



歐倩文 JESSICA AO

催眠治療師·思維及溝通訓練師·
NLP執行師·國際呼吸法訓練師·作家

簡介PROFILE

出生於澳門，畢業於國立臺灣大學及美國催眠動力學院。創立超越自我有限公司，致力透過思維及溝通培訓、催眠治療、演講等工作，推廣及教導如何使用潛意識無限的潛能改寫人生。

專項 SPECIALTIES

戒菸、戒賭、瘦身、戀愛及兩性關係問題、慢性疼痛、哮喘、自殺傾向、過度活躍症、焦慮及壓力、事業成就提升、溝通技巧提升、手術成功率提升。

聯絡方式CONTACT

手機：

+853-6889-3902

+86-19168893902

網站：

www.winthemindgames.com

EMAIL：

jessicaao@winthemindgames.com

社交媒體SOCIAL MEDIA

Linkedin: [Win The Mind Games](#)

Youtube頻道: [潛意識驛站](#)

部落格: [潛意識驛站](#)

線上教授課程ONLINE COURSE

- 溝通解鎖- 肢體語言與說話技巧的融合課 (廣東話及國語)
- Communication Code - Master Communication on Subconscious (English)
- 催眠駕馭吸引力法則 – 改寫潛意識創造成功與財富 (廣東話及國語)
- 快速高效戒煙課程 - 潛意識輕鬆脫離煙癮 (廣東話及國語)

書籍著作 PUBLICATIONS

- 歐倩文。《超越對與錯-看穿論斷創造無限可能》。臺北市：博客思。2019。
- 歐倩文。《戀愛潛意識-回到地球發現完美》。臺北市。2020。

專業認證/證書

PROFESSIONAL QUALIFICATIONS

- 催眠治療師 (KAPPASINIAN,NGH及Union Local 472)
- 身心語言程式(NLP)執行師
- 菩提格吸呼法(BUTEYKO)訓練師(哮喘自然療法)
- 高級英文手寫字體分析師
- 認知行為生活教練
- 情緒釋放技巧執行師
- 催眠與戒菸
- 催眠與過度活躍症
- 催眠與慢性疼痛處理
- 前世回溯催眠專業人員
- 治療內心小孩專業人員
- 催眠與瘦身
- 手術前與手術後的催眠
- 催眠與自體免疫性疾病
- 舞台催眠及瞬間引導
- 成癮大腦
- 細胞腦神經科學



JESSICA AO SIN MAN

Hypnotherapist
Mindset Trainer
NLP Practitioner
Buteyko Breathing Method Practitioner
Author

PROFILE

Jessica was born in Macau, graduated from the National Taiwan University and Hypnosis Motivation Institute.

Jessica's vision is spreading positive energy by incorporating hypnosis and various modalities to help people find their answer to life, activate their inner power, and empower them to win life with the fulfillment that they deserve.

SPECIALTIES

Habit Control, Relationships, Chronic pain, Asthma, Suicidal, ADHD, Anxiety and Stress, Career Success, Communication Skills, Pre and Post Surgery

CONTACT

Mobile:

+853-6889-3902

website: www.winthemindgames.com

Email: jessicaao@winthemindgames.com

SOCIAL MEDIA

Youtube : Win The Mind Games

Blog : [Win The Mind Games](#)

Linkedin : [Jessica Sin Man Ao](#)

ONLINE COURSES

- Communication Code - Master Communication on Subconscious (English/Cantonese/Mandarin)
- Master The Law of Attraction - Build Harmony From Inside (Cantonese and Mandarin)
- Stop Smoking Fast and Easy - Quitting on Subconscious Level (Cantonese and Mandarin)

PUBLICATIONS (CHINESE)

- 歐倩文。《超越對與錯-看穿論斷創造無限可能》。臺北市：博客思。2019。
- 歐倩文。《戀愛潛意識-回到地球發現完美》。臺北市。2020。

PROFESSIONAL MEMBERSHIPS

- American Hypnosis Association
- National Guild of Hypnotists
- International Cognitive Hypnotherapy Association
- Buteyko Clinic International

PROFESSIONAL QUALIFICATIONS

- Certified Hypnotherapist (AHA,NGH,Union Local 472)
- Neuro Linguistic Programming (NLP) Practitioner
- Buteyko Clinic Method Practitioner
- Cognitive Behavioral Life Coach
- Advanced Handwriting Analyst
- Advanced Emotional Freedom Technique Practitioner
- Hypnosis and Smoking Cessation
- Hypnosis and Attention Deficit Disorder
- Hypnosis and Pain Management
- Past Life Regression Therapist
- Healing Inner Child Therapist
- Hypnosis and Weight Loss
- International Weight Loss Consultant
- Hypnosis for Immune Disorders Specialist
- Rapid and Instant Inductions and Stage Hypnosis
- The Addicted Brain
- Cellular Neuroscience