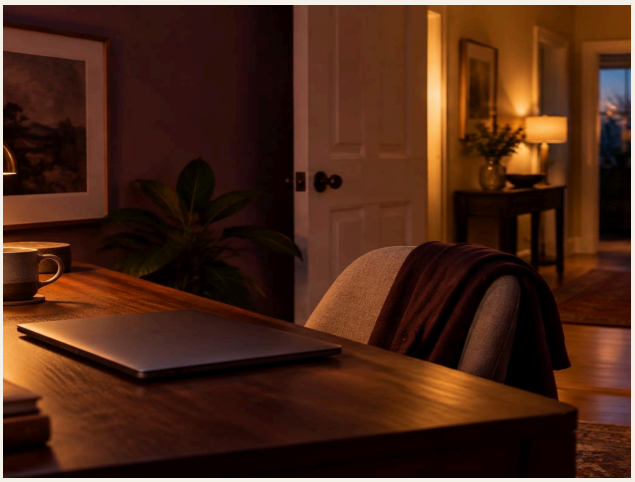
Linda Sevilla

WORKPLACE WELLNESS & TRAINING

Switching Off

Leaving Work at Work

A 60-minute interactive workplace wellness workshop exploring why the mind sometimes stays at work long after the workday ends, and how we can begin creating a clearer transition into personal time.



Leaving work behind isn't always as simple as closing a laptop.

You may finish your workday, close your office door, or complete your last appointment, yet your mind continues reviewing conversations, anticipating problems, or planning tomorrow.

In this interactive workshop, Linda Sevilla explores why some people find it difficult to mentally disengage from work, including the habitual thought patterns and learned associations that may keep them feeling responsible, prepared, or constantly available.

Participants will have the opportunity to experience an optional guided group hypnosis exercise.

lindasevillawellness.com **linda@lindasevillawellness.com**

What Participants Will Learn

Switching Off introduces participants to the possibility that remaining mentally connected to work may involve more than a demanding schedule. Habits, expectations, and learned associations can also influence how easily we transition into personal time.

Through education, private reflection, and an optional guided hypnosis experience, participants explore these patterns and develop a practical technique they can continue using after the workshop.

Understanding the Pattern

Learn about psychological detachment from work and why the mind may continue reviewing responsibilities, anticipating problems, or planning tomorrow long after the workday ends.

Recognizing Subconscious Associations

Explore how beliefs about responsibility, productivity, preparedness, or self-worth may contribute to difficulty switching off, even when someone consciously wants to relax.

Understanding the Value of Recovery

Discover why mental downtime is important for wellbeing and how stepping away from work can support energy, concentration, and perspective. Being responsible and productive doesn't require remaining mentally engaged with work every waking moment.

Creating a Personal Transition Signal

Explore how a personally meaningful cue or ritual can help mark the end of the workday. Through an optional group hypnosis experience, participants will develop and mentally rehearse their own transition signal, which they can continue practicing afterwards.

What Happens During the Workshop?

This 60-minute live virtual workshop combines accessible education, private reflection, practical techniques, and an optional guided group hypnosis experience.

Participants are invited to consider their own relationship with work, responsibility, and rest. No one is required to share personal experiences, and participation in hypnosis is entirely voluntary.

The workshop concludes with a practical technique participants can continue using to help mark the transition between their workday and personal time.

The Group Hypnosis Experience

During the optional guided hypnosis experience, participants are invited to imagine themselves completing their workday and leaving their professional responsibilities behind.

Rather than prescribing the same technique to everyone, Linda guides participants in discovering a personally meaningful transition signal.

For one person, that might be imagining taking off the day's responsibilities along with their work clothes. For another, it could be picturing the day's worries washing away in the shower, or using a particular song to mark the end of work.

Participants then mentally rehearse using their chosen signal, with the intention of developing a familiar cue that helps them redirect their attention toward their personal lives.

The experience is designed to introduce a practical skill they can continue exploring independently after the workshop.

Linda's Professional Background

B.Ed. | Bachelor of Education

27 years | Practicing hypnotherapy since 1999

22 years | Teaching hypnotherapy since 2004

Founder | Horizon Center School of Hypnotherapy and CACHE

Who Is This Workshop For?

Switching Off is designed for organizations whose employees find it difficult to mentally leave work behind. It's particularly relevant to workplaces where high expectations, demanding responsibilities, or constant connectivity can make it challenging to disconnect at the end of the day.

Especially relevant for:

- Professional services firms, including legal, accounting, and consulting practices
- Managers and team leaders who carry responsibility beyond working hours
- Remote and hybrid teams where the boundaries between work and home can become blurred
- Healthcare and client-facing professionals managing emotionally demanding work
- Organizations looking for practical stress-recovery and work-life boundary education

Research Supporting This Workshop

Research in occupational psychology has examined how mentally disconnecting from work during personal time relates to employee wellbeing, recovery, and performance.

The following studies provide a scientific foundation for understanding the importance of psychological detachment and the potential value of learning strategies that support recovery.

Psychological Detachment and Employee Wellbeing

Wendsche & Lohmann-Haislah (2017) · Meta-analysis · 38,124 employees

A large review found that employees who were better able to mentally disconnect from work during their personal time tended to report less exhaustion, better sleep, and greater wellbeing.

Read the research

Improving Psychological Detachment

Karabinski et al. (2021) · Meta-analysis · 30 studies

A review of interventions designed to help employees mentally disconnect from work found a statistically significant, small-to-moderate positive effect. Longer and more intensive interventions generally produced stronger results.

Read the research

What Helps Employees Switch Off?

Agolli & Holtz (2023) · Systematic review · 159 studies

Researchers reviewed 159 studies examining what helps or hinders psychological detachment from work. They considered factors such as job demands, workplace communication technologies, and blurred boundaries between professional and personal life.

Read the research

Want to Explore This Subject More Deeply?

The one-hour Switching Off workshop introduces participants to the patterns that can keep their minds engaged with work and provides a practical technique to begin creating a clearer transition into personal time.

For organizations interested in going further, Linda also offers the opportunity to develop a six-week program that explores these patterns in greater depth.

An extended series can examine habitual worrying, the need to remain prepared, beliefs about productivity and self-worth, responsibility and boundaries, and the development of healthier associations with rest and recovery.

Through continued education, reflection, practical exercises, and guided hypnosis experiences, participants have more opportunities to explore and practice new responses over time.

Ask about the six-week Switching Off program:lindasevillawellness.com/workshops/switching-off

Looking for Something Different?

Every workplace has its own challenges. If Switching Off isn't quite what your organization needs, Linda can develop a customized workshop or multi-session program designed around your team's particular circumstances.

An initial consultation provides an opportunity to discuss your organization's goals, the challenges your employees are experiencing, and the format that would best meet your needs.

Explore customized programs: lindasevillawellness.com/customized-programs

Bring Switching Off to Your Team

Switching Off is available as a 60-minute live virtual workplace wellness workshop, with an optional guided group hypnosis experience.

To discuss workshop availability, participant numbers, or an extended program, contact Linda Sevilla.

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Educational workshop. Participation in group hypnosis is voluntary. The workshop does not replace individualized medical or mental health care.

“Linda brings not only a wealth of hypnotherapeutic skill and knowledge to her classroom, but also fantastic teaching methodology, ethical integrity and enthusiasm for her students' growth.”

KAI CHENG THOM

“I can't say enough about the amazing work Linda does. She is professional, effective and caring.”

Mark Watts