**Schedule for Mindful Mamma Training**

**Friday 11th**

*Hypnosis*

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

[https://us02web.zoom.us/j/85837635227?pwd=NUd2aVE0UnNKY25tQ0ZadWNYRVZMUT09](https://www.google.com/url?q=https://us02web.zoom.us/j/85837635227?pwd%3DNUd2aVE0UnNKY25tQ0ZadWNYRVZMUT09&sa=D&source=calendar&usd=2&usg=AOvVaw28yOLLdyNXAEPF4fX5LCme)  
  
Meeting ID: 858 3763 5227  
Password: 652363

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

[https://us02web.zoom.us/j/83999030738?pwd=SEM3c1BKd1dOWVVSeUY2SVFvY2FDQT09](https://www.google.com/url?q=https://us02web.zoom.us/j/83999030738?pwd%3DSEM3c1BKd1dOWVVSeUY2SVFvY2FDQT09&sa=D&source=calendar&usd=2&usg=AOvVaw3Vgk19GrhWQtjKGHOLS2p7)  
  
Meeting ID: 839 9903 0738  
Password: 674645

*15-minute break*

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

[https://us02web.zoom.us/j/85747182264?pwd=MFVBN0dqZWxWSlRPZ1AvRzhDMDJOZz09](https://www.google.com/url?q=https://us02web.zoom.us/j/85747182264?pwd%3DMFVBN0dqZWxWSlRPZ1AvRzhDMDJOZz09&sa=D&source=calendar&usd=2&usg=AOvVaw0vGAlb0LQHU9njMB0oXPol)  
  
Meeting ID: 857 4718 2264  
Password: 279056

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

[https://us02web.zoom.us/j/87071317737?pwd=c3BRN0lUbm9hM0FqRG4wS1JyWnQ3dz09](https://www.google.com/url?q=https://us02web.zoom.us/j/87071317737?pwd%3Dc3BRN0lUbm9hM0FqRG4wS1JyWnQ3dz09&sa=D&source=calendar&usd=2&usg=AOvVaw17kp_LOm50OXRKNUlFZ30P)  
  
Meeting ID: 870 7131 7737  
Password: 793441

**12.30pm** Lunch 1 hour

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

[https://us02web.zoom.us/j/81836263655?pwd=TEloL1JBNUowYjA1eFVsMDZVN21Udz09](https://www.google.com/url?q=https://us02web.zoom.us/j/81836263655?pwd%3DTEloL1JBNUowYjA1eFVsMDZVN21Udz09&sa=D&source=calendar&usd=2&usg=AOvVaw2f9-Woy0DvRyUtdvoyfKee)  
  
Meeting ID: 818 3626 3655  
Password: 556546

*10-minute break*

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

Visualisation: Symbols, metaphor, colour

[https://us02web.zoom.us/j/84834531366?pwd=TjR2Y0M0U0JsMHJXc0RXWkQwaTJiQT09](https://www.google.com/url?q=https://us02web.zoom.us/j/84834531366?pwd%3DTjR2Y0M0U0JsMHJXc0RXWkQwaTJiQT09&sa=D&source=calendar&usd=2&usg=AOvVaw2rGuEB09J78hmHMs56fNrp)  
  
Meeting ID: 848 3453 1366  
Password: 454215

*10-minute break*

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

[https://us02web.zoom.us/j/82241513348?pwd=STV4R0ZZT1pTbklTcTlkNXFhdXdjZz09](https://www.google.com/url?q=https://us02web.zoom.us/j/82241513348?pwd%3DSTV4R0ZZT1pTbklTcTlkNXFhdXdjZz09&sa=D&source=calendar&usd=2&usg=AOvVaw2t9y10fgn5k1uW0xO6cxMr)  
  
Meeting ID: 822 4151 3348  
Password: 719111

*10-minute break*

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

[https://us02web.zoom.us/j/86857667480?pwd=Rk1LWkx0S1VuNlM1aktOVC91ajc3UT09](https://www.google.com/url?q=https://us02web.zoom.us/j/86857667480?pwd%3DRk1LWkx0S1VuNlM1aktOVC91ajc3UT09&sa=D&source=calendar&usd=2&usg=AOvVaw2wYT9PF7EvQfuEa1nuCrbA)  
  
Meeting ID: 868 5766 7480  
Password: 098400

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

[https://us02web.zoom.us/j/83433183298?pwd=YlFGOFlkWGo2QTNJZzllcWpzOHFVdz09](https://www.google.com/url?q=https://us02web.zoom.us/j/83433183298?pwd%3DYlFGOFlkWGo2QTNJZzllcWpzOHFVdz09&sa=D&source=calendar&usd=2&usg=AOvVaw2PLcVmxjHv7F3nHzImx-V7)  
  
Meeting ID: 834 3318 3298  
Password: 557115

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

[https://us02web.zoom.us/j/83441128924?pwd=Q2ZibG1sd1lXanRkV0NIMThsK25SQT09](https://www.google.com/url?q=https://us02web.zoom.us/j/83441128924?pwd%3DQ2ZibG1sd1lXanRkV0NIMThsK25SQT09&sa=D&source=calendar&usd=2&usg=AOvVaw0ZcR6M6L5XarY6vEoAL9Fw)  
  
Meeting ID: 834 4112 8924  
Password: 118326

**Saturday 11th**

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

[https://us02web.zoom.us/j/86312740245?pwd=Tmp5RzFKM1AyMU53OEliYmFEeFp1UT09](https://www.google.com/url?q=https://us02web.zoom.us/j/86312740245?pwd%3DTmp5RzFKM1AyMU53OEliYmFEeFp1UT09&sa=D&source=calendar&usd=2&usg=AOvVaw0mF0tmIttZ9dJPuzAr7KVn)  
  
Meeting ID: 863 1274 0245  
Password: 071001

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

[https://us02web.zoom.us/j/84683446026?pwd=KzNlWnR5MEJDWm1YMEF0d2ZaWnhWdz09](https://www.google.com/url?q=https://us02web.zoom.us/j/84683446026?pwd%3DKzNlWnR5MEJDWm1YMEF0d2ZaWnhWdz09&sa=D&source=calendar&usd=2&usg=AOvVaw1fEiKSfYCaaMAV9oIPbdcP)  
  
Meeting ID: 846 8344 6026  
Password: 917288

*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/83445429541?pwd=dVNDOUV1by9LMmF1cFNHNXQzUTEvZz09](https://www.google.com/url?q=https://us02web.zoom.us/j/83445429541?pwd%3DdVNDOUV1by9LMmF1cFNHNXQzUTEvZz09&sa=D&source=calendar&usd=2&usg=AOvVaw2minAqgXB61aFhlV3Cfjno)  
  
Meeting ID: 834 4542 9541  
Password: 173309

*10-minute break*

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

[https://us02web.zoom.us/j/88138278719?pwd=THRHK2c2M2JhOWMzeXNkS3RwTjBkUT09](https://www.google.com/url?q=https://us02web.zoom.us/j/88138278719?pwd%3DTHRHK2c2M2JhOWMzeXNkS3RwTjBkUT09&sa=D&source=calendar&usd=2&usg=AOvVaw3sTZejgHNn3CizxvPqab1k)  
  
Meeting ID: 881 3827 8719  
Password: 406062

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

[https://us02web.zoom.us/j/84753737280?pwd=VmJ2NFRmbkZKQzRHY3Q4cnNJYzBuQT09](https://www.google.com/url?q=https://us02web.zoom.us/j/84753737280?pwd%3DVmJ2NFRmbkZKQzRHY3Q4cnNJYzBuQT09&sa=D&source=calendar&usd=2&usg=AOvVaw2mtMOkcAG0R71K4MTl38d9)  
  
Meeting ID: 847 5373 7280  
Password: 652967

**1.00pm lunch**

1-hour lunch

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

[https://us02web.zoom.us/j/83151429884?pwd=WTFxbm44a05zQjVZejBDTWo1akJpdz09](https://www.google.com/url?q=https://us02web.zoom.us/j/83151429884?pwd%3DWTFxbm44a05zQjVZejBDTWo1akJpdz09&sa=D&source=calendar&usd=2&usg=AOvVaw0qX4amXxvhXhgvqD4x0_Wu)  
  
Meeting ID: 831 5142 9884  
Password: 279137

15-minute break

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

[https://us02web.zoom.us/j/85986979320?pwd=RFlRODJYM1Nua25RZVEzUmlSSVhOdz09](https://www.google.com/url?q=https://us02web.zoom.us/j/85986979320?pwd%3DRFlRODJYM1Nua25RZVEzUmlSSVhOdz09&sa=D&source=calendar&usd=2&usg=AOvVaw0LWBV5aSq5Na3ZWmxF9Bbo)  
  
Meeting ID: 859 8697 9320  
Password: 561080

**4.30pm Summary and finish**

**Sunday 12th**

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

[https://us02web.zoom.us/j/84589837594?pwd=OWtwbGt6MUF1Tm9wS2pMS3RXTGl0QT09](https://www.google.com/url?q=https://us02web.zoom.us/j/84589837594?pwd%3DOWtwbGt6MUF1Tm9wS2pMS3RXTGl0QT09&sa=D&source=calendar&usd=2&usg=AOvVaw1lKn3bHgJFEvQ7Ux4aBKgJ)  
  
Meeting ID: 845 8983 7594  
Password: 983662

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

[https://us02web.zoom.us/j/89422455290?pwd=V0ZFRHJTcTdLb1UyT3NCcmFRNytqdz09](https://www.google.com/url?q=https://us02web.zoom.us/j/89422455290?pwd%3DV0ZFRHJTcTdLb1UyT3NCcmFRNytqdz09&sa=D&source=calendar&usd=2&usg=AOvVaw28m94VQeraVUqsG97TpJoU)  
  
Meeting ID: 894 2245 5290  
Password: 775381

*15-minute break*

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

[https://us02web.zoom.us/j/82209578328?pwd=T1ROQkNnNWZoL2hEckgwMlk3cnR0UT09](https://www.google.com/url?q=https://us02web.zoom.us/j/82209578328?pwd%3DT1ROQkNnNWZoL2hEckgwMlk3cnR0UT09&sa=D&source=calendar&usd=2&usg=AOvVaw0uBR_gqz22n5MtH7melY3_)  
  
Meeting ID: 822 0957 8328  
Password: 546991

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

[https://us02web.zoom.us/j/82981044254?pwd=YUJJb2MrVWZvaGprMHV2QlIvdXhKdz09](https://www.google.com/url?q=https://us02web.zoom.us/j/82981044254?pwd%3DYUJJb2MrVWZvaGprMHV2QlIvdXhKdz09&sa=D&source=calendar&usd=2&usg=AOvVaw0N6uQWu7J0bYmoVsHwQrXS)  
  
Meeting ID: 829 8104 4254  
Password: 646660

*12.30pm One-hour lunch*

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

[https://us02web.zoom.us/j/84469424476?pwd=ZzhiM250OXptc3RrZ2RIQ014YlQ4UT09](https://www.google.com/url?q=https://us02web.zoom.us/j/84469424476?pwd%3DZzhiM250OXptc3RrZ2RIQ014YlQ4UT09&sa=D&source=calendar&usd=2&usg=AOvVaw14yNiFt1D9ts7vf8isguNt)  
  
Meeting ID: 844 6942 4476  
Password: 882589

*15-minute break*

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

[https://us02web.zoom.us/j/81329733579?pwd=dzVLdWxQQ1l2YzBoejAvOVlGdDFMUT09](https://www.google.com/url?q=https://us02web.zoom.us/j/81329733579?pwd%3DdzVLdWxQQ1l2YzBoejAvOVlGdDFMUT09&sa=D&source=calendar&usd=2&usg=AOvVaw3ZF4r-GgtVetOL5UP8a492)  
  
Meeting ID: 813 2973 3579  
Password: 346565

*15-minute break*

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

[https://us02web.zoom.us/j/84591017382?pwd=MjlmMVRCVHY1WkUyRkcrck5CMWZpdz09](https://www.google.com/url?q=https://us02web.zoom.us/j/84591017382?pwd%3DMjlmMVRCVHY1WkUyRkcrck5CMWZpdz09&sa=D&source=calendar&usd=2&usg=AOvVaw037oZYx0gBmjkVPWU25h4k)  
  
Meeting ID: 845 9101 7382  
Password: 818982

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

[https://us02web.zoom.us/j/84374201529?pwd=K1ZUM1ZKKzIvQXJGbm0wclRoUm1WQT09](https://www.google.com/url?q=https://us02web.zoom.us/j/84374201529?pwd%3DK1ZUM1ZKKzIvQXJGbm0wclRoUm1WQT09&sa=D&source=calendar&usd=2&usg=AOvVaw17I7zeqNfVXtD5BlpUHsV7)  
  
Meeting ID: 843 7420 1529  
Password: 453962