



Ashlee Livingstone

Chief Engagement Officer, Our Forté
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Uncover blocks

Unlock your subconscious

Reshape your stories

Hypnotherapy helps you access your subconscious in a safe and comfortable space. When you let go of your every day worries and concerns, you can explore your past, learn from your experiences and reshape your stories to move forward more confidently.

"Hypnotherapy with Ashlee is transformational. It feels effortless and easy. All I need to do is show up and she guides you and you feel safe, comfortable, and secure to be able to go into the depths of your subconscious.

"Afterwards my energy feels completely shifted. I have clarity on my next steps, removing my doubts so I can take action and see the results I desired in my life and business"

Kristin Swanson

HYPNOTHERAPY

Hypnotherapy helps you uncover the blocks, stories and beliefs that are holding you back from achieving your personal and professional goals.

Hypnotherapy is NOT mind control! While you are guided into a relaxed meditative state, you will remember everything discussed during the session.

Sessions are performed virtually, allowing you to be present in a comfortable space, where you will not be disturbed.

Choose from:

6 Session Starter Package

- Ideal for those interested in exploring the joy of hypnotherapy; we will work on uncovering your blocks and freeing your worries.
- Includes journal prompts and session notes.

Investment: 6 x 60-minute sessions | \$850



3 Session Maintenance Package

- Ideal for those more experienced in hypnotherapy, with a clearer idea of what they wish to work on.
- Includes journal prompts and sessions notes.

Investment: 3 x 60-minute sessions | \$450



Single Session

- Available only for those who have completed a package, and wish to explore a new block or set a new goal

Investment: 1 x 60-minute session | \$200

[Book Now](#)



The EDGE is thoughtfully designed to personalize business and create a thriving, sustainable culture through our four cornerstone pillars:

Engagement | Development | Gratitude | Experience