

Bellevue Hypnotist

Craig Sigl (Mr. Energy) C.Ht., M-NLP

"Hi Craig,

I'm pleased to report that I'm doing really well! I haven't had any panic attacks, and the generalized anxiety that I would sometimes experience has decreased significantly. I have been exercising an average of 5 days a week for 40 minutes at a time. This in itself has been such a positive change for me. I have an increased sense of general well being and more energy, and I'm feeling less stressed and more patient. The hypnotherapy sessions helped me work through some issues that were blocking the real me and my potential. I no longer feel like I'm stuck.... and it's such a relief."

Samantha West, Snohomish Wa

Craig has a 25+ year history of coaching, training and counseling with adults and children. Craig began his career in this field studying psychology and sports performance. He created several mental game products for golf that he still sells on the internet today at: www.break80golf.com After helping thousands of golfers all over the world reduce their golf scores, he found greater purpose in helping folks change their lives! After coursework in Hypnosis and NLP and earning Trainer's certification in both, he has dedicated himself to using these modalities to help people everywhere with their chronic pains, losing weight, healing, sports and business performance, and achieving their potential in all aspects of their lives. In his studies and trainings he discovered the scientific link between the mind, body and spirit and guides his clientele this way in his current medical hypnosis practice. He is inspired by the pioneering works of doctors and scientists such as Herbert Benson, John E. Sarno, Scott Brady, Deepak Chopra, Ernest Hilgard and others who are expanding the field of mind-body healing as a complement to modern medicine. Craig has 2 boys he loves to spend time with and take on trips. He loves the outdoors, sports, travel, fitness and exercise, reading and studying the mind. On any given off day you can find him at the gym, the golf course, or running around the city if not with a client. Craig absolutely positively loves people. He entered this field from that passion and feels directed in his purpose to help folks experience their lives with energetic movement by using these cutting edge psychological techniques. It wasn't that long ago that he routinely saw doctors for his own back pains and other conditions. He has experienced the magic of Hypnosis, NLP and Time Line Therapy in transforming his own mind and body. He wants the perfect health and abundant energy he now has to be yours! Craig's qualifications: Washington State registered Hypnotherapist Washington State registered Counselor Certifications: International Medical & Dental Hypnotherapy Association, National Guild of Hypnotherapy, National Exercise & Sports Trainers Association – Sports Hypnotist, Association for Integrative Psychologies, The National Board of Professional and Ethical Standards, Slender For Life Training: Advanced Neurodynamics, The Empowerment Partnership: Trainer and Master Practitioner of NLP, Hypnosis and Time Empowerment techniques Alabama School of Hypnotherapy: Medical Hypnotherapist Education: B.S., Cal State University Long Beach Other Experience: Fortune 500 Manager Speaker: Toastmasters - CT level Speaker and Former Club President Craig is a dynamic speaker who presents eye-opening and entertaining seminars If you think your group can handle his uplifting energy, call 425-205-0024 to book him at your event.