

**Laurence Lollier**



**Your Bilingual Hypnotherapist  
in Sophia-Antipolis**



# Hypnosis in the Workplace

*Improving Quality of Life at Work*

**High-performing employees for a thriving company.**

*Hypnosis is a natural and effective tool for enhancing your team's well-being and reducing psychosocial risks. Through hypnosis, everyone can access their inner resources to better manage stress, strengthen their confidence, and optimize their potential.*



French - English

On-site or remote  
workshops available

Free quote with no  
obligation

**Special Offer for Quality of Life at Work Week 2026**  
**10% off all workshops!**

## FOR YOUR EMPLOYEES

- Reduce workplace stress and anxiety
- Prevent burnout
- Improve self-confidence
- Relax and release tension
- Lighten mental load
- Strengthen concentration and mental clarity
- Improve sleep quality
- Stimulate creativity
- Mentally prepare for challenges
- Facilitate public speaking

## FOR YOUR COMPANY

- Improve internal communication
- Foster innovation and creativity
- Strengthen motivation
- Create a positive work environment
- Strengthen team cohesion, resolve conflicts
- Support change management
- Reduce absenteeism
- Increase productivity
- Retain your teams
- Reduce psychosocial risks

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## Turnkey Hypnosis Workshops

*100% customizable programs based on your needs and budget.*

### DISCOVERY WORKSHOP

**Introduction to self-hypnosis (1 h)**

to improve overall well-being.

Up to 10 participants

### ZEN WORKSHOP

**Hypno-relaxation (1 h)**

for stress management and

to lighten mental load.

Up to 10 participants

### HYPNOSIS WORKSHOP

**Sleep improvement (1 h)**

to combat sleep disorders.

Up to 10 participants

### SÉANCE D'HYPNOSE (1 h)

Individual sessions available  
year-round.

## Pricing

### Full-day program (6 workshops) – €1,000

A full day of customized programming, organized on-site at your company.

Up to 10 participants per group, adaptable in multiple workshops.

### Half-day program (3 workshops) – €600

On-site programming. Content defined together in advance.

Up to 10 people per group, can be organized in multiple workshops.

### Single workshop (1 hour) – €180

One-hour workshop, in person. Topic defined collaboratively.

Up to 10 participants.

### Individual session (1 hour) – Price upon request

#### ✓ WORKSHOPS IN ENGLISH AT NO EXTRA CHARGE

✓ Travel expenses included within a 30 km radius of Sophia-Antipolis

✓ Educational materials included



**Contact me for a personalized quote.**

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Service area: 30 km radius around Sophia Antipolis