

LAHER

Redefine what's possible



INFORMATION BROCHURE

WWW.LAHER.IN



WELCOME!

*"A journey of a thousand miles
begins with a single step"*

LAO TZU

Welcome! My name is Vidhi Sayani. It's great to see you invested in your personal growth and achieving your goals.

In this information brochure, you'll find important stuff about the hypnotherapy services I provide. This will help you understand what to expect and how to get the most out of our sessions.

As your hypnotherapist, my job is to help you identify your goals, understand what's holding you back, and develop practical strategies to reach those goals.

I'm committed to creating a safe and supportive space where you can explore and work on your aspirations and challenges, building the skills and mindset you need to succeed.

Starting a journey of self-improvement can be challenging, but remember that it all begins with one step.

You are on the verge of taking that important first step, and I appreciate your interest in exploring this path with me. When you're ready to begin, I am here to guide and support you through the entire process. Taking this step is a powerful move towards a better you, and I look forward to the opportunity to work together.

Vidhi

about me

MINDVALLEY
CERTIFIED
HYPNOTHERAPIST
TRAINED BY
PAUL MCKENNA

VIDHI SAYANI

CERTIFIED MEMBER OF
IAPCP (International Alliance
of PROFESSIONAL
COMPLEMENTARY
PRACTITIONERS)



As a hypnotherapist, I bring a wealth of knowledge and expertise to my practice, having been trained under the renowned **Paul McKenna**. This prestigious training and my certification from **Mindvalley**, has equipped me with advanced techniques in hypnotherapy and personal development. Under Paul McKenna's mentorship, I have honed my skills to effectively guide clients towards achieving **profound and lasting change**, using methods that are both innovative and proven. My membership with the International Alliance of Professional Complementary Practitioners (IAPCP) further underscores my commitment to maintaining the highest standards of practice in the field.

I am committed to continually developing my skills and knowledge in the field through ongoing training and education, so that I can provide you with the most effective coaching techniques and strategies to support you on your journey.

I am skilled in many modalities & apply my broad knowledge and experience to help you achieve your goals.

MY values

My values are the guiding principles that shape my practice and the way I work with clients. I believe that it is important for me to share my values with you, as we start to work together, because it creates a foundation of mutual trust and understanding. When you know my values, you will have a better sense of who I am as a person and as a hypnotherapist and how I approach my practice. It also allows us to ensure that our values are aligned, which is essential for building a successful relationship that can lead to positive outcomes.



Being empathetic and insightful, I deeply understand my clients by stepping into their shoes, which allows me to craft highly personalized and targeted sessions. My empathetic approach ensures that every session is tailored to meet the unique needs and circumstances of each individual, fostering a strong connection and effective outcomes.



I see growth as a natural and ongoing part of life. It's about improving in a harmonious, peaceful, and balanced manner. Instead of chasing stressful perfectionism, I focus on quick, yet steady personal development, making the journey fulfilling and rewarding.



My value of **impact** is an integral part of my hypnotherapy practice. I believe that hypnosis is a powerful tool for helping clients to create positive and sustained change in the world, and strive to help my clients identify and build upon their unique talents and strengths, and to leverage them to make a meaningful difference in their personal and professional lives as well as having a ripple effect into the broader community.

hypnotherapy

FACT SHEET



WHAT IS HYPNOTHERAPY?

Hypnotherapy is a technique where you're guided into a deeply relaxed state, making it easier to focus and make positive changes in your thoughts and habits.



WHAT IT HELPS WITH

Hypnotherapy is often used for stress reduction, anxiety relief, pain management, habit change, weight loss & smoking cessation.



HOW IT WORKS

Hypnotherapy works by accessing your subconscious mind, making it more open to suggestion and change.



SAFETY & COMFORT

Hypnotherapy is a safe practice when conducted by a qualified professional. It's non-invasive and you remain in control throughout the session.



VOLUNTARY PARTICIPATION

Participation in hypnotherapy is entirely voluntary and you can withdraw from the process at any time. Your hypnotherapist can't make you do anything you don't want to do.



PERSONALIZED APPROACH

Your hypnotherapist will ask lots of questions about you and what you want to work on so each session can be tailored to your individual needs, goals and preferences.



DURATION

The number of sessions required varies depending on the individual and the matter being addressed. Typically, progress can be seen in just a few sessions.



NOT A MAGIC CURE

While Hypnotherapy can be highly effective, it is not a magical cure. Success depends on the client's openness and participation.



COMPLEMENTARY THERAPY

Hypnotherapy is often used in conjunction with other treatments, and is not a substitute for medical advice or care.

ROADMAP

This is how the session application process works!

**START
NOW**

1

PICK YOUR PLAN

CHECK OUT THE SERVICES OFFERED & PICK OUT YOUR SESSION BASED ON YOUR NEEDS AND ASPIRATIONS. OPT FOR 'PERSONALIZED FOR YOU' IF IN DOUBT



2

SCHEDULE THE SESSION

SELECT A SUITABLE DATE & TIME, AND MAKE THE PAYMENT

3

CLIENT INTAKE FORM

FILL OUT THE CLIENT INTAKE FORM LATEST IN THE NEXT 24 HOURS FROM PAYMENT CONFIRMATION. IF YOU NEED MORE TIME TO FILL IT, WE MAY HAVE TO RESCHEDULE THE SESSION SO AS TO ALLOW US ENOUGH TIME TO REVIEW THE SAME AND CRAFT A SESSION BEST SUITED TO YOUR NEEDS



4

SESSION

CONFIRMATION EMAIL

LOOK OUT FOR THE CONFIRMATION EMAIL WITH FURTHER INSTRUCTIONS

NOTE: If for any reason your application cannot proceed, we offer a refund of the application fee. We want to ensure that every individual receives the best possible care and attention, and this commitment includes ensuring that our services align with your needs and our expertise. Your satisfaction and safety are our top priorities.



YOUR FIRST HYPNOTHERAPY SESSION

- **Don't** expect to 'feel hypnotized'.
- **Do** expect to feel very relaxed.
- **Know** that you are in control at all times.

Clients are often nervous ahead of their first hypnotherapy session, especially if they have never experienced hypnotherapy before.

There are lots of misconceptions about hypnosis, with clients often worried about a lack of control.

They are also curious about what hypnosis will feel like and expect it to feel very different from anything they have ever experienced before.

In your first session, I will spend a little time talking to you about hypnotherapy and answer any remaining questions you have.

In the beginning, after having explained the structure for the session, I will then guide you into a relaxed state and you will have your first experience of hypnotherapy in action! Expect to feel very relaxed, and after the sessions, you will often surprise yourself by changes you notice in the way you show up as a person.

In the Intake form, I have asked you some questions so that I can understand in detail the support I can offer - which is essential for me to tailor and personalize the session. We will also talk more during the session to get you the highest impact experience that is exactly right for *you*.

WHAT I NEED FROM YOU

To help you get the most out of our hypnotherapy sessions, there are a few things I need from you so that we can work together most effectively:

COMMITMENT

Hypnotherapy is a collaborative process that requires effort and commitment from both of us. Please commit to showing up on time for our coaching sessions, completing any assigned action steps, and being fully present during our sessions, minimizing the risk of distractions if you are joining virtually.

AN OPEN MIND

As a hypnotherapist, I may introduce you to new strategies and techniques to help you achieve the outcome you desire. I encourage you to be open to trying new things and experimenting with different approaches. Simplest methods are often the most impactful!

OPENNESS & HONESTY

I encourage you to be open and honest with me about your thoughts, feelings, and experiences. This will help me understand your perspective and tailor my hypnotherapy approach to your unique needs. Having said that, also know that at no point do you need to share anything you are uncomfortable with.

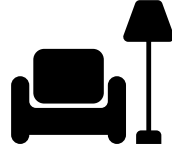
ACCOUNTABILITY

Please hold yourself accountable for your progress and commit to taking ownership of your growth and development. Hypnotherapy is not a magic cure, so of course you will still need to work to achieve your goals, just that doing the work now is going to be way easier, with much lesser resistance and something that *you will want to do!*

PREPARING FOR YOUR HYPNOTHERAPY SESSION



Please choose a quiet, private space where you won't be disturbed. Put pets in a separate room and ask family members not to interrupt.



You need to be on a comfortable chair or couch to sit or recline on. You need to feel at ease, but without falling asleep.



A stable and reliable internet connection is essential. Please check your connection to avoid any disruptions



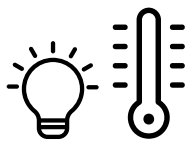
Reduce potential distractions - turn off your phone notifications.



Headphones are recommended to block out external noise and ensure privacy.



Please set up your device so that the camera can capture your face and upper body. This visual aspect is important for me to be able to monitor your responses during the session.



Ensure both your lighting & temperature is at a comfortable level to prevent any discomfort during the session.



Do not have a heavy meal right before the session. Keep a bottle of water handy. Use the washroom before, so you are not distracted during the session.



Ensure that you share a phone number that we can contact you on in the event we are having technology difficulties.

www.laher.in