

Dolfinio Method™

COACHING, HYPNOSIS AND
CREATIVE VISUALIZATION

Training Catalog



DOLFINO



The Dolfino Academy

We teach the Dolfino Method™, a coherent set of coaching, hypnosis and creative visualization techniques. You can use it to promote the achievement of goals related to health, professional life and more.

Our training is “hands-on” and experiential. It gives you concrete knowledge and techniques that you can put into action immediately.

The training is offered in a large number of cities in Quebec, Europe and elsewhere in the Francophonie. Some are also available via the Internet on your computer, tablet and smartphone. You will find the training calendar on our website: www.dolfino.tv

The Management Team

Éric Chagnon and Catherine Dupuis

Our teaching method



We offer a learning experience based on the following principles :

1

Enriching

We openly share our knowledge and experiences. Our trainings are rich with teachings and our training manuals are complete.

2

Action-oriented

We know that only action brings tangible changes. Our teachings are ‘hands-on’. They are designed to be put into application immediately in your daily life.

3

Captivating

We are passionate about the subjects we teach... Our trainings are dynamic and we transmit our knowledge with enthusiasm.

4

Amusing

We love humor and encourage friendly relationships. We offer tools that facilitate the organization of practice groups and meetings outside of the trainings.

5

Transformative

You will be transformed by your experiences and will have concrete tools to facilitate the transformation of those who ask you for it.

The Dolfino™ Method

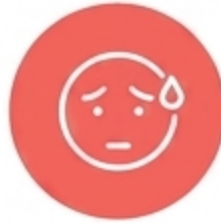
The Dolfino™ Method is a set of coaching, hypnosis and creative visualization techniques that allow you to activate your full potential.



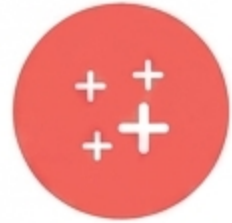
Stimulate the body's regenerative capacities



Align your talents and strengths towards achieving your goals



Manage emotions and stress more healthily



And much more ...

You can use the Dolfino™ Method for yourself and to guide friends, clients and patients.

The Dolfino™ Method draws inspiration from the most recent discoveries in psychology, hypnosis and neuroscience. It integrates numerous innovations designed to improve efficiency, facilitate learning and activate full potential. Pleasure is a central ingredient of the Dolfino™ Method; it facilitates transformations, increases motivation and makes you want to experiment with different techniques.

This method takes into consideration as much the body as the mind. It promotes better awareness of your inner world and your emotions to then put you in contact with your capacity to make them harmonious and pleasant. It also allows you to communicate effectively with your body to indicate desired changes, such as pain or stress reduction.

The Dolfino™ Method is designed to be safe and easy to learn. Painful events of the past are never visited.

It is rather metaphors, coaching games, archetypes, creative questions and the imaginary that are used to favor desired changes.

Our trainings are « hands-on ». Each technique is explained, demonstrated and experimented with. You guide a partner and he guides you equally. Thus, in addition to learning each of the techniques, you will also benefit from their benefits.

For those who are especially interested in hypnosis and creative visualization, learning this method begins with the basic course « Activate your full potential with the Dolfino™ Method ».

The Leadership Team

(who also teach!)



Catherine Dupuis

Director, co-founder and teacher

Catherine studied economics and chemistry in university. She is a hypnotherapist thirsty for knowledge and a passionate teacher by being human.

Captivated for several decades by hypnosis, naturopathy, teaching and neuroscience, she shares her knowledge generously and with always renewed pleasure.



Éric Chagnon

Director, co-founder and teacher

Éric studied engineering in university. He is an adventurer, an entrepreneur and a traveler with a joyful pen. Passionate about the capacity of being human to surpass oneself, Éric is curious to live new experiences to share in a spirit of play and inventiveness. He is an enthusiastic and innovative teacher who likes to give a vision of his passions by making them live off the beaten path.

He knows how to transmit his knowledge with humor and simplicity. Enlightened leader by an inspiring vision of the world of tomorrow, he has also won numerous entrepreneurship awards over the last 15 years.

Description of all training courses

Description of all courses



Activate your full potential with the Dolfino™ Method - (APPMD)

(no prerequisite)

4 days

Hypnosis is a gateway to access your unconscious. This part of you is responsible for your heartbeats, your emotions, your beliefs, your immune system and much more. In fact, more than 85% of your behaviors are directly influenced by your unconscious (habits, reactions, beliefs, etc.). Furthermore, with the Dolfino Method™, you will be able to transform your health, your quality of life, reduce your stress, gain confidence, free yourself from the burdens of the past, improve your relationships, and much more.

You will start by learning the foundations:

- The fields of action of hypnosis, ethics and the rules of the game so that it is always safe
- The fields of action of hypnosis, ethics and precautions to take
- Goal determination and the establishment of work agreements
- Suggestibility tests
- Rapid hypnotic trance induction techniques (less than 5 minutes)
- Deepening and trance exits
- Using metaphors

Then, you will learn the most frequently used techniques and experience them to:

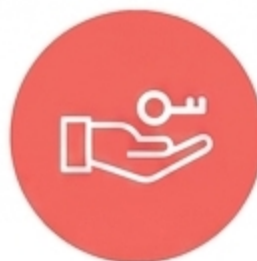
- Reduce physical pain
- Free yourself from 'destructive patterns' and painful emotions
- Bring peace to your relationships (deceased people, romantic relationships, etc.)
- Release blockages and breathe more freely
- Gain confidence and self-esteem
- Connect to your inner strengths to facilitate the achievement of your goals
- Use all these techniques with your friends and clients as well as on yourself in self-hypnosis

Description :

dolfino.tv/sgc/appmd



Description of all courses



Dolfino Method™: Techniques for phobias, allergies and machine room

(prerequisite - APPMD)

2 days

The Dolfino Method™ includes powerful techniques to have an effect on the body. They allow communicating the desired changes to the unconscious which, surprisingly, usually has the power to achieve them.

You will learn three of the most useful techniques of the Dolfino Method™ :

- **Freeing yourself from allergies:** Peanuts, pollen, dogs, cats and others
- **Freeing yourself from fears and phobias:** Public speaking, flying, being in a closed space and others
- **The machine room:** This technique allows intervening in the numerous physiological processes that are managed by the unconscious. It allows generating lasting changes, notably :
 - Weight and metabolism (to reduce or increase body mass)
 - Stress
 - Insomnia and sleep quality

You will also learn how to use the anchoring technique in several ways. It will serve you to release allergies and phobias. You will also see how to use it as a full-fledged resourcing technique.

The bonus technique of the 'excellence booster' will also be taught during this training.

Description :

dolfino.tv/sgc/md-salle-machines



Description of all training courses



Dolfino™ Method: Regression Techniques

(prerequisite - APPMD)

2 days

Regression is an excellent way to rewrite your emotional history in order to overcome certain blockages that hinder the activation of your full potential.

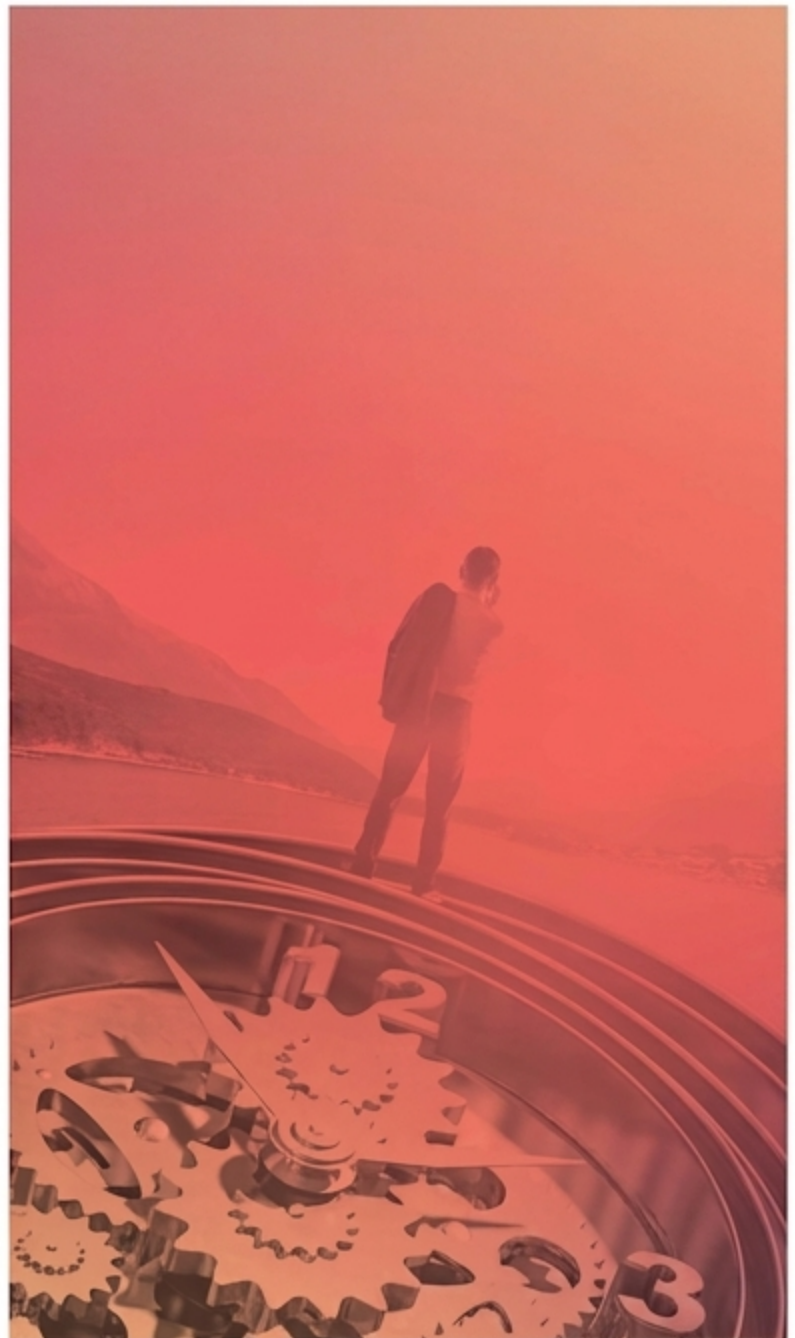
You will learn how to use it to revisit a happy moment. You will then be able to connect with the positive emotions of that moment to bring them back into your daily life. What is most amazing is that the memory of the moment is so real and vivid that all the senses participate. That's why they are never used to revisit painful events in life, it would be unpleasant in addition to being harmful. However, it is very pleasant and useful when used to relive happy moments.

You will also learn how to perform metaphorical regressions. This is one of the most popular techniques of the Dolfino™ Method. They allow you to travel 'out of time' to solve a psychological or physical issue at its source, without revisiting past events. They bring deep and immediate changes.

You will also discover how to perform mineral, plant and animal regressions in order to step back from a situation and see things from another angle. Finally, regression into a 'past life', beyond all beliefs, allows you to find non-obvious solutions to a problem and to escape from destructive 'patterns'.

Description :

dolfino.tv/sgc/md-regressions



Description of all trainings

Dolfino™ Method: Techniques for childhood wounds

(prerequisite - APPMD)

2 days

The technique of wounded children allows to guide the healing of childhood wounds like betrayal, abandonment, rejection and humiliation. The 16 main wounds are addressed. You will also learn to use it to overcome guilt and the feeling of powerlessness.

You will know how to harmonize and reconcile your anima and animus, the masculine and feminine parts of yourself. It is a very useful technique notably for people who have challenges in love or frequent conflicts with people of the opposite sex.

You will also experience techniques that will help you make peace with the judge, the critic and all sorts of other aspects of yourself that can sometimes be destructive.

Finally, the cleaning technique of the « backpack / hot air balloon » will allow you to free yourself from the heaviness of the past and prepare you effectively for the changes necessary to achieve your objectives.

Description :

dolfino.tv/sgc/md-blessures-enfance



A support circle

Thousands of people have participated in our training courses and know the Dolfino Method™. They use it as much in their personal life as in a professional setting. It is an active community that openly shares its tips, tricks and perspectives. You can participate via social networks, during special events that we organize and by organizing meetings with your colleagues and friends yourself.

We also regularly publish videos and articles intended for practitioners of the Dolfino Method™. They serve to deepen your knowledge and teach you new ways of using the techniques you know. They are available for free on our Web site as well as on groups dedicated to practitioners on social networks.

We regularly highlight practitioners of the Dolfino Method™ in videos where they present their practice and their support experiences. By becoming a practitioner, you will also be present in our Web catalog of professionals who offer the Dolfino Method™ to their clients and patients.





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dolfino.tv

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