Linda Sevilla

WORKPLACE WELLNESS & TRAINING

A Different Kind of Workplace Wellness Workshop

Interactive education, practical tools, and guided group hypnosis.



Since 1999, Linda Sevilla has helped thousands of clients understand the patterns of thought and behaviour that influence how they respond to everyday challenges.

Her interactive workplace wellness workshops bring that experience into a group setting, combining engaging education, practical techniques, and optional guided hypnosis. Participants leave with fresh insights and tools they can continue using in their everyday lives.

lindasevillawellness.com

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FEATURED WORKSHOPS

Three Workshops. Three Very Human Experiences.

Each workshop is a 60-minute live virtual session combining engaging education, practical techniques, and optional guided group hypnosis.

Designed for workplace lunch-and-learns or employee wellness programs, these sessions help participants understand familiar patterns of thought and behaviour while giving them something useful to practice afterward.

Switching Off

Leaving Work at Work

Ever finish your workday only to discover your mind hasn't clocked out?

Explore why some people remain mentally engaged with work long after the day ends, how beliefs about responsibility, achievement, and preparedness may contribute, and practical ways to create a healthier transition into personal time.

60-minute live virtual workshop | Optional group hypnosis

Quieting the Busy Mind

Sleep & Overthinking

You've tried going to bed earlier, limiting screen time, and establishing a bedtime routine. Yet somehow, when your head hits the pillow, your mind seems to have other plans.

Explore how habitual worrying, subconscious associations, and beliefs about rest may contribute to nighttime overthinking. Participants will experience a guided group hypnosis exercise and discover a personally meaningful technique to practice as part of their bedtime routine.

60-minute live virtual workshop | Optional group hypnosis

Confidence Under Pressure

When Being Prepared Isn't Enough

You've prepared thoroughly. You know your material. Yet when you're asked to speak up in a meeting, deliver a presentation, or perform under pressure, your confidence can seem to disappear.

Explore how past experiences, learned associations, and subconscious beliefs may influence our reactions to situations where we feel evaluated or judged. Through guided group hypnosis and mental rehearsal, participants explore responding with greater composure and develop a personal confidence cue they can practice using afterward.

60-minute live virtual workshop | Optional group hypnosis

Looking for Something More Specific?

Every workplace is different. The challenges facing a healthcare team may be very different from those experienced by sales professionals, educators, or corporate executives.

In addition to these featured workshops, Linda develops customized workplace wellness programs designed around the specific needs of your organization. Options include one-time workshops, industry-specific presentations, and extended programs delivered over several weeks.

Explore customized programs: lindasevillawellness.com/customized-programs

“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

Meet Linda Sevilla

Experienced Hypnotherapist. Educator. Workshop Facilitator.

Linda Sevilla, B.Ed., has been practicing as a Clinical Counseling Hypnotherapist since 1999 and teaching hypnotherapy since 2004.

She is the founder of Horizon Center School of Hypnotherapy and the Canadian Association of Counseling Hypnotherapists and Educators (CACHE), and has served on the boards of professional hypnotherapy associations.

Over the course of her career, Linda has worked with thousands of clients, helping them explore the beliefs, learned associations, and habitual patterns that can influence their thoughts, feelings, and behaviour.

Her workplace wellness workshops bring that experience into an engaging group setting, combining accessible education, practical techniques, and optional guided hypnosis experiences that participants can apply in their everyday lives.

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

Let's Talk About Your Team

Whether you're interested in one of our featured workshops, a six-week series, or a customized program designed around your organization's needs, I'd be happy to explore the possibilities with you.

Contact Linda Sevilla to discuss workshop availability, group size, and options for your organization.

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