

HWH Coach Training Level 4 – Hypnotic Coach Certification (43.5 hours)
3.5 hours of Pre-work
40-hour intensive, in-person week
All class assignments due and comprehension test completed by the end of Level 4

Pre-work (to be completed prior to Day One)

In preparation for the intensive, review Part One of the *Happy Whole Human Hypnotic Coaching Certification Handbook* and take the online exam.

Delivery	Description	Time	Materials
Day One – Introduction to Hypnotic Coaching			
In-person	Trainees will be introduced to hypnosis, given a demonstration, and learn the HWH formula to perform it themselves.	7 hours	<i>Happy Whole Human Hypnotic Coaching Certification Handbook</i>

Day Two – Happy Whole Human Foundation and Focus Hypnosis Exercises

In-person	Trainees will learn how to facilitate a Cellular Block Clearing, the HWH Foundational Hypnosis Exercise, and the Focus Hypnosis Exercise via demonstration and practice.	7 hours	<i>Happy Whole Human Hypnotic Coaching Certification Handbook</i>
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Day Three –Happy Whole Human Integrated Self and Sub-personality Work

In-person	Trainees will learn when to use sub-personality work and how to facilitate the HWH Committee Hypnosis Exercise, and the Parts Work Hypnosis Exercise via demonstration and practice. EPC and R & C protocols will also be taught.	7 hours	<i>Happy Whole Human Hypnotic Coaching Certification Handbook</i>
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Day Four - Happy Whole Human Inner Child and Future Self Hypnosis

In-person	Trainees will learn how to facilitate the HWH Inner Child and Future Self Hypnosis Exercises via demonstration and practice.	7 hours	<i>Happy Whole Human Hypnotic Coaching Certification Handbook</i>
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Day Five - Self-hypnosis and Harnessing the Power of the Subconscious			
In-person	Trainees will learn how to empower clients with self-hypnosis, and how to allow a client's creative subconscious to lead them to transformative insight while in a trance state via demonstration and practice.	5 hours	<i>Happy Whole Human Hypnotic Coaching Certification Handbook</i>

Day Six - Using and Writing Customized Scripts			
Tele-class	Trainees will learn how to use subject-specific scripts and write customized scripts via demonstration and practice.	7 hours	<i>Happy Whole Human Hypnotic Coaching Certification Handbook</i>