

### What kind of training programs do you offer?

As behaviour management specialists, we provide practical, effective tools to increase productivity, and efficiency, promoting a healthier workplace and personal relationships in almost any situation.

#### **Constructive Crisis Solutions**

When stress or crisis is threatening the efficiency of your operation, our practical, effective training programs provide coping techniques and real-life solutions.

#### **Corporate Productivity Training**

Teamwork, communication, goal-setting and people skills are just some of the topics we can help you with, in a variety of formats:

Platform speaking  
Keynote speeches  
Seminars  
Workshops.

To inquire about customized or other specific topics and programs, see our Training for Professionals booklet.

#### **CD Training Products**

Want to run a marathon or lower your golf handicap? Just want to feel better about yourself? We have a range of CD training programs that will make a profound difference in all aspects of your personal life.



We have more than 20 different audio programs designed to help you make breakthroughs in any area that is limiting your progress.

**For a complete listing of our CD training products, visit our online store at [www.imind.ca](http://www.imind.ca)**



## Coaching and mentoring programs

### What is coaching?

- Having a professional, objective listener who gives you unbiased feedback.
- Action-focused; it's about how to get from where you are to where you want to be. Together we help you create meaningful priorities and manageable time frames.
- Regular meetings or weekly 30-minute telephone calls that give you structure and accountability to follow through on your commitments to yourself.
- Helping you break up overwhelming tasks into manageable action steps.
- Focused on helping you acquire the tools and strategies needed to succeed at your goals and objectives.

Having a coach is like having a secret partner dedicated to your success!

### How does coaching differ from therapy?

**Coaching is neither therapy nor counselling.** Coaching assumes that clients are OK, capable of moving in their desired directions. It is positive, goal- and action-oriented. There are significant and sometimes contrasting differences between therapy and coaching, and these differences in and of themselves better highlight the strengths of coaching.

#### Therapy

Assumes the client needs healing  
Roots in medicine, psychiatry

Works with people to achieve self-understanding and emotional healing  
Focuses on feelings and past events  
Explores the root of problems  
Works for internal resolution of pain and to let go of old patterns

#### Coaching

Assumes the client is resilient  
Roots in sports, business, personal growth venues

Works to move people to a higher level of functioning  
Focuses on actions and the future  
Focuses on solving problems  
Works for external solutions to overcome barriers, learn new skills and implement effective choices

**Are you ready for action?** Using a coach can be the most effective means of translating knowledge into practice. One of the most indispensable roles of a coach is to help you use what you already know to make effective choices and take the actions necessary to be successful.

**Are you proactive and open to coaching/mentoring?** A powerful coach helps you solve problems while they are still small. Coaches hold your highest vision for you beyond your fears and limitations, and help you overcome your obstacles and challenges. They understand that your life is filled with opportunities and conflicting choices. They help you recognize the importance of creating and maintaining balance in relationships, including the ones you have with yourself and your inherent strengths.

### *How long will it take to get results?*

This is a difficult question to answer as every individual has a different and unique set of circumstances for which he or she obtains a coaching support system.

With a clearly defined plan of action, together we will customize the right program for your individual needs and financial constraints. However, most coaching programs begin with weekly meetings (in person or by email/ phone) for the first three months. This usually can be reduced in the following three to six months as parties enter a maintenance stage.

Your accountability to the homework elements will be a better predictor of outcome and results.

### *What is IMCL coaching/mentoring?*

We are in the business of leveraging human potential. We believe that success is linked intrinsically to attitude and the outcomes we produce are a direct result of those attitudes. We believe that where you place your mental focus matters! We are focused on helping our clients tap into their strengths rather than focusing on their weaknesses.

Our coaches have real-life experience and knowledge to help you overcome perceived obstacles. We are skilled in conflict management and communication. With training in hypnotherapy and linguistics, we have the expertise to help you communicate better with yourself and others.

Our coaches understand the power of personal choice. Yes, doing nothing is a choice! We recognize that the choices you make each day either move you towards success, or hold you back from it. These choices cause a never-ending flood of positives and negatives to flow into your performance.

We believe that if you could actually see your performance negatives, you would eliminate them. If you knew what your negatives were *costing* you — personally and professionally — you would eliminate them. These negatives *rob* you of the results you want and the success you deserve. Permit them to remain, and you will struggle with *failed* expectations for the rest of your life. Choose to eliminate them, and you will become successful beyond your wildest dreams.

We also specialize in problem-solving & goal-setting for stress reduction. Examples: relationship/family stress; divorce recovery, step-parenting; sticking to a health regimen; searching for a life of meaning and balance; workplace conflicts, career change or promotion, etc.

**We offer professional coaching when you need it most, and personal coaching when you need it now!**

*“To train the body to the limits of its capabilities without simultaneously training the mind is to invite, at best, mediocrity”*



STRENGTH

*Courage*

Determination

Ambition

**Focus**

# INCREASING your ability to succeed.



## Hypnotherapy programs

### *What is hypnosis?*

There are many definitions of hypnosis, but in simple terms, hypnosis is a natural state of heightened awareness and deep relaxation. In this state (between sleeping and waking), we increase our mind's ability to accept positive suggestions while experiencing a deep state of rest (mind and body). It can be likened to a guided day dream.

Consequently, hypnosis can be a powerful tool for self-improvement and continuous personal growth. A hypnotic state is the optimum state for creating change in your life. During hypnosis, you can set aside all those limiting beliefs that have been preventing you from moving towards a healthier, happier you.

### *Can anyone be hypnotized?*

Contrary to popular belief, almost everyone can be hypnotized.

No one has ever been harmed by hypnosis. Hypnosis is something you and I do each and every day. Think about the last time that you watched a good movie which moved you to tears or frightened you to death. When you suspend reality and allow yourself to get caught up in a movie, you are in a state of hypnosis. When you daydream while driving and miss your turn, you are in a place of hypnosis. When you are so involved in what you are doing that you don't notice being cut or bruised, you are in a deep state of hypnosis.

If you can dream, if you can follow simple instructions, if you have a willingness to experience joy, remain motivated and open to the possibilities, then you can be hypnotized.

### *How does hypnosis feel?*

Every person will feel differently while in hypnosis, but nearly all people report feeling calmer, happier and more energetic.

During the session, some clients report the following sensations:

- Tingling in fingertips or limbs
- Numbness
- Sense of being light and floating away from your body
- A heavy feeling like sinking into the furniture
- Enhanced or increased emotional awareness
- Fluttering in eyelids
- Sleepiness

### *Will I be able to drive after?*

Hypnosis is simply a state of deep relaxation, although you may feel as if you have been sleeping, you will be completely alert and able to drive comfortably following all sessions.

### *Is there a guarantee?*

Every individual responds differently and although we anticipate great results from a trained professional, the balance between client and practitioner will definitely affect results. Therefore, we are unable to provide a guarantee of results. Fees are therefore charged out on a time basis and are not refundable.

### *How long are the sessions?*

A first session is usually about 90 minutes in duration (max). This includes a pre-talk or consult. During this time, all questions are answered and an action plan is designed. If, for any reason, you feel uncomfortable in the first 20 minutes, the session will not proceed and no charges will be applied.

Subsequent appointments run 40 minutes to an hour.

Exceptions: chronic pain and children. These are usually completed in 30 to 45 minutes for every session.

### *How close together should I book followup appointments?*

We recommend that the first two appointments be arranged within one to two weeks of one another. Subsequent appointments can vary from there.

Purchasing accompaniment audio CDs from IMCL will help foster long-term results.

Depending on the presenting issues, coaching may be a useful resource for followup appointments. These include, weight management, success planning, stress reduction.

### *Hypnosis myth vs. facts:*

| <b>The Myth</b>  | <b>The Truth</b>  |
|--|---|
| A hypnotist has power over you.  | No one can be hypnotized against his or her will.   |
| You can be given post-hypnotic suggestions to do something against your moral code | A hypnotized person will not do anything against his or her will. The client retains ultimate control.  |
| If you go into a hypnotic trance, you will not wake up.                            | Hypnosis is <i>not</i> sleep, mind control, or even magic. It is a natural state of being from which everyone arises.   |
| Only certain people can be hypnotized.   | Hypnosis is natural state of mind which everyone has experienced at some point in their lives.  |
| Hypnosis is anti-religious.  | There are no religious connotations associated with hypnosis.   |
| A post-hypnotic state lasts forever.   | The key to hypnosis is repetition. Post-hypnotic suggestions need to be practised and re-enforced to become permanent. Hypnosis makes the commitment to change easier and seem more effortless. |



## What are your credentials?

**Faith Wood**  
**Founder**

I am certified and experienced in mediation/negotiation, neurolinguistic psychology and hypnotherapy. This, in combination with my long-time experience as a peace officer and court mediator has given me a unique understanding of human behaviour and group dynamics.

I hold a police leadership coaching designation from Dalhousie University. I am a certified sport performance and neurolinguistic coach with the National Federation of NeuroLinguistic Psychology. I am a certified handwriting analyst with Handwriting University.

As well as being an endorsed trainer for ICOR (International Consortium of Organizational Resiliency), I provide mandatory conflict resolution training for peace officers across the Province of Alberta.

The Inspiring Minds Team

Faith's team of highly trained consultants works individually with clients who are seeking to dramatically improve their performance in all aspects of their lives. The consultants have their own unique experience and perspectives to bring to their clients, but they also work closely within the framework of programs which have been demonstrated to have powerful, immediate and long-lasting results.

## Some of our satisfied clients...

### **Government Agencies**

City of Calgary  
City of Airdrie  
City of Red Deer  
City of Grand Prairie  
County of Warner  
Alberta Environment &  
Sustainable Resources  
Alberta Solicitor General  
Service Alberta  
FREMS  
Ft. Saskatchewan EMS

### **Associations**

AWASIS  
Native Ed  
Calgary Catholic School Board  
Wolf Creek Public Schools  
Bow Valley College  
Grant MacEwan College  
Cause & Effect Foundation  
Alberta Library Association  
Alberta Association of  
Community Peace Officers  
Alberta Municipal Enforcement  
Officers Association  
LifeSpeak  
Roaring Women  
Probus Club of Calgary  
Airdrie Chamber of Commerce  
Savoire Faire

### **Conferences**

World Emergency Management Conference  
National Guild of Hypnotists  
Farm Women Conference  
Alberta Municipal Assessor's Conference  
Saskatchewan Municipal Assessor's Conference  
Alberta Municipal Clerks Conference  
Alberta Winning Edge Awards  
SASS – Storefront & Alternative Schools of  
Saskatchewan

### **Other**

Personal Best Seminars  
Petro-Canada  
TD Bank – Airdrie  
Investors Group

