

Shape your body – Sharpen your mind – Elevate your spirit.

Transform360



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Meet your hypnotherapist Catherine

"Sharpen your mind"

I'm Catherine, your dedicated hypnotherapist and expert in Neuro-Linguistic Programming (NLP). With years of experience in the field of hypnotherapy, coupled with a profound understanding of NLP, I have devoted my career to helping individuals like you unlock their full potential and achieve transformative life changes.

Hypnotherapy is a powerful tool that uses guided relaxation and focused attention to achieve a heightened state of awareness, often referred to as a trance. In this state, you can explore deep-seated thoughts and feelings, facilitating meaningful changes in your behaviour and mindset. Neuro-Linguistic Programming, on the other hand, is about understanding how we communicate with ourselves and others. It's a methodology that helps reprogram your mind's language to achieve specific goals and overcome personal challenges.

In Transform 360, I have carefully crafted 13 sessions that integrate the best of both worlds – hypnotherapy and NLP. These sessions are designed to guide you through a full 360-degree transformation. My goal is to help you become the best version of yourself, the version that is true to your essence and potential. I am here to support you on this journey of self-discovery and growth. Let's work together to unlock the life you've always envisioned!

Catherine

Hypnotherapist &
Neuro Linguistic
Programmer



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Meet your trainer Debbie

"Shape your body"

I'm Debbie Gilbey, your trainer and a proud two-time Miss Universe. I am thrilled to be a part of the Clear Minds family and even more excited to be a part of your transformation journey. My mission is to help you reach all your weight loss and fitness goals.

With my experience and passion for fitness, I've put together a workout plan within the Transform 360 program that is suitable for everyone, regardless of your current fitness level. Whether you're just starting out or looking to challenge yourself further, these workouts are crafted to be both effective and enjoyable.

Fitness is a journey, and I am here to guide you every step of the way. Together, we'll work towards unlocking your physical potential and achieving the results you've always wanted. I believe in you and your ability to transform, and I can't wait to see the amazing progress you're going to make.

Let's embark on this exciting journey together! Your transformation starts now, and I am here to support you through it all.

Looking forward to seeing you shine.



Debbie

2X Miss Universe

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Meet your Breathwork Practitioner Sophie

“Elevate your spirit”.

I'm Sophie, your in-house Breathwork and Meditation practitioner at Clear Minds. My journey into the world of breathwork began during a deeply personal battle with cancer at a young age. During that challenging period, I discovered the profound impact of breathwork and meditation on healing and well-being. This experience propelled me to delve deeper, eventually leading me to become a world-renowned expert in this field.

Now, as part of your transformative journey with Transform 360, I am here to share this powerful tool with you. Breathwork is more than just a technique; it's a pathway to inner peace, balance, and harmony. It has the power to calm your mind, collect your thoughts, and bring you into a state of oneness with yourself.

As you embark on this journey to transform every aspect of your life, I will be right here, guiding you through breathwork and meditation sessions designed to complement your personal growth. Together, we will explore practices that will help you feel more centered, grounded, and connected to your inner strength.

I am deeply honored to be a part of your journey and to support you in finding that serene space within yourself. Here's to a journey of transformation that touches every part of your being.



Sophie

Breathwork Practitioner



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Getting Started

The best way to experience the full benefits of Transform 360 is to follow our carefully structured 4-week cycle plan. This plan is designed to guide you through each stage of your transformation. It does this in a systematic and effective way that ensures you will get the most out of each session.

We also understand that everyone's journey is unique. And if you are already familiar with Clear Minds sessions, remember that you always have the flexibility to tailor the program to your needs.

Feel free to pick and choose sessions that resonate with you better and swap them with others or repeat them listening to max. 2 sessions a day. You can adapt this program by adjusting the schedule to fit into your personal growth plan.

When you reach the end of the 4-week cycle, you can continue to use the sessions and home workouts to ensure you maintain a fit and healthy lifestyle!

And should you find yourself in need of guidance or you have any questions about Transform 360, please contact our helpful customer service team who are here to help.

You can reach out to us at anytime via email:

info@clearmindshypnotherapy.com.

You can also connect with us on our social media channels. We have a dedicated support team available 24/7 to assist and provide the encouragement you need to help you reach your weight loss goals. We are here to support you every step of the way on your transformative journey.

The logo for Transform 360 features the word "Transform" in a light purple font and "360" in a dark green font. A purple line starts from the bottom of the "360", loops around it, and ends with an arrowhead pointing towards the top of the "360".

Transform360

Get Ready for Your 360 Transformation!

In the Transform 360 program, we have taken great care to ensure that all the home workout sessions cater to each individual at various stages of their fitness journey. We recognise that one size does not fit all and everyone is unique with a different metabolic rate, as well as stage in their life. Therefore, we have crafted specialised home workout videos to meet your unique goals.

Remember, for those of you who are just starting out or prefer a gentler approach, maybe because of mobility or just in general. You can opt for the "STRETCHES" or "CHAIR" workout sessions.

These are perfect if you're looking for low-impact exercises that are easy on the joints but effective in keeping you active. We also have beginner-level standing training sessions for those who are ready to take a step up but are not quite prepared for the full intensity of our regular workouts. If you're new to exercising or returning after a break, then we recommend starting with these sessions and ease yourself into a fitness routine.

We suggest that everyone aim to complete a workout session on Monday, Wednesday, and Friday. Then, we've added an additional optional stretch session on Saturday. This schedule is designed to provide a balanced approach, allowing adequate time for recovery and rest.

For those who feel up to the challenge and wish to push their limits, adding an additional workout on Tuesday and Thursday is also an option. These are extra optional sessions based on your own fitness level and comfort.

An essential part of any workout routine is stretching, so we've included a Full Stretching Pack created by Debbie in the Transform 360 package. We strongly recommend that you start each workout session with a warm-up stretching session to prepare your muscles and reduce any risk of injury.

Similarly, it's important to cool down with a stretching session after your workout to aid recovery and maintain flexibility.

These diverse options and recommendations are all part of our commitment to provide a holistic, adaptable, and effective fitness experience within the Transform 360 program. Your journey to wellness is uniquely yours, and we're here to support you every step of the way.



WEEK 1

MONDAY

Visualising Weight Loss Success Guided Meditation
+
STANDING STRETCHES PART 1 & 2 (HOME WORKOUT)

TUESDAY

Mindful Eating Guided Meditation
+
Overcome Binge Eating Sleep Edition Hypnotherapy

WEDNESDAY

Motivation To Exercise Hypnotherapy
+
BEGINNER STANDING TRAINING (HOME WORKOUT)

THURSDAY

Manifesting Your Desired Lifestyle Guided Meditation
+
Overcoming Emotional Binge Eating Hypnotherapy

FRIDAY

Stay Hydrated For Weight Loss Hypnotherapy
+
AEROBICS ((HOME WORKOUT)

SATURDAY

FLOOR STRETCHES (HOME WORKOUT)
+
Healthy Weight Loss Sleep Edition Hypnotherapy

SUNDAY

Making Healthy Food Choices Hypnotherapy
+
Breathwork - The Path to Enlightenment

WEEK 2

MONDAY

Motivation to Exercise Hypnotherapy
+
AEROTONE WORKOUT (HOME WORKOUT)

TUESDAY

Visualising Weight Loss Success Hypnotherapy
+
Stress Reduction for Emotional Eating Hypnotherapy

WEDNESDAY

Mindful Eating Guided Meditation
+
CIRCUIT WORKOUT (HOME WORKOUT)

THURSDAY

Self Love Guided Meditation
+
Healthy Relationship with Food Binge Edition Hypnotherapy

FRIDAY

Stay Hydrated for Weight Loss Hypnotherapy
+
FUNCTIONAL TRAINING (OPTIONAL HOMEWORK OUT)

SATURDAY

Overcome Binge Eating Sugar & Sweet Snacks Hypnotherapy
+
SITTING STRETCH (HOME WORKOUT)

SUNDAY

Inner peace and Calm to Start your Day
+
Healthy Weight Loss Sleep Edition Hypnotherapy

WEEK 3

MONDAY

Breathwork - Winner Mindset “The Go-getter”
+
CHAIR (HOME WORKOUT)

TUESDAY

Visualising Weight Loss Success Hypnotherapy
+
Healthy Weight Loss Maintenance Session Part 1

WEDNESDAY

Healthy Relationship with Food Binge Edition Hypnotherapy
+
AEROBICS (HOME WORKOUT)

THURSDAY

Mindful Eating Guided Meditation
+
Making Healthy Food Choices Hypnotherapy

FRIDAY

Stress Reduction for Emotional eating Hypnotherapy
+
CIRCUIT WORKOUT (HOME WORKOUT)

SATURDAY

STANDING STRETCHES PART 1 & 2 (HOMEWORK OUT)
+
Overcome Emotional Binge Eating Hypnotherapy

SUNDAY

Breathwork - The Path To Enlightenment
+
Overcome Binge Eating Sleep Hypnotherapy

WEEK 4

MONDAY

Motivation to Exercise Hypnotherapy
+
LEGS BUMS & TUMS PART 01 (HOME WORKOUT)

TUESDAY

Manifesting Your Desired Lifestyle Guided Meditation
+
Healthy Weight Loss Maintenance Session Part 2

WEDNESDAY

Stay Hydrated for Weight Loss Hypnotherapy
+
LEGS BUMS & TUMS PART 02 (HOME WORKOUT)

THURSDAY

Visualising Weight Loss Success Hypnotherapy
+
Overcome Binge Eating Sugar & Sweet Snacks Hypnotherapy

FRIDAY

Making Healthy Food Choices Hypnotherapy
+
AEROTONE WORKOUT or AEROBICS (HOME WORKOUT)

SATURDAY

Breathwork - Winner Mindset "The Go-Getter"

DYNAMIC STRETCH (HOME WORKOUT)

SUNDAY

Self Love Guided Meditation
+
Healthy Weight Loss Sleep Edition Hypnotherapy