



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 and Certified Professional Hypnosis Instructor with the Banyan Hypnosis Center

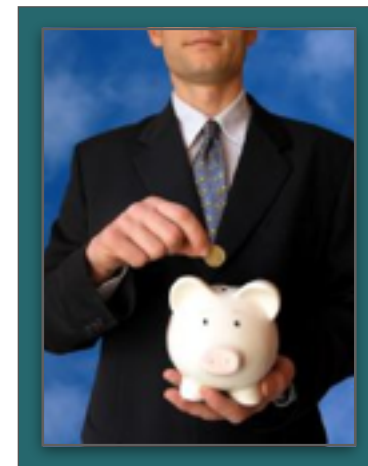
I am the author of *Breaking Free from Pain and Opioids: Discovering the Hypnosis Option*. I have 30 years experience in consulting, education, training, and finance, working across public and private sectors. Past clients include Kemps, Pentair, Sam's Club, Starwood VO, JP Morgan Chase, the MPCA and 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, CPHI
952-934-1315

Roberta@FAREHypnosis.com
www.FAREHypnosis.com

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



4 WAYS TO SAVE DECREASE COSTS AND INCREASE PRODUCTIVITY

Stress, smoking, obesity and pain management costs your company thousands of dollars each year in lost productivity, absenteeism, workers comp claims, and increased insurance costs.

Programs that help your employees reduce and manage their stress levels and pain, lose weight and stop smoking increases your bottom and top line.

4 Ways Hypnosis Can Save You \$

Do You Know?

- 66% of workers have sustained, high stress levels, with extreme fatigue or feeling out of control: Cost to business is \$300 billion
- Stress impacts effectiveness at work: 47% cite ineffectiveness 1-4 days each year, 29% cite 5 or more days
- The only pre-existing condition remaining under the Affordable Care Act is smoking, and insurers are allowed to charge up to 50% more for smokers
- A 2013 study by Ohio State University found that businesses pay \$6,000 more per year for smokers. More than half of those costs are attributed to lost productivity from smoke breaks alone.
- The cost of obesity related treatments was about \$210 billion in 2006, or nearly 10% of all medical spending. Absenteeism costs \$4.3 billion each year. Lower productivity costs \$506 per obese worker per year
- Obese workers file more workers' comp claims, have higher costs from those claims, and lose more days of work than non-obese workers. There are 5.8 comp claims among workers with normal weight versus 11.65 claims for morbidly obese workers
- In 2010, the annual cost of treating and managing pain in the United States was estimated to be between \$560-\$635 billion, including medical care and economic costs due to disability days, lost wages and productivity.
- One in four employees with low back pain cost employers \$51,400yr per 100 employees in medical and lost productivity. Lost work time and presenteeism costs employers another \$34,600 per 100 workers.

About Hypnosis

Hypnosis is a heightened state of awareness and focus, when a person is open to new thoughts and ideas.

Our goal is to help participants utilize this natural state of mind intentionally and purposefully by teaching them self-hypnosis. This enables them to reach their goals easily and more effectively, and empowers them by providing tools for their self-care.

Hypnosis is a 100% consent state. The person is always in complete control and will only accept ideas that are congruent with their values. No one can not be forced to do or say anything that they would not normally do outside of hypnosis. It is non-invasive and has no negative side effects. There are many scientific studies and research on the efficacy of hypnosis for pain, fears, worry, sleep and other physical ailments.

FARE Hypnosis offers group programs and workshops to help employees use the power of their own minds to manage their stress and pain, stop smoking and lose weight. Among them are:

Strain Drain
Breathe Deep
FARE Weight
Breaking Free from Pain

Programs on other topics such as confidence building and organizational change are individually designed to meet the needs of your goals and culture.

Helping employees gain control over their own physical and mental health can change their lives for the better and save your organization money.

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

Group Sessions

Breathe Deep Smoking Cessation:
3 sessions
FARE Weight: 7 sessions
Breaking Free from Pain: 5 Sessions

Workshop Fees	
1 Hour	\$400
3 Hour	\$900
6 Hour	\$1700

Workshops for stress management and other custom topics such as Organizational Change, can be conducted in 1, 3 or 6 hour sessions.

Pricing is based on the length of the workshop rather than number of participants, though typically more than 50 attendees are not recommended.

For more information on these programs, please call Roberta at 952-934-5797 or email her at Roberta@FAREHypnosis.com.

