportunity to develop her talks in order to further promote her Hypnotherapy practice. In January 2007 she did a presentation about Hypnosis and Hypnotherapy to the Womens Institute in Calverley, Leeds which was attended by 25 ladies. Tracey gave them a background history of Hypnosis, talked generally about what Hypnosis is and how it works and then did a demonstration where one lucky lady jumped at the chance to experience and benefit from a relaxation session.

After attending several networking events, Tracey decided to join the Bradford Chamber of Commerce as a member and offered to do a talk. Tracey was thrilled when they came back to her and offered her the opportunity of running a seminar on their behalf. After careful consideration in regard to the title of the seminar, Tracey decided to entitle it 'Maximise your Business Potential' and aimed to address the issue of companies loosing approximately 12.5 million days valuable production time through employees suffering from stress. In addition to facts, figures and information relating to the causes and effect of stress on an employee, Tracey explained the benefits of Hypnotherapy, stress management and relaxation techniques and demonstrated power of the mind techniques and a progressive relaxation and deepener.

Tracey received very positive feedback at the event and really enjoyed every minute of it even though she says she felt as though she had 'slept, ate and dreamt it for what seemed like forever'. The seminar certainly generated interest in Tracey's work and she reports: 'I have no talks imminent at the moment but am very busy indeed with clients which is just wonderful and I am learning with each and every one of them!'

In addition to her success as a private practitioner we would like to welcome Tracey on Board with the NCTH Ltd as an Assistant Lecturer. Tracey is currently undergoing a training shadowing period with Senior Lecturers in Leeds and is really enjoying the experience of supporting students with their learning experience. Tracey has always been an ambassador for the benefits and effectiveness of Hypnotherapy due to her own personal positive experiences and her 'belief' is something which really comes across when she talks and presents information. Her 'belief' has enabled her to work successfully with many clients and resulted in Tracey building her private practice.