

Testimony - Steve Woods Hypnotist

“Local hypnotist, Steve Woods, was invited to attend our mental health awareness week roadshows in May 2019, at HomeServe. Steve supported our Occupational Health & Wellbeing team across five UK sites to raise awareness of how hypnosis can help with mental health issues. He offered 15 minute taster sessions to over 70 of our People during the week and all were well received. Our People really enjoyed the sessions and reported feeling more relaxed, in control and having improved sleep since participating. A few days later, Steve followed up with a downloadable podcast so people could experience hypnosis at their leisure and within their own environments. It was a pleasure to have Steve accompany us at our roadshows and we are very pleased with the response and feedback received. We would be delighted to invite him back again in the future. Thank you Steve.”

Sally Beardsmore
Occupational Health & Wellbeing Officer