

# MINDTRAINING FOR MUSICIANS

As Featured in:

**Woman's  
Weekly**

woman&home

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**Classical** MUSIC



**NCH**  
CERTIFIED  
REGISTERED  
NCH MEMBER



# Julie Bale

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It's all in the mind.

# 1

Our mind can cause us to behave and think in a way that leads us to forget all our training and give performances unrepresentative of ourselves.

We can reset the behaviours, beliefs and thoughts that are stopping us from giving our best performances with hypnotherapy

We use a series of self-hypnosis exercises to help retrain our thoughts and habits.

Hypnosis is safe. It is a simple and effective way to make powerful transformations in your life

If you have ever experienced a guided visualisation or meditation then you have an idea of what to expect in a hypnosis session.

Hypnosis works by helping you to re-condition your mind by changing your thoughts and making the new thoughts the automatic ones - a bit like a supercharged affirmation and by becoming hyper aware of the mind/body connection

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SELF-HYPNOSIS IS THE ART AND SCIENCE OF SUGGESTION. IT IS A COLLABORATIVE PROCESS BASED ON LEARNING AN OPTIMAL MINDSET - RATHER LIKE FEELING ABSORBED IN A BOOK OR PIECE OF MUSIC. IT IS NOT A FORM OF MIND CONTROL



# 2

The simple idea behind the self- hypnosis based programme MindTraining for Musicians is that you retrain your mind to believe that you are calm and in control. You use exercises to enhance your performances, to be less caring about criticism, to feel powerful and strong and eradicate imposter syndrome.

You can choose from working one2one online in a 4 session block or a 4 session self-paced course. These training courses have so far helped over 100 singers in the past two years.



THE SELF- HYPNOSIS IS ONLY A PART OF THE MIND TRAINING SESSION , YOU LEARN AND PRACTISE HOW TO CONTROL YOUR BODY AND HOW THE MIND AND THE BODY ARE CONNECTED WITH LOTS OF FUN EXERCISES

# 3

To begin with we create a course plan based on your individual needs. The courses are created to fit the needs of the singer we work most often in 4 areas:

1. Performance Anxiety - Helping you to be calm, confident and nerve free on stage
2. Imposter Syndrome & Self-Belief - Helping you to become aware of your inner super singer
3. Dealing with Criticism and Auditions - Helping you deal with the many stresses and difficulties of a singer's life
4. Uncovering our Ideal Supersinger - Helping you enhance your performance by being in your peak psychological state

“ SELF-HYPNOSIS IS NOT DONE TO YOU - IT IS A GUIDED PROCESS WHERE YOU TRAIN YOUR MIND TO BELIEVE SUGGESTIONS AGREED BY BOTH TRAINER AND CLIENT BEFOREHAND AND THEN YOU PRACTISE WITH AN AUDIO UNTIL THEY BECOME AUTOMATIC

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The life of a singer can be tricky to negotiate. We spend years perfecting our vocal technique only to find that we are scuppered by nerves in performance or audition.

What if there was a way to train our mind in the same way that we train our voices?

Now we can with MindTraining for Musicians. We learn:

1. What hypnosis really is and how we can adapt it for musicians.
2. How to create calm before we perform.
3. Eradicate traumatic memories.
4. Learn our singer superpowers.
5. Enhance our performances with hypnotic tools and much more.

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USING THESE TOOLS EACH DAY HAS LED ME TO BE TOTALLY FREE TO BE MYSELF ON STAGE. I CANNOT THANK YOU ENOUGH.

# 5

If you want to know how self-hypnosis can work for you please visit our dedicated web page [juliebalemusic.com](http://juliebalemusic.com)  
If you have any further questions about This programme or hypnosis in general please email me at [julie@hypnotherapyforperformance.com](mailto:julie@hypnotherapyforperformance.com).

Prices start at £247 for a 4-session self-paced course and run to £995 for the 12 Week VIP Programme.



EVERYONE CAN USE HYPNOSIS BUT ONLY IF THEY WANT TO!  
THERE IS NO MIND CONTROL! THERE ARE NUMEROUS STUDIES  
THAT SHOW THAT HYPNOTISABILITY IMPROVES WITH PRACTICE,  
JUST LIKE ANY OTHER SKILL!!!



# Julie Bale

I'm a Mindset & Performance coach, Hypnotherapist, Professional Singer and Voice Teacher. I have been working with singers for over 30 years and sing opera and oratorio all over the UK. Hypnotherapy has changed my life. I have used it to retrain my mind to help me on stage. I use it for weight loss and body confidence. I have been a yo-yo dieter for all my life. With my real me mindtraining course have currently lost 31lbs and can wear my pre-menopause clothes with joy again. Now I want to share the secrets of hypnotherapy with you.



Thank you!

[THEREALMEMINDTRAINING.COM](http://THEREALMEMINDTRAINING.COM)

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