



 +44 (0) 7966157 354

 hello@greatestmindset.com

 www.greatestmindset.com

Welcome to Greatest Mindset!

I am very much looking forward to working with you. My name is Paul Edworthy, and I am a qualified hypnotherapist. I practise hypnotherapy using the neuroscientific approach that is grounded in scientific evidence and measurable outcomes, rather than approaches that rely mainly on subjective experience.

My interest in this field began in 2018 when I personally underwent hypnotherapy to overcome a fear of public speaking. The experience had a profound impact on me, as it successfully eliminated the anxiety I had previously felt. In 2020, after observing highly talented athletes struggle under pressure on the world stage due to mindset challenges, I began to consider how I could help individuals develop a stronger, more resilient mental framework, their greatest mindset. From this, the foundation of my organisation was established.

With over 20 years of entrepreneurial experience, I have navigated both the highs and lows that come with business, gaining first-hand insight into the critical role mindset plays in performance. I recognised a strong alignment between the mental demands of sport and business, and how cultivating a high-performance mindset can benefit not only individuals but teams as well. This is why I work effectively with both sports professionals and those in business environments.

Regards,



Paul Edworthy BA (Hons) Dip.Hyp NLP Prac.



Not just business and sport

You may also notice that I support clients with a range of other issues and conditions. While these may not appear directly related, many are commonly experienced by individuals in both sport and business.

Given the consistent success I have achieved, I believe it is important to extend this support more broadly, as the underlying principles remain the same.

I use a combination of Neuro-Linguistic Programming (NLP), Cognitive Behavioural Therapy (CBT) along with other direct and indirect methods of hypnosis to create your greatest mindset, removing limiting beliefs that prevent you from living the life you want to lead.

A bit of housekeeping:

- Your safety as a client is my number one priority, it becomes before anything else and it is what I build my reputation on as a professional therapist.
- I am a qualified hypnotherapist, and operate using the neuroscientific approach of hypnotherapy which is grounded in scientific evidence. I only operate within my fields of expertise.
- Everything discussed within our sessions is fully confidential. I do not discuss anything about you with anyone, without gaining your full written consent.
- A contraindication for hypnotherapy is epilepsy and psychosis as these heighten awareness therefore can heighten the intensity of symptoms. I would need written consent from a medical professional specialising in these areas to be able to work with you.

Now to the interesting stuff...



What is Hypnotherapy?

Hypnotism is where Hypnotherapy began

The word hypnotism was first used in 1841 by a Scottish surgeon called James Braid. Before this, a man named Franz Anton Mesmer believed people could be healed by a magical force called animal magnetism. Many people thought Mesmer's ideas were strange and not based on real science (you may have heard the term mesmerism).

James Braid looked at things differently. He believed hypnosis worked because of the mind, focus and imagination, not magic. He found that when people stared closely at one object and relaxed, they could enter a calm trance like state where they became more open to suggestion.

Braid's ideas helped turn hypnotism into something studied by doctors and scientists instead of something seen as mysterious or magical. His work became the starting point for modern hypnosis as we know it today.

Hypnotherapy is not Stage Hypnosis

Many people confuse hypnotherapy with stage hypnosis because stage shows are designed for entertainment. On stage, people may act silly or appear to lose control, which can make hypnosis (hypnotic phenomena) seem fake, embarrassing or even frightening. Stage hypnotists deliberately choose participants who are:

- highly responsive,
- extroverted,
- and comfortable performing publicly.



Common Myths About Hypnosis

Despite its long history, hypnosis continues to be misunderstood. Below are some of the most common myths.

"I'll lose control."

You remain aware and capable of making decisions throughout hypnosis. You cannot be forced to act against your values or beliefs.

"I could become stuck in hypnosis."

This cannot happen. If a session were interrupted you would simply become fully alert or drift into natural sleep before waking normally.

"Hypnosis is mind control."

Hypnosis is not mind control. It is a process of focused attention that relies upon your willingness to participate.

"I'll reveal secrets."

People do not suddenly become compelled to reveal personal information during hypnosis. You remain capable of choosing what you say and do.

"Hypnosis is the same as sleep."

Although deeply relaxing, hypnosis is not sleep. Most people remain aware of the therapist's voice and their surroundings throughout the session.



Despite the name, people under hypnosis are not unconscious or under someone else's control. Most remain aware of what is happening throughout the session and can stop at any time if they wish.

A professional hypnotherapist may use hypnotic phenomena in a session, but only when it helps the client. This could be to build self-efficacy or to use a quick induction. It is only used when it adds real value to the session. It would not be professional for them to do otherwise.

The clear difference is the term Hypnotherapy is used for therapeutic intervention. It uses guided relaxation, focused attention, and suggestion to help people change limiting beliefs, feelings, behaviours, or habits. It is carried out while a person is in a deeply relaxed and state of highly focused attention.

A hypnotherapist cannot make someone do anything against their will or wishes. The person stays aware, in control and can stop being hypnotised at any time. Any unwanted suggestions have no power or influence.

The idea behind hypnotherapy is that, in a relaxed and focused state, you become more open to examining emotions, behavioural patterns, habits, and ways of thinking.

How hypnotherapy can help

Hypnotherapy can help with stress and anxiety. It helps people build more positive patterns in the mind. It can help people overcome limiting beliefs, fears and phobias. It may also help people stop habits such as smoking, drug use and alcohol use. Hypnotherapy is often used for weight management, sleep problems and pain management. It can also help improve confidence and performance.

Sometimes, hypnotherapy is used alongside medical or psychological treatment for conditions such as chronic pain or irritable bowel syndrome (IBS).

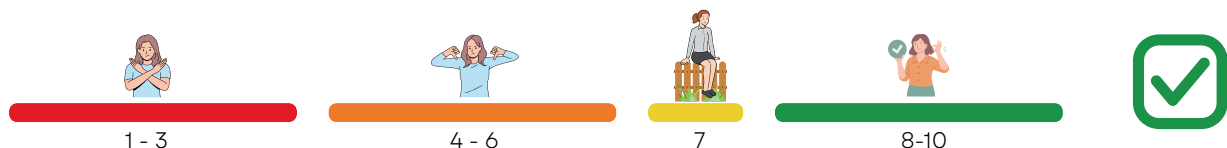


Now You

'The star of the show' well in fact the star of 'your' show, this is your one shot at life, how is it going thus far? Well a big pat on the back to you, for getting this far and plucking up the courage to get in contact with me. I am here to help you uncover a better route, on your map of the world. I will help you unload that excess baggage you have been carrying, or help to release those straps of limiting beliefs, that have been holding you back. The first and most important point to understand is that, this is your journey and your story. The decision to pursue change must come from you.

This process should not be undertaken solely to improve the lives of others. It is essential that your motivation is rooted in a genuine desire to enhance your own life. In doing so, the positive effects will naturally extend to those around you, who will benefit from your increased confidence, sense of achievement, and overall success.

By investing in your own growth, you create a more positive and supportive environment, not only for yourself but also for the wider circle of people in your life. The big question is how motivated are you to achieve your goal?



If you are 1 to 3 sorry there is no point wasting my time or your time considering working with me. If it's a 4-6 sorry this doesn't still doesn't seem that big a deal for you. If you are 7 that's you there sat on that fence. Don't waste your money it might work but it still feels like you are still a little unsure. An 8 to 10? Now we can talk I mean, a 9 or 10 delivers the greatest chance of success but an 8 sends a message proving this is a big deal and would be a game changer for you.



How to be a good hypnotic subject

Having a good imagination is a start if you haven't got a good imagination I have some good news this is a muscle you can develop. Don't think of a pink elephant! Did you imagine it? If so this part maybe easier than you think. It is surprising to know how easier it is to imagine something easier when in a relaxed state.

Take time to relax, sit or lie, quietly. Close your eyes take three deep breaths in and out (aim for it to take around 20 seconds) and imagine yourself in a safe place, whether at home or maybe on holiday, sipping a refreshing drink, or maybe on the side of a mountain breathing in fresh alpine air. The line between imagination and reality is minimal. Do you have dreams that sometimes feel so vivid like you are really there?

The best results come from those who put the most effort in. Relax as much as you can, be open to suggestion and believe your goal is going to happen. By reading this your journey to get there has already started.

Other benefits

I would also recommend purchasing the Greatest Mindset App downloadable from the App Store and Google Play. This gives you tools and other benefits such as meditation and visualisation files. So remember to download to take advantage of those. For updates visit www.greatestmindset.com



Thank you for choosing Greatest Mindset



Investment in Your Future

Professional Hypnotherapy

- Individual sessions are £320 each.
- Fear, phobia or habit reversal package £1000 Assessment + 3 hypnotherapy sessions
- Hypnotherapy Package: £1500 for 5 x 1 hour sessions

Most clients achieve the results typically in three to four sessions, although every individual is different and the exact number of sessions will depend on your specific goals and circumstances.

Is It Worth the Investment?

Many people initially focus on the price. A better question is:

"What is the cost of allowing this problem to continue?"

How much has it already cost you in confidence, health, relationships, happiness, sleep, stress, lost opportunities or performance?

The cost of doing nothing is almost always greater than the cost of taking action.

My role isn't to keep you coming back for endless sessions. My aim is to identify what's holding you back, remove those barriers, and help you move forward as quickly and effectively as possible.

You're not paying for time. You're investing in lasting change.

Your Appointment

Every appointment is reserved exclusively for you.

My time is one of my most valuable assets, and I respect yours in return. Please book only when you are committed to attending your appointment.

Late cancellations and missed appointments leave time that cannot be offered to another client, so cancellation fees may apply in accordance with my booking policy.

A Premium Service

I pride myself on providing a premium service with exceptional attention to detail.

If you're looking for the cheapest option, I'm probably not the right fit. If you're looking for quality, expertise and a professional experience focused on achieving meaningful results, you're in the right place. I don't compete on price. I compete on the value I deliver.

When clients choose Greatest Mindset, they're choosing experience, professionalism and a commitment to helping them achieve real, lasting results, not simply another session. The right treatment is never expensive when it gives you your life back.

[CLICK HERE TO BEGIN](#)