



Subconsciously

# Better minds. Better performance.

Private, on-demand behavioural change support for your workforce.

Subconsciously gives employees private access to professionally developed hypnotherapy and behavioural-change sessions — helping them improve how they feel, think and perform, whenever they need support.

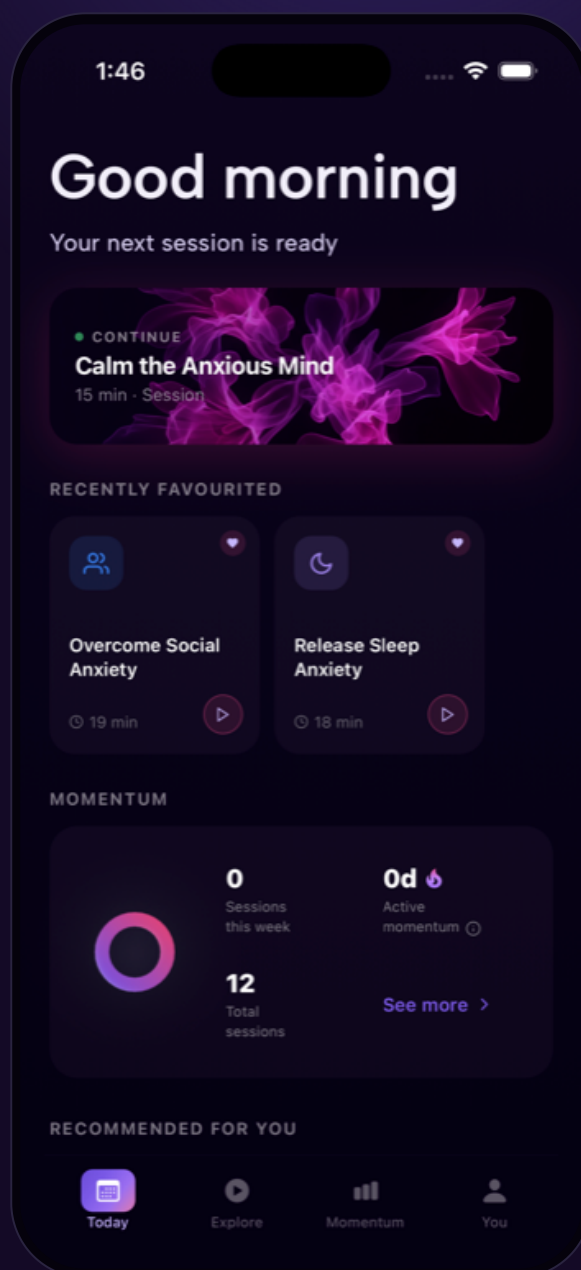
25+

YEARS CLINICAL  
EXPERIENCE

30,000+

CLIENTS

Available for organisations and workforces of all sizes.



# Your people don't leave their minds at the door.

Stress, poor sleep, anxiety, low confidence and unhelpful habits don't just affect how somebody feels.

They can affect:

Focus

Decision-making

Communication

Confidence

Productivity

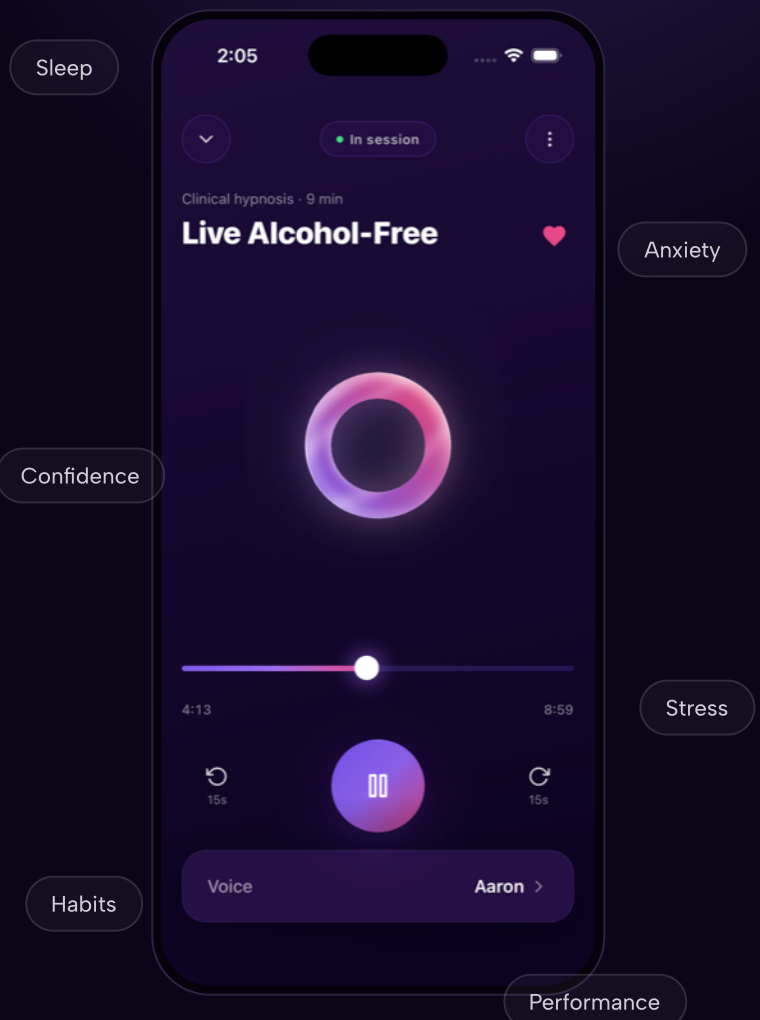
Performance

Absence &amp; presenteeism

Overall wellbeing

Traditional support often begins after someone is already struggling. Subconsciously gives employees **private, proactive support they can access at the moment they need it.**

*Support doesn't always need an appointment.*



# Built from more than 25 years of real clinical experience.

---



Subconsciously was created by  
hypnotherapist **Aaron Surtees**, Founder and  
Clinical Director of City Hypnosis in London.

Across more than 25 years of clinical  
practice, Aaron has worked with 30,000+  
clients, helping people address psychological  
and behavioural challenges including anxiety,  
sleep, confidence, habits and performance.

---

## 25+

YEARS CLINICAL EXPERIENCE

## 30,000+

CLIENTS

## 90%+

POSITIVE REPORTED OUTCOMES\*

AS FEATURED IN

**BBC**



**sky**



**The  
Guardian**

**BUSINESS  
INSIDER**

---

\*Based on historic client outcome and feedback data across selected treatment areas. Individual outcomes vary.

---

# Developed in the therapy room. Built for everyday life.

Across Aaron's clinical work, 90%+ positive reported outcomes have been recorded across several of the most common areas affecting wellbeing and performance.

## 90%+

### Anxiety

Helping people feel calmer, safer and more in control.

## 90%+

### Public Speaking

Building confidence when speaking, presenting and performing under pressure.

## 90%+

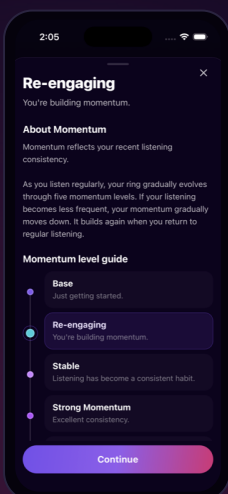
### Sleep

Helping quiet mental activity and establish healthier associations with sleep.

## 90%+

### Confidence

Developing stronger self-belief and more automatic confident responses.



*Subconsciously takes principles developed across thousands of individual clinical sessions and makes them accessible at scale.*

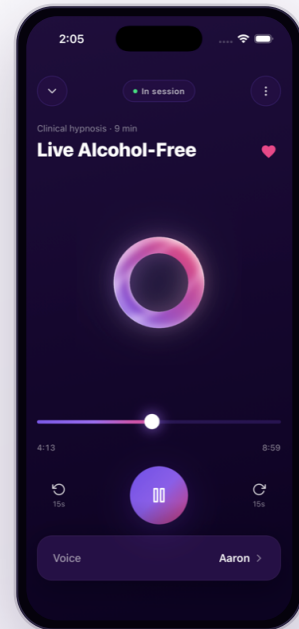
Outcome figures are based on historic client outcome and feedback data across selected treatment areas within Aaron Surtees' clinical practice. They are indicative of reported experience and do not constitute a guarantee of clinical results. Individual outcomes vary.

# Behaviour change, delivered differently.

At the centre of Subconsciously is **The Surtees**

**Method** — an approach developed through more than two decades of clinical practice.

Rather than simply giving employees information about how they should think or behave, Subconsciously uses guided hypnotherapy and focused suggestion to help reinforce healthier thoughts, responses and behaviours so they can become more automatic over time.



## Choose

The employee selects what they would like help with.



## Listen

Guided audio sessions help create a deeply focused state.



## Reinforce

Repeated listening helps strengthen healthier thoughts, responses and behaviours.

*Knowing what to change is one thing.  
Making it feel automatic is another.*

# One workforce. Different people. Different needs.

Employees don't all need the same support. Subconsciously allows each person to privately access sessions relevant to them.

## Anxiety & emotional regulation

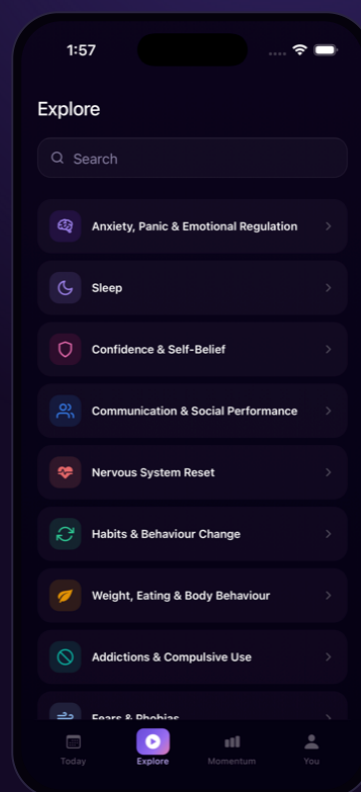
Calmer responses under pressure.

## Sleep

Quieter mental activity at night.

## Confidence & self-belief

Stronger, more automatic self-assurance.



## ALSO COVERING

Stress & nervous system reset

Public speaking & communication

Performance & productivity

Habits & behaviour change

Addictions & compulsive behaviours

Weight & eating behaviour

Fears & phobias

Relationships & intimacy

Sessions range from quick resets to deeper guided experiences, giving employees support that can fit around both their working day and home life.

*Private. Personalised.  
Available on demand.*

BUILT FOR EMPLOYERS. PRIVATE FOR EMPLOYEES.

# Personal support without compromising personal privacy.

Employee trust matters. Individual listening activity and personal areas of concern remain private. Organisations receive aggregated, anonymised utilisation insights without visibility into an individual employee's listening choices.

## EMPLOYEE

### Private, personal support

What someone listens to, searches for or seeks help with is never exposed to their employer.

## ORGANISATION

### Aggregated engagement insights

Adoption and overall engagement, reported in aggregate and anonymised form only.

#### Simple employee access

Organisation invitation, link or access code.

#### Available across your workforce

Support employees regardless of location or working pattern.

#### No appointments required

Employees can access support whenever they choose.

#### Aggregate insights

Understand overall adoption and engagement without exposing private individual activity.

#### WHAT AN EMPLOYER CAN SEE

- Licences purchased, activated and available
- Overall adoption across the workforce
- Aggregate engagement and utilisation

#### WHAT AN EMPLOYER NEVER SEES

- Individual listening history or session titles
- Selected issues, goals or searches
- Personal feedback, ratings or progress

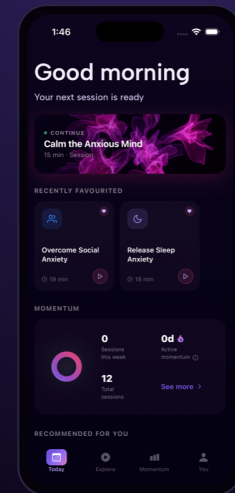
*Employees receive privacy. Employers receive visibility of engagement — not personal problems.*

# Give your people another way to change.

Subconsciously can be provided as a 12-month employee wellbeing benefit, giving employees private, on-demand access across your organisation.

| WORKFORCE     | ANNUAL PRICE PER EMPLOYEE |
|---------------|---------------------------|
| 250 – 999     | £45                       |
| 1,000 – 2,499 | £35                       |
| 2,500 – 4,999 | £25                       |
| 5,000+        | From £20                  |

At £25 per employee per year, that's approximately **£2.08 per employee per month**.



## Experience Subconsciously with your team

We can provide complimentary access for up to three HR, Benefits or Wellbeing stakeholders to experience the platform before discussing a wider rollout.

## Optional additional support

Live group hypnotherapy and behavioural-change sessions can also be incorporated into selected corporate programmes.

## Better minds. Better performance.

Private behavioural-change support, available whenever your people need it.

BOOK A DEMONSTRATION OR ARRANGE COMPLIMENTARY TEAM ACCESS

[business@subconsciously.com](mailto:business@subconsciously.com) · [subconsciously.com/business](https://subconsciously.com/business)

Pricing is indicative and subject to contract. Subconsciously is a wellbeing and behavioural-change service and is not a substitute for medical or psychiatric care.



Subconsciously



Scan to explore  
Subconsciously for Business