

Interactive Virtual Speaker 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 inspirational stories from You Can Do Anything

10 minutes Q&A (or longer)

Attendees download FREE self-hypnosis MP3 that provides relief long after the presentation

Every presentation is customized and can be pre-recorded

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 CHT RHT



- 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"