

MENTAL HEALTH via Video Conferencing

The Incredible

BORIS CHERNIAK

Relieve stress and anxiety while being inspired and motivated

DURATION: 60-90 MINUTES

30 minutes of informative ideas

- How self-hypnosis works
- Address misconceptions
- Power of positive thinking
- Removing limiting beliefs
- Empowering self confidence
- Develop mental and physical health
- How fears form and how to eliminate them

20 minutes of guided relaxation and meditation

10 minutes Q&A (or longer)

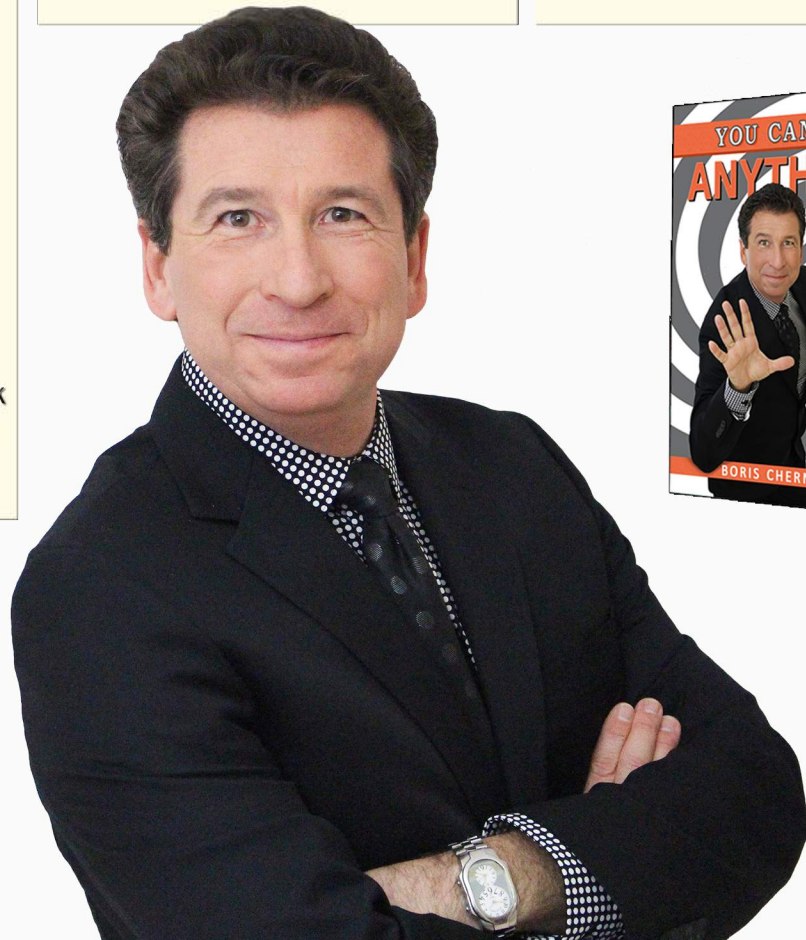
At the end of the presentation, attendees are provided with a link to a self-hypnosis MP3 download to help relax and relieve stress.

RESULTS

- Team motivation
- Anxiety relief
- Group guided meditation
- Suggestions for
 - positive mindset
 - stress relief
 - fearless attitude
- Empowerment

POWERFUL MESSAGE

Inspirational presentation with powerful take away tools. Boris helps achieve extraordinary results. He is a leading expert in psychology of fearless attitude and stress relief. He will alleviate anxiety and provide logical reasoning along with inspiration.



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