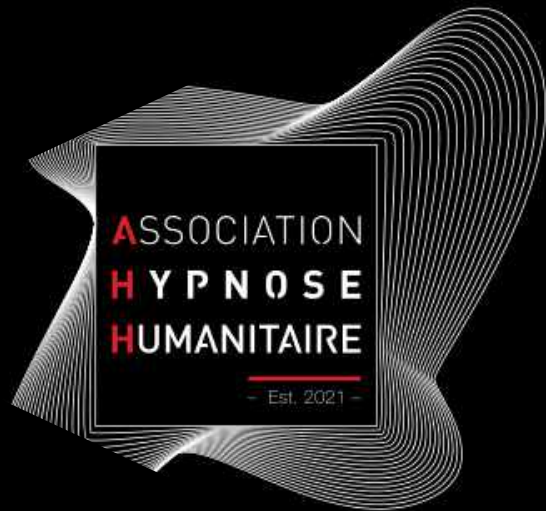


WHO WE ARE

We are a collective of (ex)-humanitarians and hypnotherapists who believe that hypnoimaginative techniques can support and preserve the mental health and psychosocial well-being of people responding to humanitarian needs and the civilian population in conflict zones.



OUR VISION

With Hypnoimaginative techniques, we help humanitarian workers, refugees, and migrants access their resources (mental, social, and economic).

We help individuals and communities create an environment where they can support each other and build resilience to new crises or other challenging life circumstances.

WHAT WE DO

- # Stressreduction & Autohypnosis Webinars
- # Hypno-Coaching Before, During, After a Mission
- # Group and Individual Hypno-Coaching Online & Face to Face
- # Workshops & Trainings



Strengthen your team's mental health- Before, During, After a mission



Individual Coaching for humanitarian workers and refugees



Peer support-Train the Coach



Self Hypnosis for stress reduction and to strengthen your resilience

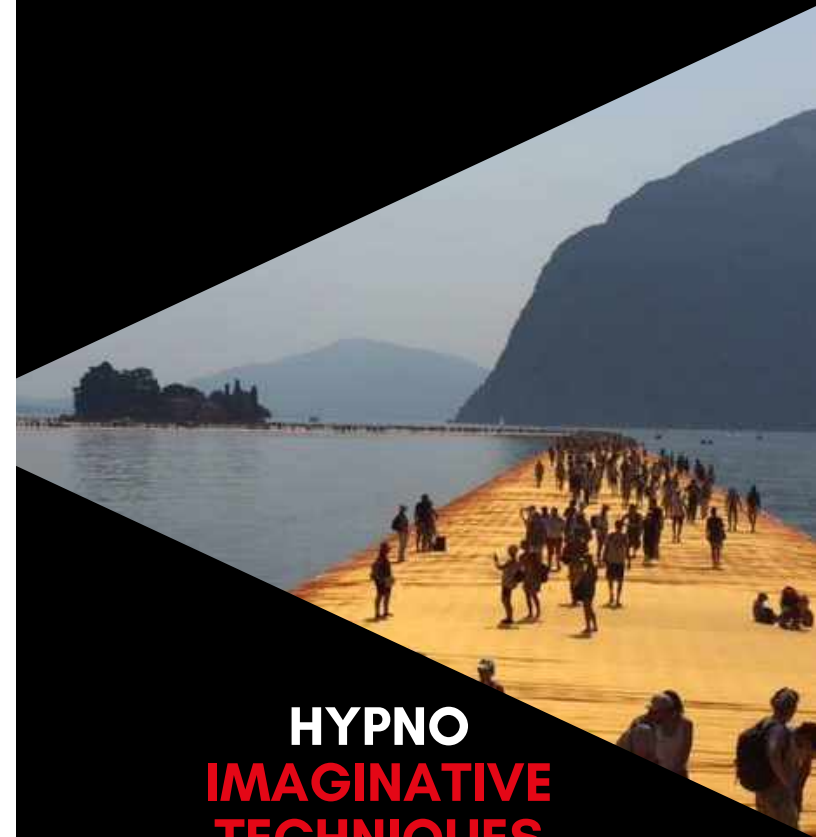
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HYPNO IMAGINATIVE TECHNIQUES



A combination of solution-oriented coaching, breathing techniques, imagination exercises



Reduces stress, strengthen solution-oriented thinking & resilience



Simple, quick, and easily transmittable tools before, during after a mission



Facilitates intercultural integration



For humanitarian workers, refugees and migrants

OUR SERVICES

WEBINAR HYPNO-MEDITATION



Improve your volunteer and employees' well-being, resilience, and efficiency through a monthly 1h online Hypno-meditation Webinar.

For more information see p. 1

WORKSHOP: SELFYPNOSIS STRESS MANAGEMENT



In a 4 hours workshop the participants will be familiarized with altered states and will be taught to enter quickly in an altered state. Furthermore the participants will learn self-hypnosis techniques. For more information see p. 3

WORKSHOP: FIRST AID MENTAL-HEALTH KIT



In a two-day workshop, your employees will learn techniques and tools to manage their daily stress and overwhelming emotions.

For more information see p. 2

INDIVIDUAL AND GROUP HYPNO-COACHING



We support humanitarian workers with Individual Speed Hypnocoaching or group Hypno-Coaching. Online or Face to Face coaching.

For more information see p. 6.

MENTORING PACKAGE " TRAIN THE EMOTIO-COACH



We train key people in the field who are able and willing to support people on the spot sustainably and autonomously in a crisis area.

For more information see p. 4

FIELD PACKAGE: BEFORE,DURING,AFTER



This package combines a face-to-face workshop (or webinar) with individual and group coaching in the field and individual coaching upon return

For more information see p. 5.

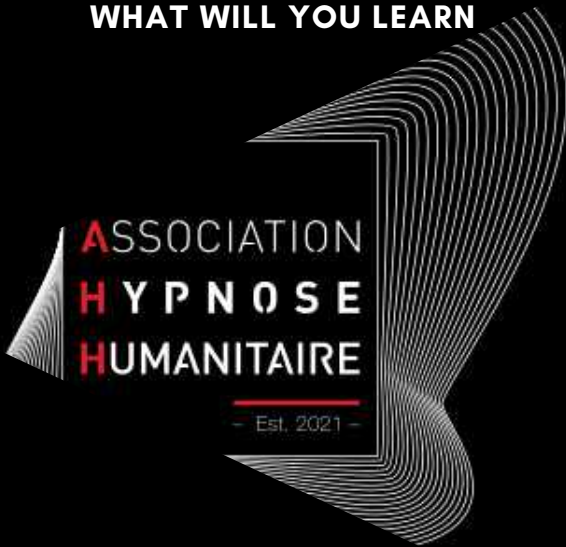







WEBINAR HYPNO-MEDITATION

OBJECTIVES


Improve your volunteer and employees' well-being, resilience, and efficiency through a monthly online Hypno-meditation Webinar. We can address the following topics or a topic of your choice

WHAT WILL YOU LEARN







-  Stress management
-  Sleep hygiene: how to deal with insomnia and self-care strategies for aid worker
-  Serenity and resilience in a crisis situation
-  Self-Hypnosis
-  self-confidence (it's easy I can)

WHO IS THE WORKSHOP FOR ?

 The whole staff of your organisation no matter which function



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OBJECTIVES

WHAT WILL YOU LEARN ?



WHO IS THE WORKSHOP FOR ?

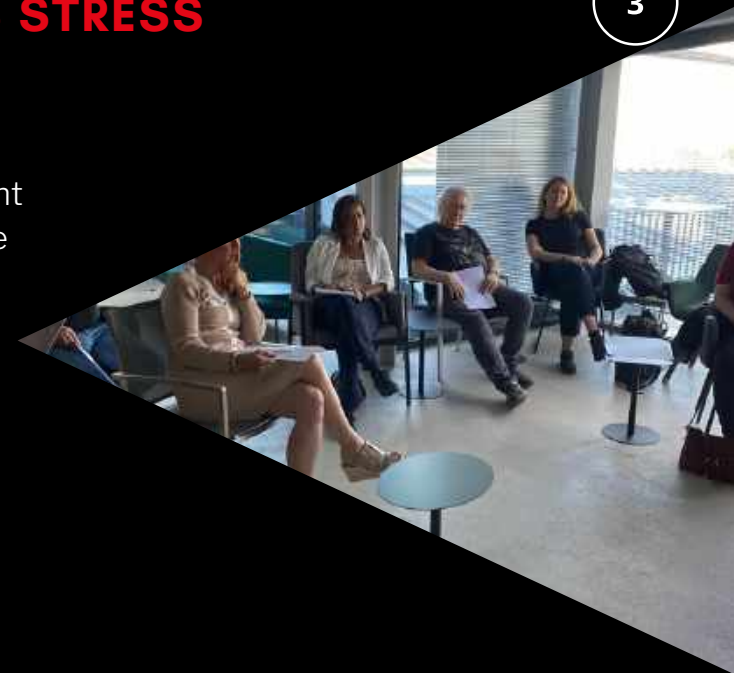


Employees of humanitarian institutions in the field or pre-deployment

WORKSHOP: SELF-HYPNOSIS STRESS MANAGEMENT

In a 4 hours workshop the participants will be familiarized with altered states and will be taught to enter quickly in an altered state. Furthermore the participants will learn self-hypnosis techniques.

- # Learn about altered states through hypnoneuroimaginative-techniques
- # Learn how to enter an motified state to reconnect to your resources
- # Learn quick and easy self-hypnosis techniques to build resilience
- # Acquire techniques and tools to better manage daily stress and overwhelming emotions.



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OBJECTIVES








WHAT WILL YOU LEARN



WHO IS THE WORKSHOP FOR ?





WORKSHOP: MENTAL HEALTH FIRST AID KIT FOR AID WORKERS

In a two-day workshop, your employees will learn techniques and tools to manage their daily stress and overwhelming emotions.

-  Acquire knowledge about the challenges in the humanitarian context
-  Resilience strategies with hypnotic techniques
-  You will learn two quick and easy self-hypnosis techniques to strengthen your resilience
-  Acquire techniques and tools to manage daily stress and overwhelming emotions better
-  Participants will receive a Mental Health-First Aid kit that can be used to help those around them and give them techniques to sustainably manage their stress.
-  Employees of humanitarian institutions in the field or pre-deployment
-  Employees of humanitarian institutions wanting to use Hypno-neuro imaginative techniques to help others



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OBJECTIVES








WHAT WILL YOU LEARN

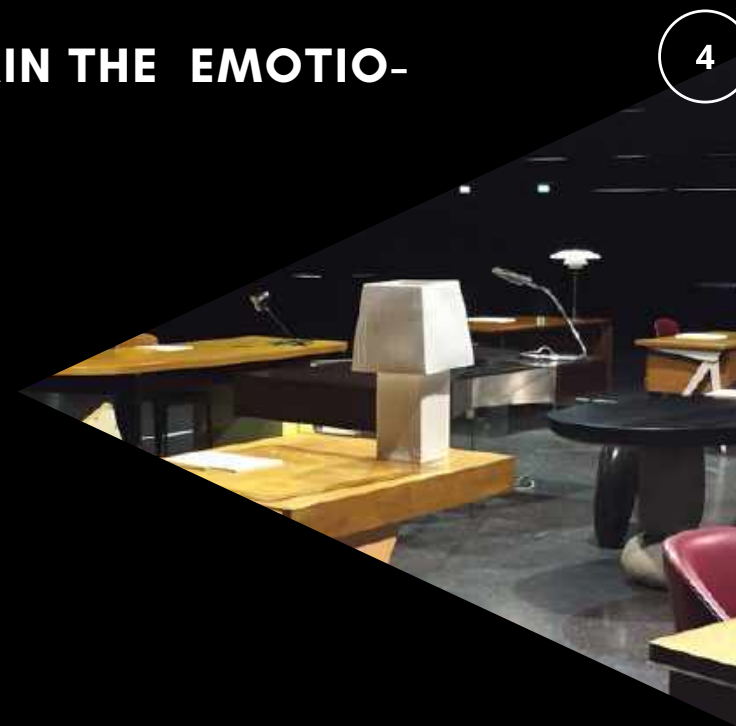


WHO IS THE WORKSHOP FOR ?





MENTORING PACKAGE " TRAIN THE EMOTIO-COACH

We train aid workers, refugees and migrants to become Emotio-Coaches. Mastering hypnoimaginativetechniques to support their peers sustainably and autonomously in crisis situation

-  Understand the functioning, benefits and limitations of hypno-imaginative techniques
-  Master resilience strategies with hypno-imaginative techniques in order to successfully support others
-  Master techniques and tools to better manage daily stress and overwhelming emotions
-  Master self-hypnosis techniques that are quick and easy to teach to others to strengthen your resilience
-  Master the Mental Health-First Aid kit that can be passed on to colleagues and to refugees and migrants to strengthen the resources of those in a stressful situation.
-  Local and international employees of humanitarian institutions who are in the field and who are looking to help their colleagues or anyone who needs support to deal with their anxieties, injuries and stress.
-  Key migrants and refugees who are able to do and transmit hypno-neuroimaginative exercises to their community



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OBJECTIVES

WHAT WILL YOU LEARN?






WHO IS THE WORKSHOP FOR ?



FIELD PACKAGE: BEFORE, DURING, AFTER

This package combines a face-to-face workshop (or webinar) with individual and group coaching in the field and individual coaching upon return.




Workshop before deployment

-  How to deal with the challenges of the field in a humanitarian context with hypnoimaginatives techniques
-  Building resilience before and during your mission
-  Self-Hypnosis techniques for use before, during and after the mission

Hypno Meditation Webinar During the Mission





-  Recharge, manage stress and overwhelming emotions
-  Intercultural Coaching

Hypno-Coaching Post Mission

-  Managing Post-Achievement Stress
-  Intercultural Coaching- Re-Integration
-  This package is for humanitarian institutions who would like to support their staff before, during and after their mission as well as for individual humanitarians who would like to be supported in a global way.



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OBJECTIVES






WHAT WILL YOU LEARN?



WHO IS THE WORKSHOP FOR ?





INDIVIDUAL & GROUP COACHING

We support humanitarian workers with Individual Speed Hypnocoaching or group Hypno-Coaching. Online or Face to Face coaching. These coachings could be combined with any other services and used to strengthen the started change aqu through them

-  Stress management, resilience, and motion coaching before, during, and after a mission
-  Post-Achievement Stress management
-  Strengthening of Self-Hypnosis Techniques
-  Intercultural Coaching with our Anthropology and Intercultural communication coaches
-  Humanitarian Aid Workers, before, during, after their mission



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