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## IDEAS

# WORKING WITH HYPNOSIS

How hypnotherapy can address stresses of the modern work world

BY ERIN DECOSTE

THEY SAY TO picture everyone naked, or at the very least in their underwear, but when it's you up on the podium in front of an audience, this well-worn advice is not very helpful. Fear of public speaking, lack of confidence during meetings, work overload or a general feeling of burnout can prevent leaders and employees from doing their best.

One London business owner wants to help employers and employees alike address these common work culture issues through hypnosis. She believes that hypnosis can change unwanted behaviours, remove mental barriers, and positively transform clients' lives.

Tamelynda Lux owns Stepstone Hypnosis and Hypnotherapy, a private practice nestled in a medical building on a busy city corner. Lux provides hypnosis and hypnotherapy that she says can help clients overcome struggles, issues and concerns common to many corporate and business leaders and their team.

Hypnosis is a form of focused relaxation that allows the client to recognize suggestions that are not critiqued by the conscious mind. "It's a state of trance so that we can get at the cause of something that may be in their subconscious," she says. She stresses that it's not psychotherapy and that it is not used to diagnose mental or health issues, "It's not a standalone. I truly believe that you can add it to your toolbox to help you with your health goals."

Lux offers a corporate program aimed at supporting the health and wellness of employers and employees alike, addressing issues like public speaking anxiety.

"Public speaking is the number one fear people have," she says, adding that hypnosis can help someone frightened of speaking in front of an audience by figuring out where that fear originated. "They then can move forward and let it go."

She says that her coaching can also boost confidence which can carry over into solving job interview anxiety, helping manage stress, enhancing productivity



Tamelynda Lux

PHOTO: ERIN DECOSTE

and improving morale.

"When you're not feeling well it impacts the whole office," she says. She adds that her corporate program can increase a company's bottom line, boost leadership skills, reduce absenteeism, lower medical claims, and increase recruitment, retention and loyalty.

She says that no matter where one is on the corporate ladder, work-related stress affects everyone. She uses hypnosis to target that negative self-talk to help the individual deal with the stress and anxiety of leading or being part of a team.

She says it makes sense that when a client addresses and resolves underlining issues associated with stress, anxiety and confidence that it will have a domino effect on their life. "When we are feeling healthy and confident we bring that into the world."

Lux understands that there are fears and misconceptions surrounding hypnosis. "No, you won't quack like a duck or bark like a dog," she says.

"You're not asleep, you are in control, and I can't make you say anything you don't want to or do anything you don't want to do."

She wants people to give hypnosis a chance. "Open the door," she says. "Be open to this complementary solution of health and wellness."

~BL