

Successful Virtual Hypnosis Session Tips

Benefits of Virtual Sessions

- Clients can stay in their comfortable space
- Reduced stress from travel
- Enhanced privacy and security
- More time to process after the session
- Flexibility in session locations (bed, couch, office, etc.)
- Fewer weather-related cancellations
- Better work-life balance for practitioners

Practitioner Preparation

1. Set up a professional online presence
 - Hire a webmaster
 - Use online scheduling software
 - Subscribe to video conferencing tools (e.g., Zoom)
2. Offer pre-session consultations
3. Implement online payment systems
4. Send session links in advance
5. Allow buffer time between sessions

Creating an Ideal Practitioner Space

- Ensure privacy and quiet
- Optimize lighting and camera positioning
- Invest in quality tech (camera, microphone, computer)
- Use a stable internet connection
- Minimize background applications
- Consider using low-volume background music (for practitioners only)

Client Guidelines

- Choose a distraction-free environment
- Silence phones and notify family members
- Manage pets (dogs outside, cats okay)
- Select a comfortable relaxation space
- Support head and neck
- Keep hands free
- Ensure proper lighting
- Consider using headphones

Session Management

- Be patient with technology issues
- Adjust session time for login difficulties
- Provide clear instructions for connection loss
- Adapt session intensity based on connection stability

Follow-up Support

- Schedule regular intervals (weekly or bi-weekly)
- Assign practical homework
- Address questions and experiences in subsequent sessions

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