

# MENTAL HEALTH TOOLBOX

## Interactive Seminar to Energize and Inspire!

### Duration: 30-90 minutes

#### 30 minutes of informative ideas

- The power of positive thinking
- Remove limiting beliefs
- Empowering self confidence
- Develop mental and physical health
- Self-hypnosis and power of words
- How fears form and ways to eliminate them

#### 20 minutes of guided relaxation

#### 30 minutes of inspiration from *You Can Do Anything*

#### 10 minutes Q&A (or longer)

Attendees can download self-hypnosis MP3s that provide relief long after the presentation

Every presentation is customized

### Results:

- Positive attitude and tools to feel resilient in times of uncertainty
- Understanding how the mind works and ability to easily eliminate stress
- Learn simple meditation techniques to relieve anxiety



## BORIS CHERNIAK CHTRHT



- Team motivation
- Anxiety and stress relief
- Address mental health
- Fearless attitude
- Positive mindset
- Self Discovery

Address mental health, motivate and inspire YOUR team



For events that require "something out of the ordinary"