



**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.*

*A former IT professional, I understand the realities your teams face: deadline pressure, mental overload, back-to-back meetings. I speak your language.*

**1 in 2 employees**

suffers from chronic workplace stress.

*Hypnosis changes the game.*



**French - English**

**On-site or remote workshops available**

**Free quote with no obligation**

**Special Quality of Working Life Week 2026**

**10% discount for any booking confirmed before 31 May 2026.**

## FOR YOUR EMPLOYEES

- Reduce stress and mental overload
- Prevent workplace burnout
- Improve sleep quality
- Build self-confidence
- Restore focus and clarity

## FOR YOUR COMPANY

- Reduce absenteeism
- Strengthen team cohesion
- Support transitions and change
- Boost long-term productivity
- 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 ease mental overload.

Up to 10 participants

### HYPNOSIS WORKSHOP

#### Sleep improvement (1 h)

to combat sleep disorders.

Up to 10 participants

### HYPNOTHERAPY SESSION (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) – From 100€

#### ✓ 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.**

**Laurence Lollier**

*Bilingual hypnotherapy practitioner · 20 years in the tech industry.*

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Service area: 30 km radius around Sophia Antipolis