| Achieving a Thinner You**program at a glance**\*\* We will meet every two weeks.Session 1-During our first session, we will go over the intake form and quizzes that you will fill out prior to our meeting. We will discuss your past and present details, go over what your goals are and this will be an opportunity for you to have your first session for this 8-week program. The type of script we will do, will be one of two, depending on your responses. Either the waterfall script, which is great to help you to prepare your consciousness for this new journey, or we will do a stress management script which is very helpful for people who eat their stress. We will discuss what behavior modifications you are committing to and you will sign the contract that outlines these commitments. We will then do your measurements and take your weight so that we can document your journey. Session 2-In our second session, we will have our first follow up. This will be time to go over your successes, challenges, answer questions, and check in to see how you are feeling emotionally and how you feel as far as stress. We will have a check in for where you are with the behavior modifications you agreed to and this will be the week we add in a coaching session. During this session, we will spend time discussing your vision of what being at a smaller weight means for you as far as your quality of life. We will coach around this thought. We will talk about your self-esteem during this session as well. We will end this session with the second hypnosis. We will use one of two scripts for this session, based on your response either a self-esteem script, or one for managing cravings. Session 3-As your journey to a thinner you continues, we will have our next session and go over how your experience has been to this point. I will answer any additional questions you have and see how your behavior modifications are going and what new behavior modifications you may need to add on. We will end the session with a script for making healthy eating choices. Or if there is a theme with emotional eating, we will do the Suite of armor script. Or if we had not done so in the week prior, we will do a self-esteem script.Session 4-Welcome to the half way point. Congratulations. You have been doing an amazing job and all your hard work and the effort does not go unnoticed. This week we will do your measurements and have you weigh in. To celebrate we will shift the focus to doing a relaxation hypnosis script that helps you to meet the person you want to be, or your future self. This is an opportunity to begin to understand who you are and what this process does to help you realize that person. We will do another coaching session after the hypnosis to discuss your goals and where you want to see change. Session 5-You are now in your second phase of this program. As I stated in week four, I am very proud of what you have achieved. Remember success is not a matter of a number, but how you feel about yourself. With that we will spend time this week talking about you. How you feel about yourself, are you comfortable in your own skin? We will coach around how you see yourself and what eating healthy and exercise means to you. And finish with a food aversions metaphor script.Session 6- We will do hypnosis this week around getting moving and doing more physical activity to support you in achieving your goals to becoming a thinner you. We will talk about how you are feeling, how you are managing your stress. Session 7-You are coming into the finish line of the program. This week we will discuss how the program has been going for you. Any set- backs, any areas of concern you have we will go over at this time. This week’s hypnosis session will be a reinforcement where we go through releasing anything that is holding you back from achieving your goals. Session 8-You made it! This is the last week of the program. I cannot say enough of how proud I am of you that you have come so far. This week’s session we will have a weigh in. Do your final measurements and discuss your overall feelings about the program, your progress, any issues you encountered, where you feel like you are today as opposed to where you were when you started this journey. We will finish this session with hypnosis around creating joy in your life moving forward and embracing change as it arises.  |
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**About Nadia Kim**

I am a Mind-Body Wellness practitioner with specialties in modalities of life coaching, spiritual coaching, hypnotherapy and an Advanced Usui Shiki Ryoho healer. Growing up, life was not easy. I was multi-racial growing up during a time that proved challenging for being of mixed race. I experienced pain and loss in ways that forever altered me. I faced adversity and allowed life to pummel me along the way. But like the phoenix, I rose from the ashes to be the person I was meant to be.

I’ve spent four and half years as a student of Kabbalah, dedicating my time to my own self transformation, turning my negative consciousness into that of someone that could see the positive in all situations. After which time I was lead to the path of sharing my knowledge with the world. I understand the universal truths that govern all and have a desire to plain language that information. With a new mission to be a beacon of positive light energy for others and to help guide them to find their happiness, I have never been more connected to my purpose.

I am a wife and a mother of three amazing children and a dog. I am also a published author in the world of fiction. I spend my spare time with my children, hiking in the woods, and meditating.

My Vision

I am a facilitator of happiness, who creates a warm and safe space filled with unconditional love that allows my clients to dig in and find their inner truths as well as use my own intuition to help guide my clients to reach their goals and intended outcomes.

My mission

My mission is to create a sacred space by raising my vibrations and being a force of unconditional love and acceptance to help guide individuals to seek deeper truths and remove the veils that they have become conditioned to in their life thereby creating happiness and fulfillment.

**What is Hypnotherapy?**

I get a lot of questions about what Hypnotherapy is, and many people who have misconceptions. By definition hypnotherapy is: the treatment of a variety of health conditions by hypnotism or by inducing

prolonged sleep.

**Basic explanation of Hypnotherapy**

In common language, what that means is that by putting the client into a deep state of relaxation the Hypnotherapist can then, using agreed upon language, offer suggestions via a prepared script to help the client’s subconscious to clear out whatever the client feels is no longer serving them.

**Can I be hypnotized?**

The key to being hypnotized is remembering that you are always in control. Being hypnotized is about going into a relaxed state. Think back to the last time you were relaxing? All I will be doing is helping assist you into an even more relaxed state. At any time during the session you have the ability to wake up if you chose.  We go into different forms of trance in everyday life. Have you ever been driving and then the next thing you know you are home and wondered how you got there? Even when you watch tv, you go into a form of hypnosis. We call it hypnoidal state.

**I saw a stage hypnosis show and it sure looked like the people on stage were under some kind of mind control. What's that about?**

The people that are being hypnotized on stage are going to be those who are able to go into hypnosis very easily. The person who is doing the hypnotized has to make things look dramatic and staged but then again, they key is remember that the client is always in control. Those people being hypnotized would not be if they weren’t allowing it.

**What if I get stuck in hypnosis?**

Because hypnosis requires the client to be a willing participant giving permission for the hypnotherapist to guide them into a more relaxed state, the client also has the ability to wake up at any time. So you cannot get stuck in hypnosis. If anything sometimes you may go so deep that you fall asleep but you will awake naturally without any negative side effects.

[**I think I'm very analytical, so it'd probably be difficult to hypnotize me, right?**](http://www.centercityhypnosis.com/FAQ.aspx#faq_analytical)

Not necessarily. There are many different induction styles that we can use that are for people who have a lot of mind chatter or analytical.