

# GAM MACKINTOSH

## HYPNOTHERAPY



Hypnotherapy sessions designed for creative industries, performers and high performance workplaces. Supporting nervous system regulation, clearer thinking under pressure and sustainable performance.

### **Workshop Session**

Ideal for: Agency teams or creative studios

- 90 minute session
- Nervous system regulation
- Performance anxiety tools
- Guided hypnotherapy experience

### **Team Programme**

Ideal for: Ongoing wellbeing support

- Monthly on-site session
- Group hypnosis
- Stress regulation training
- Q&A;

### **Executive 1 ■ 1 Support**

For founders, directors and talent

- Private hypnotherapy sessions
- Performance coaching
- Anxiety and burnout work