



About Roberta

My name is Roberta Fernandez. I am certified:

- by the National Guild of Hypnotists as a Board Certified Hypnotist
- by the National Guild of Hypnotists as a Certified Instructor
- by the National Guild of Hypnotists in their Complementary Medical Certification in Pain Management from the American School of Clinical Hypnosis, International
- as a Consulting Hypnotist and NLP Master Practitioner by the Minnesota Institute of Advanced Communication Skills
- as a 5-Path Consulting Hypnotist developed and trademarked by the Banyan Hypnosis Center in California

I also have 30 years experience in education, training, and finance, working across public and private sectors. Past clients include Kemps, Pentair, Sam's Club, Starwood VO, JP Morgan Chase, the MPCA and DNR, and many government and educational institutions.

Having used hypnosis successfully in so many ways for myself, I feel compelled to help others become more positive, productive, and purposeful in achieving their life goals.

Roberta Fernandez, BCH,CI
952-934-1315

Roberta@FAREHypnosis.com
www.FAREHypnosis.com

FARE Hypnosis CENTER
8353 CRYSTAL VIEW RD #201
EDEN PRAIRIE, MN 55344



FARE WEIGHT LOSS PROGRAM

Obesity is an expensive health condition - for employees and for you as their employer. Over weight employees have higher absenteeism and presenteeism, are more prone to injury, and experience less confidence than normal weight employees.

Provide your employees with this important tool to help them lose weight with the FARE Weight program in your organization today.

FARE Weight for Groups

Corporate Group Fees	
Minimum Participants	Cost Per Person, Per Session
5-9	\$50.00
10 -19	\$40.00
20 - 50	\$30.00

Seven Sessions

Each participant completes a survey and is required to read *The Secret Language of Feelings*. Cost is \$15 per book

Session 1: Hypnosis education, goals and expectations, group experience growth work (90 minutes)

Sessions 2-6 are held weekly. Topics include: emotional hunger, food relationships, habits and self hypnosis (60-90 minutes) Session 7 is held 30 days after session 6

Participants are given CD's for weight reinforcement and relaxation to listen to the every day and at any time they choose the program. In addition to reading the book, there are other activities during the week to be done individually

Reinforcement session: Each participant is entitled to one individual reinforcement session within 12 months of Session 7 at my office if needed.

Do You Know?

- Obesity is a health concern in and out of the workplace. Obesity related conditions include heart disease, stroke, certain types of cancer and type 2 diabetes and. More than one-third of adult Americans are overweight
- Weight-related diseases account for nearly 10 percent of medical spending - from heart disease treatments to diabetes medications. Each overweight employee can cost almost \$17,000 every year in extra absences, healthcare expenses, and presenteeism (showing up too tired or ill to work effectively)
- Obese workers file more workers' compensation claims, have higher costs from those claims, and lose more days of work than non-obese workers, according to a Duke University study. The results of this study showed 5.8 workers' compensation claims among workers with normal weight versus 11.65 claims for morbidly obese workers; claim levels were \$7,503 versus \$51,019 on average, and lost workday rates were 14.19 versus 183.63
- Excess weight contributes to other health conditions, among them arthritis, asthma, and depression. Obese people have 30 to 50 percent more chronic health issues than heavy smokers and drinkers
- The cost of obesity related treatments was about \$210 billion in 2006, or nearly 10% of all medical spending, mostly for treating diabetes. Absenteeism costs \$4.3 billion each year, and lower productivity costs of \$506 per obese worker per year

For more successful outcomes, I recommend that employees share in the money and time investment of this program with their employer.

Facts About Hypnosis

Hypnosis is your ability to convince or unconvince yourself of anything. It helps you change the focus on behaviors you wish to let go of, and the repetitive associations and expectations that you connect to those behaviors.

How does it work?

Hypnosis bypasses the critical factor, your conscious judgment, and opens the door to your powerful subconscious to implant positive selective thinking.

How long does it take?

Because you must be a willing participant in hypnosis, each individual's experience will vary. Your desire for change, and the level to which the issue is embedded in your subconscious, all play a part in how quickly change can happen. I can't wave a magic wand, but if you really want the change, follow my instructions and watch it happen! You are the one in control.

Can I be forced into trance or be made to do something against my will?

No. Hypnosis is a 100% consent state. Your subconscious mind is always in complete control and it can only take suggestions that it is given in the best way. You can not be forced to do or say anything while in trance that you would not do outside of hypnosis.

Will I remember what happens?

For the most part, you will remember nearly everything. Your conscious mind may wander, but your subconscious never forgets, especially while in hypnosis, when it is highly alert.

