



# Work Well

## HYPNOSIS

1

### WHAT DO YOU WANT TO CHANGE TODAY?

**Decide on what you want to change.**  
Hypnosis is commonly used for:

- Smoking or vaping cessation.
- Weight management.
- Reaching peak performance on the sports team, with academics, and at work.
- To best balance work & life.
- Self-esteem and confidence.
- Improved communication and chemistry with work teams or in personal relationships.
- Reduce anxious or sad feelings.
- Anything holding you back.

Let David & Gina unlock the best version of you in these 3 steps.

2

### BOOK A NO-COST STRATEGY CALL

Visit [www.workwellhypnosis.com](http://www.workwellhypnosis.com), e-mail [info@workwellhypnosis.com](mailto:info@workwellhypnosis.com), or call 920.521.8366.

3

### ATTEND AN IN-PERSON OR VIRTUAL SESSION.

**Reprogram your mind to eliminate habits and thoughts that no longer serve you.**