

# *Break The Trance Of Your Mindset For Less Stress And More Success*



## **For those in your organization who:**

- ◆ Feel stressed
- ◆ Feel overwhelmed
- ◆ Need a self-esteem boost
- ◆ Want more self-confidence

## **Let me help them:**

- ◆ Be more relaxed
- ◆ Be calmer
- ◆ Have a greater sense of well-being
- ◆ Solve problems more easily
- ◆ Be more creative
- ◆ Increase your self-confidence
- ◆ Improve your self-esteem

Using a holistic approach, I explain how your beliefs, attitudes and expectations can color your life.

- ◆ I help you recognize how your thoughts can negatively affect your performance and productivity
- ◆ I show you how to find ways to change your thoughts to create positive attitudes and increased efficiency

## ***Presentations and Seminars:***

**"Let the Secret of Focus Open the Door to Success " Presentation**

**"Undo The Voodoo That You Do So Well" Presentation**

**"From Stressed To Refreshed" Presentation**

**"First Aid For Anxiety" Presentation**

**"Breaking the Cycle of Stress" Seminar**

Since beliefs tend to become self-fulfilling prophecies, the more you know about how to change your mindset in a positive manner, the more effective and productive you can be.

# ***Linda-Ann Stewart***

Heartvision Consulting, LLC  
P.O. Box 10514  
Sedona, AZ 86339  
(928) 600-0452  
Linda-AnnStewart.com  
LAS@Linda-AnnStewart.com

# Enthusiastic ♦ Motivating ♦ Informative

## Testimonials:

"The material was great, and Linda-Ann is an enthusiastic speaker."

- *Cindy Karlson*

"I liked Linda-Ann's humor, and that we actually took time to do the relaxation exercise. (I didn't want to open my eyes again at first.)"

- *Gayna Breeze*

"The presentation was a very eye-opening experience"

- *Yves Leyenberger*

"Linda-Ann is great to work with! We received lots of positive feedback from the attendees. We were so grateful to have Linda-Ann share her joyful spirit and abundant creativity with us."

- *Rev. Julianne Lewis - Unity of the Southwest*

## Clients:

- ♦ NACE
- ♦ Yoga Meets Dance
- ♦ Yavapai Tobacco-Free Partnership
- ♦ Flagstaff Adult Center
- ♦ National Board of Hypnotherapy and Hypnotic Anesthesiology
- ♦ Verde Valley School
- ♦ Unity of the Southwest
- ♦ Creative Life Center

**Even if you have incredible knowledge, abilities, and skills, your beliefs can hold you back in all areas of life.**

As a certified hypnotherapist in private practice for twenty-five years, Linda-Ann Stewart has taught hundreds of people how to reduce stress, improve their self-esteem, break negative habits, improve their lives and practice self-hypnosis.

She's written over 200 articles on empowerment and motivation that have appeared in national newsletters, magazines and on the internet.

Ms. Stewart has given presentations, seminars, classes and workshops in Arizona, Las Vegas, around the Texas Gulf Coast, and at a national hypnotherapy symposium. She has received high praise for her well presented and clearly organized seminars and presentations.

**Choose to create the best life for your people.**

**Call me to check my availability for your next meeting or program.**

**Be more successful in life by opening up to new possibilities.**