



LPCF Wellbeing Session

with Nicole from Hummingbird Hypnotherapy



Breaking Unhelpful Habits

Thursday 17th September 2026 | 19:30 - 21:00 | Virtual (Zoom)

Gentle strategies to change habits that no longer serve you — without pressure, blame, or needing “willpower”

Many of us develop habits as a way of coping with stress, tiredness, or overwhelm. These habits are not a sign of weakness — they are your brain’s way of trying to help you manage difficult situations. However, over time, some habits may stop being helpful or may leave you feeling stuck or frustrated.

This hypnotherapy wellbeing session, with Nicole from [Hummingbird Hypnotherapy](#) and LPCF, helps you understand how habits are formed and how to gently begin changing them in a realistic and compassionate way.

During the session, you will:



- Understand how habits develop and why they can be hard to change
 - Learn why willpower alone is often not the answer
- Discover gentle, practical ways to create new, more helpful patterns
- Explore how small, manageable changes can lead to lasting improvements



This session is supportive, realistic, and free from judgement. It focuses on helping you work with your brain, rather than against it.



This session forms part of LPCF’s wellbeing programme, supporting parent carers to strengthen their wellbeing, confidence, and resilience.

Free for LPCF members only.



Registered members ONLY — E-Booking Required

Not a member? Sign up to LPCF first, then book on the events page

www.lincspcf.org.uk

Come exactly as you are — tired, busy, or overwhelmed.

You are very welcome.

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