

HYPNOSIS

“The Power of The Mind”

- ✓ Hot-Flashes Management
- ✓ Smoking Cessation
- ✓ Anger Management
- ✓ Stress Reduction
- ✓ Weight Management
- ✓ Fear & Anxiety
- ✓ Confidence Builder
- ✓ Relaxation/Better Sleep
- ✓ Healthy Lifestyle Motivation

Let me help you achieve your goals!



Lisa Ellis
Bilingual Certified
Hypnotherapist

Owner/Operator of
Boost Your Skills
Also known as
“The Passion Lady”
Certified Life Skills Coach
Certified Business and Personal
Passion Test Facilitator
Certified Bilingual Training
Consultant



Experience
the Relaxation

Find that
you can
forgive
where you
thought it
was
impossible



All sessions are
delivered in
English and French

“Learn how to
Achieve your Goals”

For more information
call Lisa

905-701-9518

or email

boostyourskills@talkwireless.ca

Visit us @

www.boostyourskills.ca

TOTAL RELAXATION

Book now!