

SELF EMPOWERMENT FOR CHILDREN

Dar Brooks Advanced Hypnotherapist, CH, LPN, NLP

Assisting Children

- **To consciously change their thoughts**
- **How thoughts create their reality**
- **Pursue creative outlets, 'Art as Healing'**
- **Finding their spiritual connection**
- **How to reach the source of joy within**
- **Facing answers to questions they are afraid of**
- **Restoring confidence and self-esteem**
- **Learning how unconditional love changes their life**
- **How they can feel safe, nurtured, and cared for**
- **Getting in touch with what they are grateful for**

Life Skills Taught

- **Anger management, non-violent communication**
- **Relationship skills, negotiation, acceptance, and compromise, and how to get needs met**
- **Coping skills for releasing stress, anxiety, and fear**
- **Mindfulness training, how are they thinking**
- **Going into the 'silence', reaching their inner self**
- **'The Secret Language of Feelings'-name the feeling; find the cause; respond in a healthy way**
- **Self-hypnosis, affirmations to 'change their life'**