**Schedule for Mindful Mamma Training**

**Friday 24th**

*Hypnosis*

**10am: Introductions! To each other, the weekend and the topics of the day.**

<https://us02web.zoom.us/j/85792992491>

ID: 857 9299 2491

**10.40am History of hypnosis, uses of hypnosis, the difference between stage and clinical**

<https://us02web.zoom.us/j/89211247389>

Meeting ID: 892 1124 7389

*15-minute break*

**11.15am Practising ethically: Boundaries, confidentiality and social media**

<https://us02web.zoom.us/j/86966206193>

Meeting ID: 869 6620 6193

**11.30am Hypnotic inductions: Type, voice and tone: Breakout Rooms**

<https://us02web.zoom.us/j/84241343783>

Meeting ID: 842 4134 3783

**12.30pm** Lunch 1 hour

**1.30pm The power of suggestion and the language of hypnosis: Exercise.**

<https://us02web.zoom.us/j/88061392229>

Meeting ID: 880 6139 2229

*10-minute break*

**2.15pm Hypnosis tools used in the class: Visualisation, anchoring, storytelling, reframing.**

<https://us02web.zoom.us/j/86034792560>

Meeting ID: 860 3479 2560

Visualisation: Symbols, metaphor, colour

*10-minute break*

**3.00pm Anchoring and cue association: The importance of the senses and how to use them**

<https://us02web.zoom.us/j/85409348636>

Meeting ID: 854 0934 8636

*10-minute break*

**3.40pm Storytelling: Use your own Knowledge!**

<https://us02web.zoom.us/j/87311886603>

Meeting ID: 873 1188 6603

**4.00pm Reframing: Turning a glass half empty into a glass half full**

<https://us02web.zoom.us/j/88563259487>

Meeting ID: 885 6325 9487

**4.30pm Abreactions, making sure people are out of hypnosis!**

<https://us02web.zoom.us/j/87089383635>

Meeting ID: 870 8938 3635

**Saturday 25th**

**10am: Mindfulness body scan to start the day**

<https://us02web.zoom.us/j/86048092857>

Meeting ID: 860 4809 2857

**10.30am:** Mindfulness and Hypnosis the Mindful Hypnobirthing way

<https://us02web.zoom.us/j/82841000362>

Meeting ID: 828 4100 0362

*15-minute break*

**11.15am The structure of Mindful Mamma, setting up a class, materials fee, process, website, email, social media, office times. Mentoring meeting, monthly meetings, booking system.**

<https://us02web.zoom.us/j/82465542303>

Meeting ID: 824 6554 2303

*10-minute break*

**12.00pm Framework of class, what you need and room set up**

https://us02web.zoom.us/j/86168052198

Meeting ID: 861 6805 2198

**12.30pm Objective 1 - Hormones, Birth Brain and Stages of Birth**

https://us02web.zoom.us/j/81699055058

Meeting ID: 816 9905 5058

**1.00pm lunch**

1-hour lunch

**2pm – Objective 2 – Hypnosis and basic techniques**

https://us02web.zoom.us/j/81944676609

Meeting ID: 819 4467 6609

15-minute break

**3.15pm – Objective 3 – Pain, expectation and Experience**

https://us02web.zoom.us/j/85493573541

Meeting ID: 854 9357 3541

*15-minute break*

**4.30pm Summary and finish**

https://us02web.zoom.us/j/83413313604

Meeting ID: 834 1331 3604

**Sunday 26th**

**10am: Hello, questions and thoughts.**

https://us02web.zoom.us/j/84806842488

Meeting ID: 848 0684 2488

**10.15am: Objective 4: Belief and Letting go**

https://us02web.zoom.us/j/83084285394

Meeting ID: 830 8428 5394

*15-minute break*

**11.15am Objective 5: Partners matter as well**

https://us02web.zoom.us/j/82521016976

Meeting ID: 825 2101 6976

**12.00pm Summary of the morning & discussion**

*12.30pm One-hour lunch*

**1.30pm Objective 6 - Environment and why it matters**

https://us02web.zoom.us/j/85136061163

Meeting ID: 851 3606 1163

*15-minute break*

**2.00pm Objective 7 – How to use the techniques on the day**

https://us02web.zoom.us/j/82611877569

Meeting ID: 826 1187 7569

*15-minute break*

**3.30pm – How to close, follow up and ongoing support**

https://us02web.zoom.us/j/89994469838

Meeting ID: 899 9446 9838

**4.00pm: Closing questions and next steps**

https://us02web.zoom.us/j/82131867479

Meeting ID: 821 3186 7479