YOUR NEXT CHAPTER

Time for you,
your hypnotherapy practice,
and what comes next





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GETTING BACK TO YOU

Because you're your practice's greatest asset

Whether you're just starting out or you've been practising for years, building a hypnotherapy practice takes energy. There's always something else to work on — finding clients, developing your skills, improving your website, marketing yourself, coming up with new ideas or simply trying to work out what to do next.
And sometimes, the harder we push, the more stuck we become.



Your Next Chapter is about doing something different. Stepping away for five nights, giving yourself some space and putting yourself — rather than your to-do list — at the centre for a while. I'll be there to support you every step of the way.
Because when you have time to think, talk, learn, experiment and reconnect with what you really want from your work, ideas start to flow differently. There's room for creativity, for greater confidence in how you work and for a clearer sense of where you want to go next.

All in a stunning location, with your own private room (no sharing!) and just four other hypnotherapists.

Five nights to invest in the most important part of your practice: you.

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YOUR RETREAT

A place to breathe, think and create

For five nights, you'll be staying in a beautiful farmhouse in the Ayrshire countryside, close to Scotland's west coast. You may even recognise the setting — the property was recently featured in Channel 4's Game of Wool: Britain's Best Knitter, hosted by Tom Daley.

Everything you need is here to settle in and feel properly looked after. All your meals and snacks are provided, with tea, coffee, herbal teas and soft drinks available throughout your stay. You'll have a fluffy bathrobe and slippers waiting for you, plenty of comfortable spaces to relax, and a hot tub for the end of the day — perhaps with a herbal tea or a glass of wine.



Getting here is easy

We're less than an hour from Glasgow by train. If you're travelling by public transport, we'll arrange for you to be collected from nearby Prestwick station and brought directly to the farmhouse.

If you'd prefer to be collected from Glasgow or Edinburgh, a private car transfer can also be arranged for an additional fee.

Arrive, settle in and let us take care of the rest.

BUSINESS KICKSTART

Turn Your Ideas Into Real Action

There is no single right way to build a successful hypnotherapy practice. I'll help you look honestly at where your business is now, where you'd like it to be and anything that's getting in the way.
We'll focus on building a practice that feels authentic to you — from the clients you want to work with to how you market yourself and create opportunities for growth.

Each day, you'll have a dedicated **30-minute intensive one-to-one coaching session with me**, focused entirely on you and your business. Alongside this, there'll be small-group focused discussions & training, all led by me, as well as time to work independently on the things you want to get done while you're here.
That might mean improving your website, confidence on camera, getting clearer about your message, creating a new service, looking at your pricing or visibility, or finally tackling something you've been putting off.



We'll also explore what's been holding you back — whether that's confidence, uncertainty, feeling uncomfortable about marketing yourself, too many competing ideas, or simply not knowing where to start.

You'll leave with greater clarity about what you want, what needs to change and a realistic plan for moving your practice forward.

ADVANCED SKILLS

Moving beyond scripts

This is a chance to stretch yourself as a hypnotherapist. We'll look at advanced hypnosis techniques, different approaches to induction and deepening, language, metaphor, responsiveness and ways of adapting your work to the individual in front of you. We'll experiment, practise and explore what happens when a client doesn't respond in quite the way you expected.

Advanced practice isn't necessarily about collecting more techniques. It's about becoming more confident in knowing what to use, when to use it and why.
We'll explore how to work more responsively with the individual client in front of you. We'll look at language, induction, deepening, metaphor and different ways of using hypnosis, but always with a focus on understanding the purpose behind what you're doing and adapting your approach to the client's needs, responses and way of processing.



With only five people, there'll be plenty of opportunity to practise, ask questions, bring your own experiences and explore areas you're particularly interested in.
The aim is to deepen your understanding of hypnosis so that you can work with greater confidence, flexibility and responsiveness.

A DAY AT THE RETREAT

Learning, Space and Time for You

Each day will have a gentle structure, with plenty of room around it. We won't be rushing from one session to the next.
Mornings will usually begin with breakfast together, followed by our main advanced hypnosis session of the day. There'll be demonstrations, discussion and plenty of opportunity to practise and experiment in our small group.

After lunch, we'll shift some of the focus towards your practice and business. We'll have focused group sessions, alongside time to work independently on your own ideas and projects. You'll also have your dedicated 30-minute one-to-one intensive coaching session with me each day.
There'll always be space built into the day too — time to reflect, go for a walk, relax at the farmhouse, use the hot tub, talk with the others or simply have some time to yourself. On some days, we'll head out to the nearby coast.



Evenings will be relaxed. Some will include an informal activity like a coastal sauna or discussion, while others will simply be about sharing dinner, unwinding and enjoying where we are.

Whatever is organised - you're always very welcome to spend some time on your own too. Sometimes that's the most important thing!

WHAT YOU'LL GAIN

Skills, confidence and motivation

As well as going home feeling rested, refreshed and having enjoyed five nights where you haven't had to think about meals, shopping, cooking or all the other everyday things that take up our time, you'll leave with something much more concrete. During the retreat, you'll build your own business portfolio — bringing together the work we've done on your practice, your direction, your ideas and the areas you want to develop.

You'll leave with:

- A clear picture of where you want your hypnotherapy practice to go next
- Specific, realistic goals for the next six months
- A six-month action plan, broken down into manageable next steps
- A business portfolio you can continue to work from when you get home
- Greater clarity around your niche, services, marketing and visibility
- New advanced hypnosis skills and a deeper understanding of how and when to use them
- Greater confidence in adapting your therapeutic approach to the individual client
- A clearer understanding of anything that's been getting in the way of moving forward
- New ideas, new connections and renewed enthusiasm for your practice



You'll leave knowing what you're going to do next.

WHY I CREATED THIS RETREAT

Sharing What I've Learned

For those of you I haven't met yet, I'm Dr Claire Jack. I've been working as a hypnotherapist for around 17 years and now spend much of my time training and supporting other hypnotherapists through the Academy of the Inner Mind. Along the way, I've built my own practice and training business, written and developed specialist approaches and courses, and learned a great deal — often through trial and error — about what it takes to create work that is both personally fulfilling and financially sustainable.

I love teaching and sharing what I've learned over the years, but I've increasingly wanted to do something that goes beyond a course or workshop. Helping someone take their skills and their practice to a whole new level takes time. It needs space to talk things through, try things out, ask questions, explore ideas and work out what really fits. Sometimes it also means stepping away from the usual routine for a while — which is exactly what this retreat is designed to offer.



I'd love to help you create the space to discover your own next chapter.

INCLUDED

What's included

- Five full days and nights at our luxury Ayrshire retreat
- Accommodation at the farmhouse - sole use of bedroom
- All meals, snacks and drinks throughout your stay
- Bathrobe and slippers for your stay
- A dedicated 30-minute one-to-one intensive coaching session with me every day
- Advanced hypnotherapy training in a group of just five practitioners
- Focused small-group business discussions and workshops
- Dedicated time to work on your own business, ideas and plans
- Your own beautifully designed business journal to use throughout the retreat and take home
- A personalised six-month business action plan
- Opportunities to practise and experiment with advanced hypnosis skills
- Plenty of time for reflection, relaxation and enjoying the farmhouse
- Time at the nearby Ayrshire coast throughout the retreat
- Optional social evening activities
- Collection from Prestwick station on arrival and return transfer at the end of the retreat
- Full use of the hot tub and farmhouse facilities

Private car transfers from Glasgow or Edinburgh airports can also be arranged for an additional fee.

Just five places, allowing the retreat to be genuinely shaped around the people who are there.

NEXT STEPS

Your Next Chapter Retreat will take place from Monday 13 September to Friday 17 September 2027, with the option to stay overnight on Friday and leave early on Saturday 18 September by prior arrangement.

The full cost of the five-night retreat is £3,500.
Book and pay in full by 31 January 2027 and the retreat is available for £2,995.
Credit card and Klarna payment options are available. Alternatively, you can spread the cost with monthly instalments of £500, provided the full balance is paid by 1 September 2027.

With only five places available, early booking is strongly advised.
Because this is such a small retreat, with accommodation and other arrangements made specifically for each participant, payments are non-refundable. We therefore strongly recommend taking out appropriate travel or holiday insurance when you book, so that you have cover should illness, travel disruption or another unexpected event prevent you from attending.
To reserve your place or ask any questions, please email info@academyinnermind.co.uk.

If Your Next Chapter feels like the space you've been needing, I'd love you to join me.