

**Certified Hypnotherapist**

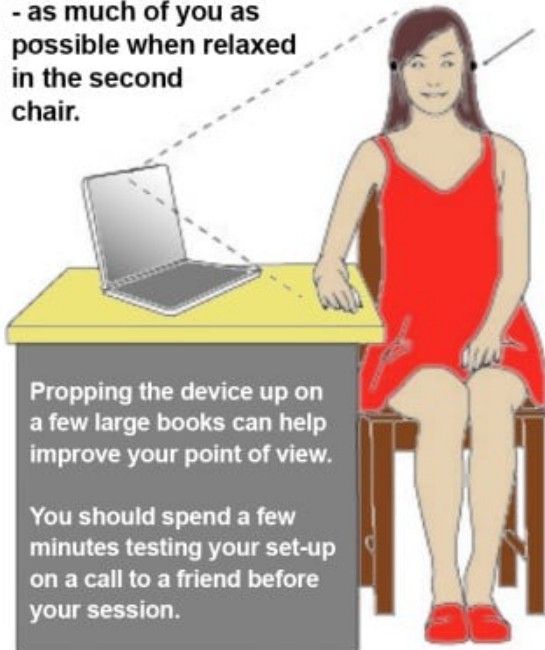
Hyp-Replacement.com / jkennedy@hyp-rep.com  
501 W Broadway; Suite A190; San Diego, CA 92101  
+1.818.908.2233 – US / +44 (0)20 3875 9200 – UK

## Preparing for your Session

Below is a guide for the best setup for a Zoom meeting:

# Ideal setup for your Zoom first session

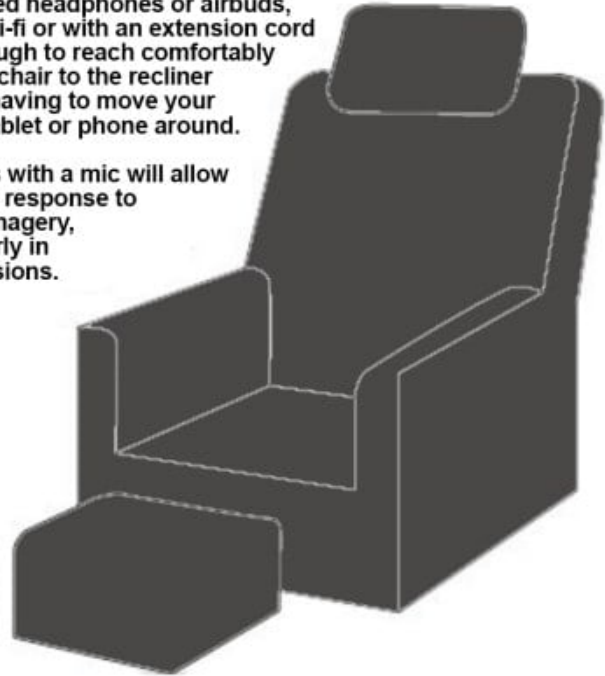
Starting in a chair near a standard height desk or table - your laptop, tablet or phone is positioned to see your head to your arm - as much of you as possible when relaxed in the second chair.



The second chair is a recliner, couch or lounge with a foot stool and a pillow for head support.

You'll need headphones or airbuds, ideally, wi-fi or with an extension cord long enough to reach comfortably from the chair to the recliner without having to move your laptop, tablet or phone around.

Headsets with a mic will allow an easier response to guided imagery, particularly in later sessions.



Here are a few preparation tips for your session:

- Double check your lighting to be sure you are well lit and your facial expression will be easily seen.
- Eat a snack with a high protein value.
- Wear whatever clothing is most comfortable for you.
- Your selected location should be in a safe environment that is free from outside distractions (e.g. ringing phones, pets, people, etc.).
- Lying down for your session is not recommended (we're aiming for trance and not sleep!).
- Plan to launch your Zoom link 5 minutes early – you will arrive to the Zoom “waiting room” and met shortly after.