Corporate Confidence & Wellness Programs

Group Hypnosis, Visualization & Practical Tools for Your Team

Positive change starts here

Schedule a Free Discovery Call

The Modern Workplace Challenge

Your team is talented. Stress and self-doubt still get in the way.

Every organization invests in its people through training budgets, wellness programs and team retreats. Stress, disengagement and burnout keep climbing anyway. Most training teaches people what to do. We help with how they feel when it's time to do it.

The costs are large and well documented:

$438B

Cost of falling engagement

Gallup estimates the 2024 drop in employee engagement cost the world economy $438 billion in lost productivity (State of the Global Workplace, 2025).

77%

Have felt burned out at work

In a 2018 Deloitte survey of 1,000 full-time U.S. corporate professionals, 77% said they had experienced burnout at their current job.

$411B

Cost of insufficient sleep

RAND Europe estimated insufficient sleep costs the U.S. economy up to $411 billion a year, about 2.28% of GDP (Hafner et al., 2016).

$2,056

Extra health care per smoking employee

A self-insured employer pays about $2,056 a year in extra health care for each employee who smokes, part of an estimated $5,816 in total excess costs (Berman et al., Tobacco Control, 2014).

> You already invest in your people. Our programs add the part most training skips: how to stay calm and confident when the pressure is on.

We use hypnosis, visualization, tapping and breathwork to give your team practical skills they can use right away and keep using long after the session ends.

What the Research Shows

Hypnosis and mental rehearsal have a real research record.

A medium effect across 57 randomized trials

A meta-analysis of 57 randomized clinical trials found a medium overall effect for hypnosis compared with no treatment or standard care (d = 0.56).

Flammer & Bongartz. Contemporary Hypnosis, 20(4), 2003

Mental rehearsal improves performance

Two meta-analyses, 26 years apart, found that mentally practicing a task improves how well people perform it. The effect is small and it holds up.

Driskell, Copper & Moran. Journal of Applied Psychology, 1994. Toth et al. Psychology of Sport and Exercise, 2020

Mental skills training with military recruits

In a trial with 173 British Army recruits, those given mental skills training that included relaxation and imagery performed better on a week-long selection course than a control group.

Fitzwater, Arthur & Hardy. Sport, Exercise, and Performance Psychology, 7(1), 2018

Smoking employees cost about $5,816 more a year

One study estimated a smoking employee costs an employer about $5,816 a year more than a non-smoking employee, mostly from smoke breaks and extra healthcare costs. The range was $2,885 to $10,125, and the authors call it a general indicator.

Berman, Crane, Seiber & Munur. Tobacco Control, 23(5), 2014

Our programs turn this research into hands-on sessions your team can use and will enjoy.

Five Core Programs

Each one is built for groups, with something in it for you and for the people in the room.

Smilin' and Dialin': Confidence on the Phone

Some people would rather clean the breakroom fridge than pick up the phone. This program is for them. Charles learned the phones in recruiting, where the goal was 30 calls an hour. One week that meant 9 a.m. to 8 p.m., Monday through Saturday. He built this session around what it takes to make the next call: a pre-call routine, a way to shake off a no, and self-hypnosis for the calls that matter most. It also covers booking leads for the next step and closing with confidence.

For your organization

- Fewer calls put off until tomorrow
- More leads booked for the next step
- A warmer, steadier voice for your customers
- Support for the sales or recruiting training you already use

For your employees

- Less dread before the first call of the day
- A quicker bounce back after a hard no
- More confidence asking for the next step
- Phone confidence that goes with them anywhere

Ideal for: Sales teams • Recruiters • Call centers • Customer service

Reset: Stress Tools You Can Use Anywhere

A hands-on session on quick stress-release tools for the desk, the minutes before a presentation, or the moment after a difficult call. We combine hypnosis, breathwork and tapping so each person leaves with a personal reset button. In Deloitte's 2018 survey, 77% of professionals said they had experienced burnout at their current job.

For your organization

- Real support for people in high-pressure roles
- A wellness benefit people can use the same day
- Calmer people on the floor and on the phones
- A simple tool for rough days and busy seasons

For your employees

- A way to settle down in a few minutes
- Feeling more in control when the day goes sideways
- Going home with less of the day's stress
- Tools that work at home too

Ideal for: Call centers • Healthcare staff • First responders • High-pressure roles

Restore: Better Sleep Habits

Insomnia costs about $2,280 a year in lost work performance for each affected worker (Kessler et al., 2011). This program teaches simple ways to wind down at night and quiet a busy mind. Participants leave with a personal bedtime routine, self-hypnosis included.

For your organization

- Employees who show up better rested
- Support for shift workers and high-stress roles
- A wellness topic nearly everyone cares about
- Support for your health and wellness goals

For your employees

- A wind-down routine for racing thoughts
- Waking up feeling better
- More energy for work and home
- Healthier habits that support their overall health

Ideal for: Shift workers • High-stress roles • Remote teams • Healthcare staff

Five Core Programs, continued

Connect: Communication at Work

Helps people stay calm and clear in meetings and in the hard conversations they'd rather avoid. Participants practice listening, keeping their composure, and saying what they mean.

For your organization

- Hard conversations handled sooner
- Calmer meetings and clearer handoffs
- Fewer small problems turning into big ones
- Stronger conversations with customers and clients

For your employees

- Less stress before a tough talk
- Confidence speaking up with coworkers and clients
- A calmer way to handle conflict
- Better listening at work and at home

Ideal for: Customer service • Client-facing roles • New managers

Break Free: Tobacco & Vaping

A 3-day group program that helps employees who want to quit tobacco or vaping change the habit. Participants learn tapping and self-hypnosis they can keep using on their own. One study puts the extra cost of a smoking employee at about $5,816 a year (Berman et al., 2014). This program works alongside your employees' healthcare providers.

For your organization

- Support for employees who already want to quit
- A hands-on option to offer alongside your health benefits
- Support for tobacco-free workplace goals
- A clear sign you care about your people's health

For your employees

- Support from coworkers working on the same goal
- Tapping and self-hypnosis tools they keep
- Healthier habits and money back in their pocket
- No more smoke breaks in a Colorado January

> **Our recommendation:** Offer this as an invitation, never a requirement. It's built for people who want to quit, and someone who doesn't can change the feel of the room. You may also want to ask for a small employee contribution of $25 to $50, which can go to a team fund or company event.

Ideal for: Wellness initiatives • Employee health programs • Tobacco-free workplace goals

Custom & Tailored Programs

Need something else? We can build around your goals.

Beyond the five core programs, we can build a session around what your organization is working on right now.

Weight & Wellness
Help employees build healthier habits around food and fitness, working alongside their healthcare providers.

Confident Closing
A full session on the part of the sale where people tend to rush or freeze.

Public Speaking & Presence
Ease presentation nerves and find a speaking presence that still sounds like you.

Leadership Presence
Stay composed and think clearly when the pressure is on.

Change & Adaptability
Help teams handle mergers, restructuring and big shifts with less stress.

Team Cohesion
Shared exercises that build trust and connection.

Hypnosis Brainstorming Session
Bring a problem your company needs to solve, or a direction you want to grow. Your team works on it in a relaxed, focused group hypnosis session, then shares and builds on the ideas that come out of it.

Experiential Team Events
Looking for something your team will talk about for years? These are interactive group events that are part team building, part entertainment.

Spiritual & Inner Peace
Time for reflection and presence, for teams who want more than a performance topic.

Custom program fee: Session planning is included for all five core programs. A program built from scratch has a one-time $750 design fee, waived for training block clients.

Flexible delivery: Every program can be delivered as The Experience (1.5 hours), The Deep Dive (4 hours), or The Full Experience (full day), on-site or virtual. Break Free runs in its own 3-day format. To bring in more than one program, use a 6-month training block.

Program Formats

Pick the length that fits your schedule.

The Experience: 1.5 Hours

Time	What Happens
0:00–0:30	**Welcome & Pre-Talk:** What hypnosis is and isn't, what to expect, and time for questions
0:30–1:15	**Group Hypnosis Session:** Full group session on your chosen topic
1:15–1:30	**Wrap-Up & Q&A:** Discussion, personal takeaways, next steps

Best for lunch-hour sessions, team meetings and wellness days.

The Deep Dive: 4 Hours

Time	What Happens
0:00–0:30	**Welcome & Pre-Talk:** Introductions, what to expect, and time for questions
0:30–1:15	**Tapping (EFT):** Hands-on Emotional Freedom Technique training
1:15–1:30	**Break**
1:30–2:15	**Self-Hypnosis Class:** Learn to enter and exit hypnosis on your own
2:15–3:00	**Group Hypnosis Session:** Goes straight from the class into a full group session on the main topic
3:00–4:00	**Q&A, Resources & Wrap-Up**

Best for dedicated wellness half-days. Participants leave with tools they can use on their own.

The Full Experience: Full Day (6 to 7 Hours)

Time	What Happens
9:00–9:30	**Welcome & Pre-Talk:** Full introduction and time for questions
9:30–10:15	**Self-Hypnosis Class:** The foundation for the day. Participants practice entering and exiting hypnosis throughout
10:15–11:00	**Group Hypnosis Session 1:** Main topic
11:00–11:15	**Break**
11:15–12:00	**Tapping (EFT):** Hands-on Emotional Freedom Technique training
12:00–1:00	**Lunch Break**
1:00–1:45	**Group Hypnosis Session 2:** A different angle or a second topic
1:45–2:00	**Break**
2:00–2:45	**Breathwork & Anchoring:** Practical ways to calm down and refocus quickly
2:45–3:30	**Group Hypnosis Session 3:** Ties the full day together
3:30–4:00	**Q&A, Resources & Wrap-Up**

Best for retreats and wellness days. Participants get several sessions and a full set of tools.

Break Free: 3-Day Tobacco & Vaping Program

Day	Focus (1.5 to 2 Hours Each Day)
Day 1	**Slowing Down:** Pre-talk, tapping class, and a group hypnosis session to start cutting back. Participants drop the cigarettes or vapes they won't miss and push the first one of the day back a little
Day 2	**Becoming a Non-Smoker:** Self-hypnosis for goal setting, practiced on becoming a non-smoker, then a short pre-talk on smoking and a group hypnosis session
Day 3	**Moving Forward:** A group hypnosis session to carry their new healthy habits and smoke-free surroundings forward

Spread across one week or scheduled to fit your company's needs.

How It Works

From first conversation to follow-up.

1 Discovery Call
We learn about your team and your goals. It takes 30 minutes and costs nothing.

2 Session Plan
We match the program and format to your organization's needs, culture and schedule.

3 Participant Onboarding
You send us a list of participants with names and email addresses. Before the first session, each participant fills out a short form with the basic details Colorado requires and signs our mandatory disclosure statement. We are required to keep these records for 7 years after the last session, then we destroy them.

4 The Session
On-site or virtual. Your team leaves with tools they can use that day.

5 Follow-Up
Post-session resources, plus optional follow-up sessions if you want them.

What Participants Experience

If your team has never tried hypnosis, here's what to expect:

- ✓ **Aware and in control** the whole time. This is not what you've seen on TV. Hypnosis is a consensual process.
- ✓ **Hands-on.** Along with the work done in hypnosis, we send everyone home with tools to use in daily life.
- ✓ **Similar to guided meditation.** If your team has tried mindfulness, meditation or breathwork, this will feel familiar.
- ✓ Sessions can be lighthearted, but nobody is singled out or embarrassed. Participation is always voluntary, as it needs to be for hypnosis to work. Hypnosis is easy for those who want to do it.

> **A note on what we do:** We're hypnotists, and we say so up front. We use hypnosis, visualization, tapping (Emotional Freedom Technique, or EFT), breathwork and anchoring. Our work is confidential, and we protect your organization's data and your employees' personal information.

Meet Your Hypnotist

A 20-year Army veteran and a hypnotist since 2015.



Charles Buckingham

Certified Hypnotist, National Guild of Hypnotists

Charles has been practicing hypnosis since 2015 and opened Colorado Springs Hypnosis with his wife, Brisa, in 2018. Hypnosis also helped him quit smoking. He specializes in smoking cessation and spiritual hypnosis, and he has worked with clients on a wide range of problems and goals.

He was first introduced to hypnotic techniques through Neuro-Linguistic Programming (NLP) style sales techniques as an Army recruiter. That is also where he got great on the phones, which is where Smilin' and Dialin' comes from. He later learned more advanced techniques, both professionally and on his own time, as an intelligence Non-Commissioned Officer (NCO). After retiring, Charles decided to continue his study and practice of hypnosis, helping people let go of unwanted habits and feelings while they create and manifest their chosen life.

20-Year Army Veteran | **Certified Hypnotist (NGH)** | **11+ Years Experience**

Colorado Springs Hypnosis Ltd., Established 2018 • Veteran-Owned
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City's Best Awards 2022 & 2023

Investment & Pricing

One clear price based on your group size.

Per-Session Pricing

> *A fixed price makes it easy to get a purchase order approved.*

Program	Length	Up to 15	16-30	31-50	51+
The Experience	1.5 hours	$750	$1,200	$1,800	Custom
The Deep Dive	4 hours	$2,000	$3,000	$4,500	Custom
The Full Experience	Full day	$4,000	$5,500	$7,500	Custom
Break Free	3 days	$5,000	$8,000	$11,000	Custom

For your budget request: The Experience for 30 people works out to $40 per person. A Full Experience for 30 works out to about $183 per person.

6-Month Training Blocks

> *For organizations that want more than one program, such as Smilin' and Dialin' and Reset.*

Block	What's Included
Starter Block	One Deep Dive (4 hours) and one Experience (1.5 hours)
Deep Dive Block	Two Deep Dives (4 hours each)
Full Block	One Full Experience (full day) and one Experience (1.5 hours)

Each session in a block is a different program. We only repeat a program for new employees or another location. Blocks are set up over 6 months, and you have up to 12 months to use your sessions. We can customize any block. Pricing depends on your group size and what you choose, so we'll quote it after your discovery call.

Additional Details

The fine print, in plain English.

Discounts & Packages

- **Multi-session discount:** Book 3 or more sessions upfront and get 15% off the total
- **Training block clients** get priority scheduling, and we waive the custom program fee
- **Referral credit:** Refer another organization and, once they book, get a free Experience at their group size. If your group is larger, you get that amount as a credit

Delivery Options

- **On-site:** We come to your location with everything needed
- **Virtual:** Same rates, and you save on travel

Travel

- **Colorado Springs metro:** No additional cost
- **Within Colorado:** Mileage and travel time; hotel may be required for full-day programs or locations 60+ miles from Colorado Springs
- **Outside Colorado:** Flight, hotel and session fee

What's Included

- Discovery call and session plan
- All materials and resources for participants
- Post-session resources and self-practice guides
- Satisfaction guarantee: if your team doesn't find the session valuable, we'll make it right

Not sure where to start? The Experience (1.5 hours) is the easiest way to see what this is like. There's no commitment beyond your first session.

How does this compare? One Experience for 30 people costs $40 per person, about the price of a team lunch. The skills are theirs to keep.

Sources

The studies and reports behind the numbers in this brochure.

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9. Toth, A. J., McNeill, E., Hayes, K., Moran, A. P., & Campbell, M. (2020). Does mental practice still enhance performance? A 24 year follow-up and meta-analytic replication and extension. *Psychology of Sport and Exercise, 48*, 101672. doi:10.1016/j.psychsport.2020.101672

Let's See If This Is a Fit

Schedule a free 30-minute discovery call and tell us about your team.

Schedule Your Free Discovery Call

PHONE
719-900-1112

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info@coloradospringshypnosis.com

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coloradospringshypnosis.com

"Positive change starts here"

Important Notice: *We do not treat, cure, diagnose, or prescribe for any illnesses or diseases. We do not advise on medications, treatments, or diagnosis. Some of our services can complement eastern or western medicine. Our programs help participants develop practical skills for managing stress, changing habits and building confidence. They are not a substitute for medical or psychological treatment. If you have a medical condition, please consult your healthcare provider.*

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