



Joy of Resilience

Introduction to Hypnosis, NLP, CBT

Presented by: Joy Jolie

Certified Consulting Hypnotist

Certified NLP Practitioner

Certified CBT Practitioner

WORKSHOP PURPOSE

To help participants understand how personal transformation is possible through hypnosis, NLP, CBT

LEARNING OUTCOMES

- 🌿 By the end of the workshop, participants will:
 - 💧 Understand the conscious vs subconscious mind
 - 💧 Know the differences and overlaps between Hypnosis, NLP (Neuro-Linguistic Programming), and CBT (Cognitive Behaviour Therapy)
 - 💧 Experience simple, safe practices from each modality
 - 💧 Identify which modality resonates most for their personal growth
 - 💧 Gain tools they can use immediately

PARTICIPANTS WILL LEAVE FEELING:



- More aware of options
- More clear about goals
- More hopeful about personal transformation
- More resourceful
- More empowered
- More resilient

TERMINOLOGY

Hypnosis

💧 **Noun:** an artificially induced state of relaxation and concentration in which deeper parts of the mind become more accessible: used clinically to reduce reaction to pain, to encourage free association, etc

Source: <https://www.dictionary.com/browse/hypnosis>

TERMINOLOGY (CONTINUED)

NLP (Neuro-Linguistic Programming)

- 💧 **Noun:** A method of modifying cognitive patterns, emotions, and behaviors, typically, self-improvement through learned imitation of the thoughts, feelings, and actions of high achievers or other successful models of a specific desired behavior.

Source: <https://www.dictionary.com/browse/neurolinguistic-programming>

TERMINOLOGY (CONTINUED)

CBT (Cognitive Behaviour Therapy)

💧 **Noun:** A form of psychological therapy that seeks to identify and change patterns of thought, perception, and behavior that can be harmful to a person's mental health.

Source: <https://www.dictionary.com/browse/cognitive-behavioral-therapy>



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HOW THEY WORK TOGETHER

🌱 Each healing modality offers practical tools for noticing and rewiring unhelpful behavioural patterns and supporting the client to break bad habits, develop healthier habits and strengthening personal resilience.

🌱 This introductory workshop explains how the tools work and how they support each other when used in a consulting session to support personal transformation

How Will YOU BE TRANSFORMED?

Hypnosis?



NLP?



CBT?



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WELCOME & GROUNDING

Theme: Safety, Choice, and Self-Trust

- 💧 Introductions
- 💧 Brief overview of Joy of Resilience philosophy
 - ☐ “You are not broken — your nervous system learned to adapt.”
- 💧 Group agreements:
 - ☐ Participation is always optional
 - ☐ Curiosity Over Judgment
 - ☐ Gentle Self-Awareness
 - ☐ Privacy and Mutual Respect

INTRODUCTIONS



 Tell us about yourself:

- 💧 Where are you from?
- 💧 What are you hoping to learn?
- 💧 Are you seeking support for your own personal transformation?
- 💧 Have you done personal transformation in your past?

WHO IS JOY?



- ✔ Mother of 2, Grandmother to 1
- ✔ Passionate lifelong community organizer/activist
- ✔ Cancer survivor (twice – 2012/2015)
- ✔ 1 of 6 children
- ✔ Certified Consulting Hypnotist – 3 years
- ✔ Certified NLP Practitioner – 3 years
- ✔ Certified CBT Practitioner – 3 years
- ✔ Public Speaker – 30 years
- ✔ Microsoft Certified Trainer – 36 years

JOY OF RESILIENCE PHILOSOPHY

Heed these words, You who wish to probe the depths of nature:
If you do not find *within yourself* that which you seek,
neither will you find it outside.

In you is hidden the treasure of treasures.

Know Thyself and you will know the Universe and the Gods.

- Oracle of Delphi

“You are not
broken —
your nervous
system learned
to adapt.”



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GROUP AGREEMENT:

- 🌿 Participation is always optional
- 🌿 Curiosity Over Judgment
- 🌿 Gentle Self-Awareness
- 🌿 Mutual Respect
- 🌿 Strict Confidentiality

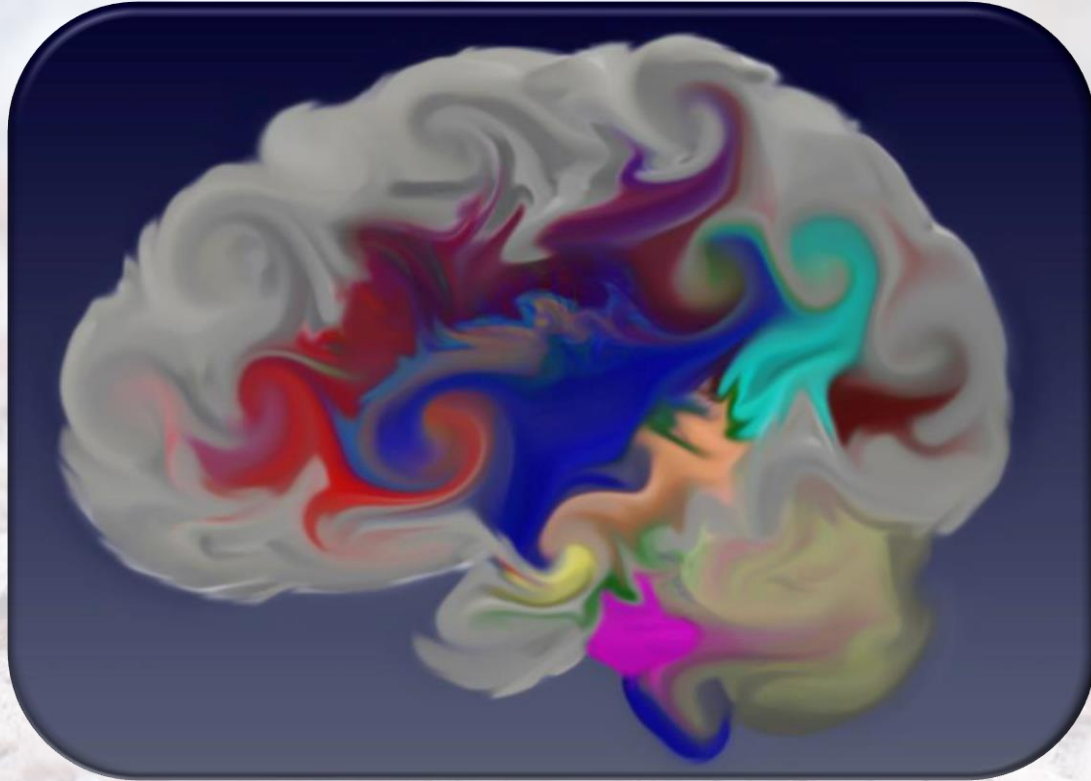


A small yellow flower with green leaves is growing out of a crack in a rocky, gravelly ground. The background is a blurred, light-colored rocky surface.

LET'S BEGIN

What is Hypnosis Consulting?

HOW THE MIND CREATES PATTERNS



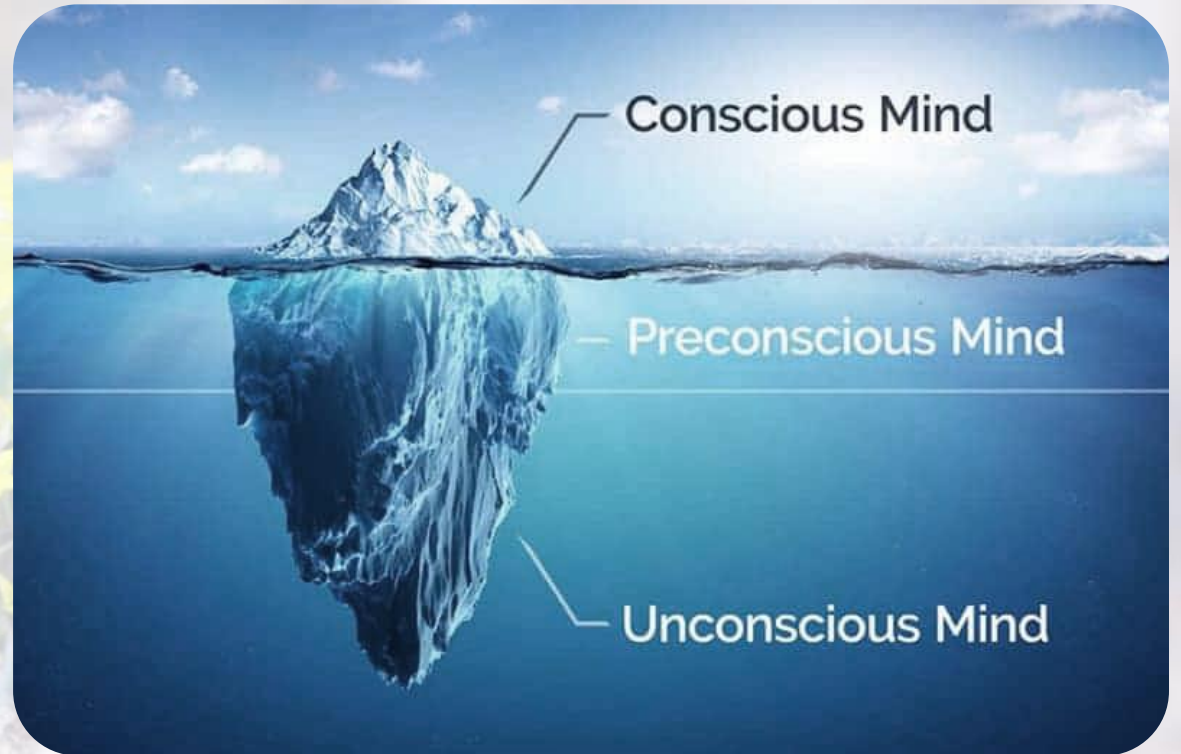
🌿 Theme: Awareness before change

- 💧 Conscious mind vs subconscious mind
- 💧 Why willpower alone often fails
- 💧 How habits, beliefs, and emotional responses are learned
- 💧 The role of safety and repetition



HYPNOSIS: WORKING WITH THE SUBCONSCIOUS

Theme:
Accessing
inner
resources



WHAT HYPNOSIS IS:



- 🌿 A natural, focused state of awareness
- 🌿 Similar to daydreaming or deep absorption
- 🌿 Collaborative and consent-based

WHAT HYPNOSIS IS NOT:



- ❖ Mind control
- ❖ Losing awareness
- ❖ Giving up power
- ❖ Unconscious state

HOW CAN HYPNOSIS HELP CLIENTS?

🌿 Commonly used for:

- 💧 Smoking cessation
- 💧 Weight loss
- 💧 Pain management
- 💧 Anxiety
- 💧 Confidence
- 💧 Goal setting



WHAT IS NLP?

Neuro-Linguistic Programming



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NLP: LANGUAGE, BELIEFS & MENTAL REWIRING

Theme:
Changing
the story you
tell yourself



KEY CONCEPTS:



 The brain responds to images, words, and emotions

 Thoughts create emotional states

 Small shifts create big change

NLP TECHNIQUES INTRODUCED:

- 🌿 Reframing
(changing meaning)
- 🌿 State awareness
- 🌿 Anchoring positive
states



HOW CAN NLP HELP CLIENTS?



 Commonly used for:

- 💧 Professional and career development
- 💧 Interview skills
- 💧 Fear of public speaking
- 💧 Assertiveness
- 💧 Effective communication
- 💧 Memory development

WHAT IS CBT?

Cognitive Behaviour Therapy



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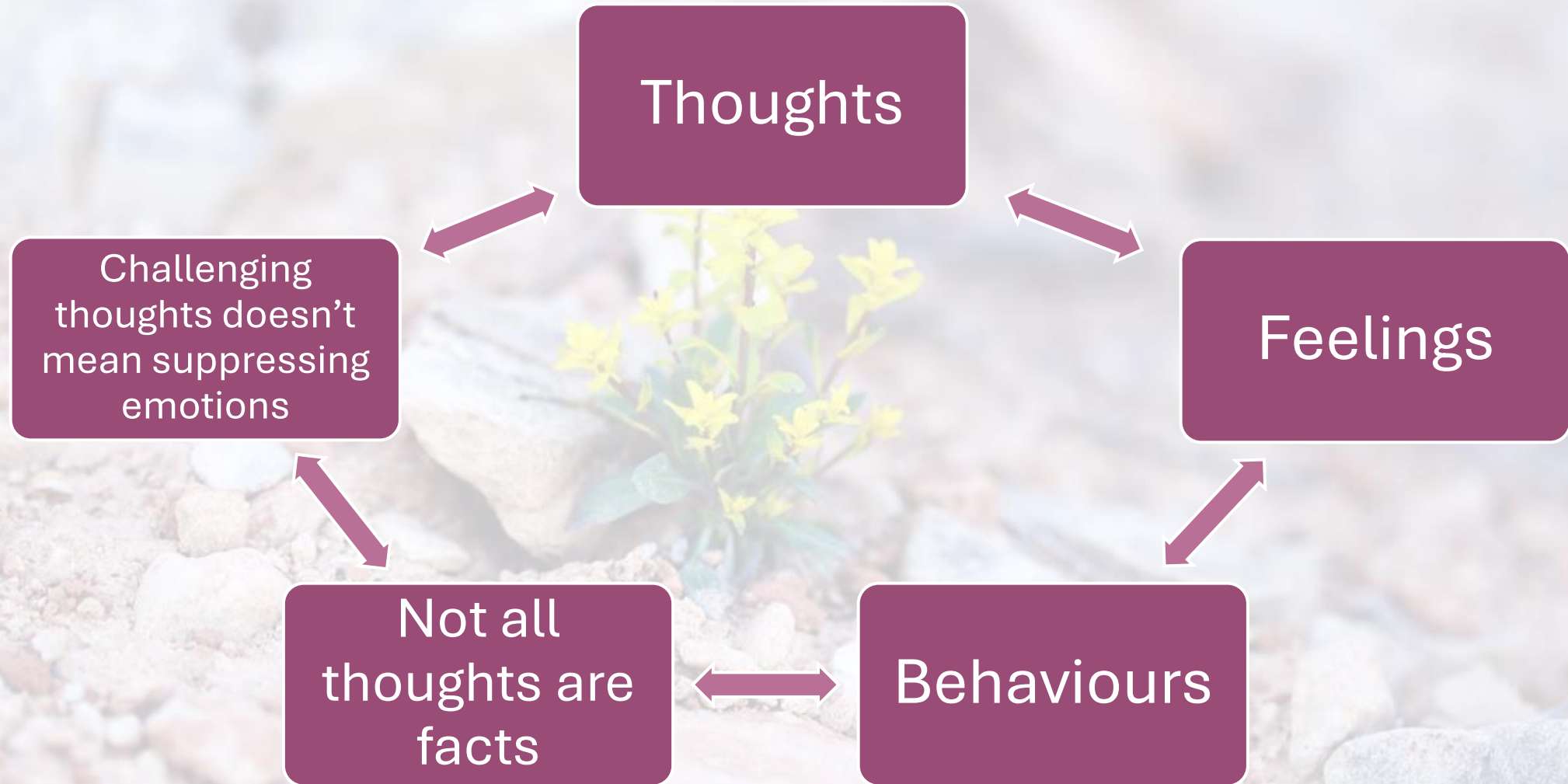
THOUGHT PATTERNS & EMOTIONAL RESILIENCE

Theme:

Clarity, logic,
and Self-
Compassion



KEY CONCEPTS:



COMMON THINKING TRAPS:



- 🌿 All-or-nothing thinking
- 🌿 Catastrophizing
- 🌿 Mind-reading

HOW CAN CBT HELP CLIENTS?

🌿 Commonly used for:

- 💧 Relationship Issues
- 💧 Anxiety
- 💧 Depression
- 💧 Grief
- 💧 Hypochondria
- 💧 Panic Attacks
- 💧 Phobias



INTEGRATION & CLOSING

Theme:
Choice and
Self-Trust



BRIEF COMPARISON OF ALL THREE HEALING MODALITIES

Hypnosis

- ☛ Primarily works through trance induction to access subconscious resources for transformation

NLP

- ☛ Primarily works through language tools to reframe perception into a more positive and empowering state

CBT

- ☛ Primarily works through emotional states using techniques to bring awareness to behavioural patterns



COMPLEMENTARY USES



- 🌿 Hypnosis is often used in combination with NLP and CBT to reinforce the learning achieved through trance
- 🌿 Once a client comes out of trance, NLP or CBT can deepen the newfound insights gained and work with these techniques to reinforce new behaviour patterns



REFLECTION:

- 🌱 Which approach felt most supportive today?
- 🌱 What new skills or goals could these tools help YOU to achieve?



CLOSING GROUNDING BREATH

YOU DIDNT COME THIS
FAR TO ONLY COME
THIS FAR

 Take a deep breath in, hold then release

- 💧 Let's take a few moments to quietly reflect on our own progress
- 💧 Be grateful for all that you have right now
- 💧 Let go of all that you regret
- 💧 Forgive all who have harmed you
- 💧 Commit to living in the present moment because it is sacred



CONTACT INFORMATION



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FEEDBACK PLEASE

🌱 Your feedback is always welcome.

🌱 <https://bit.ly/JoRReview>



