



carolynborashypnotherapy.com

Carolyn Boras

HEALTHY CHANGE: MAKE THE
UNIMAGINABLE POSSIBLE

MEDIA KIT

Hi. I'm Carolyn!

RTTP, C.HYP, B.ED, M.ED

I packed my bags, left everything that was familiar and moved halfway around the world. Why? I was desperate for some relief. I had already been in education for more than 20 years. I experienced anxiety, panic, and dread when faced with work-life imbalance, unrealistic expectations and the feelings of guilt and failure because I wanted something better for my life.

The thought of having to stay where I was for another 15 years before I could retire, was incomprehensible to me.



Carolyn E RTT

WORK WITH CAROLYN



I've been an international educator now for almost 20 years. But taking such drastic measures is not doable for everyone. Changing the scene doesn't necessarily change the details.



There's a much simpler and faster way for affecting healthy change. My goal is to help educators who are experiencing "burn-out" restore their self-esteem and confidence and to reclaim their personal power using proven tools and techniques that I know provide life-changing results.

The tools of Rapid Transformational Therapy® (RTT®) have a powerful, transformative effect. RTT® can help shift limiting beliefs that hold you back from reclaiming your self-esteem, confidence, sense of purpose and personal power, so that you can live the life that you envision.

Client Testimonials

“

I'm now doing some of the things I previously thought I couldn't, like running workshops, and I'm excited to see what else I can achieve. If you're considering working with Carolyn and RTT, I highly recommend it.”

Julie

“

Carolyn is such a warm and friendly person who instantly puts you at ease. There is no judgement, just a caring person who wants to help move you from where you are to where you want to be.”

Valerie

Listen and Learn



PODCASTS

"There is no greater agony than bearing an untold story inside you."
- Maya Angelou



UPLIFT

Uplift S3E26 Redefining Aging with Carolyn Boras, Certified RTT® Practitioner and International Teacher
with host Gemma Serenity Gorokhoff

The golden years are often painted with the brush of retirement and winding down, but not for Carolyn Boras. At 69, this full-time teacher and hypnotherapist is redefining what it means to age with verve. She's not stepping back; she's stepping up, embracing the 70s as her second brilliant career, and looking ahead to her 80s as her 'Yoda years'—a time to share accumulated wisdom. With Carolyn's story as a beacon, we explore how a life-changing health scare can ignite a fervent mission to help others, exemplifying that it's never too late to forge a new path and make an indelible mark on the world.

HOPPENING

Hoppening #88 with Carolyn Boras
with hosts Fran Caudron and Marina Theron-Monnery

After 20 years as a teacher in Canada, Carolyn packed her bags, left everything that was familiar behind, and moved halfway around the world. She did this because she was desperate for some relief from the anxiety, panic, and dread she experienced when faced with work-life imbalance, unrealistic expectations, and feelings of guilt and failure because she wanted something better for her life. The thought of staying in that place of anxiety for another 15 years before retirement became incomprehensible to her. Carolyn has been an international educator now for almost 20 years and acknowledges that taking such drastic measures is not doable for everyone. Changing the scene doesn't necessarily change the details.

The Program

THE FREEDOM PROGRAM

Do you experience the “Sunday night scaries”: the knot in the pit of your stomach, the sense of dread, the feelings of stress and anxiety when you look ahead to the coming week?

Does the work-life imbalance and the seemingly ridiculous expectations leave you feeling overwhelmed?

Perhaps you want to transition out of your current situation but you feel guilty for wanting to leave, you feel like a failure and you fear the unknown.

PROGRAM FEATURES

20 MINUTES

free discovery call

45 MINUTES

one intake session

RECORDING

one pre-session recording

90-120 MINUTES

one RTT session

BESPOKE AUDIO

one twenty minute recording

FOLLOW UP CALL

after one day and seven days

30 MINUTES

follow up after twenty one days



“Purpose drives us to act, and our purpose must be clear enough that we know why we’re acting and what we’re hoping to gain.”

Jim Kwik in *Limitless*

Getting Started Is Easy

Need help with something else?
Book a call to explore the options.

CAROLYNBORASHYPNOTHERAPY.COM



WHO I WORK WITH

I help educators who are experiencing burnout, overcome their feelings of guilt, anxiety and fear and reclaim their confidence, self-esteem and sense of purpose. I work with issues of self-esteem, confidence, motivation, goal setting, imposter syndrome, memory, public speaking and interview skills.

WHAT YOU CAN EXPECT

I have been an educator for 40+ years and I have experienced these same feelings many times throughout my career. I know what it means to feel as though there are no options available.



GET IN TOUCH

As a Rapid Transformational Practitioner, I can help you regain, your confidence, and your personal power.

Let's make the unimaginable possible.

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