

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

*Linda-Ann Stewart, Ct.H.*

*Presentations and Seminars*



**Linda-Ann Stewart, Ct.H.** is a nationally known speaker, life coach, hypnotherapist, and writer, with over thirty years of experience in personal development.

As a certified hypnotherapist in private practice since 1990, 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.

A Professional Member of the National Speaker's Association, Ms. Stewart has spoken at many venues in the Southwest including associations, organizations, schools, industry conferences, and government.

She has also given presentations and workshops at annual hypnotherapy symposiums, and won a "Member of the Year" award in 1999.

She has received high praise for her well presented and clearly organized seminars and presentations.

As a writer, she's written over 200 articles on empowerment, motivation and mindset that have been published in magazines, newsletters and online.



Linda-Ann Stewart is a specialist in how a person's beliefs, attitudes and expectations can color their life. Since beliefs tend to become self-fulfilling prophecies, the more a person knows about how to change their mindset in a positive manner, the more effective and productive they can be.

She can customize a motivational and educational program to help people recognize how their thoughts can hinder their performance and productivity. They learn how to change their thoughts to create positive attitudes and increased efficiency. She works with organizations, associations and businesses to help people get unstuck so they can move forward with confidence.

***"Undo The Voodoo That You Do So Well" Presentation  
Stop Hypnotizing Yourself To Fail***

60-90 minutes

You hypnotize yourself every day. This is normal, though, unless you're hypnotizing yourself to reinforce negative messages. These unconscious messages, beliefs or attitudes can make you unhappy, unproductive or underachieving. Undo The Voodoo shows you how to stop this trance-like self-sabotage, and improve your personal and professional life. This leads to more easily attained goals, increased productivity and an overall sense of accomplishment and well-being. This presentation will show you how to break the trance of your mindset.

**Benefits of this presentation:**

- Reduced overwhelm
- Be more successful
- Reduced stress and anxiety
- More self-confidence
- Increased well-being

***"From Stressed To Refreshed" Presentation  
Reduce Your Stress In 15 Minutes A Day***

60-90 minutes

Stress is an everyday occurrence. Pressure from daily life builds up and negatively affects every aspect of your life, from your health to your mood. Finding a way to combat stress by unwinding, relaxing the muscles, and taking a mental vacation can reduce the pressure and help you have more resources to deal with the challenges of your life. This presentation will show you a simple way to relieve stress and live a happier, healthier life.

## *Praise from Participants and Program Planners*

"You have a unique ability to format your material during the presentation according to the educational needs and instruction level required by your audience. This skill allows you to tailor the presentation "mid-stream" and really help the attendees learn and grow. You have a natural speaking style that is easy to listen to."

- Tyler Johnson - Conference Manager  
- NACE  
- Hanley Woods Exhibitions

"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

"I liked to see that other people have stress, also. The thought that there's hope is helpful."

- Bill Hawkins

"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

"Very well-presented. I found it very valuable to learn the 'steps to releasing creativity' and silencing criticism."

- Penny Connell

"Excellent. It was more than I expected."

- Susan Wynn

### **Available For:**

- \* Seminars
- \* Breakout sessions
- \* Short programs
- \* Meetings
- \* Keynote speeches
- \* Conventions
- \* Spouse programs

### **Benefits of this presentation:**

- Improved mood
- More productive
- More efficient
- Healthier
- Happier

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

4 hours

Stress is one of the worst byproducts of our society, negatively affecting every level of life, from decreasing effectiveness at work, interfering with sleep, causing anxiety, eroding harmony at home, reducing the immune system's effectiveness and many other problems. When you're stressed, you tend to find nonproductive ways to deal with it, such as smoking, not exercising, eating too much and other ways. Knowing this, it's worthwhile to learn an easy, safe, and convenient way to manage stress.

### **Benefits of this presentation:**

- Increased Productivity
- Improved Harmony
- Improved Health
- More Creativity
- Increased Motivation
- More Peace Of Mind
- Increased Efficiency
- More Energy

## *"Discover Your Creative Process" Seminar*

6 hours

Everyone is creative, from the businessperson to the artist to the everyday problem solver. Whenever you cook a meal a new way, find a solution to a pressing challenge, or sculpt a masterpiece, you're using creative energy. However, most people struggle with doubts, fears and self-criticism. Those fears keep you from accessing your natural creativity. Learning how the creative process works opens up the ability to trust it and be more innovative. When you trust your creative process, you become more effective and productive. This seminar is taught by a published writer, and award winning photographer and weaver.

### **Benefits of this presentation:**

- Be able to solve problems faster
- Be more innovative
- Overcome creative blocks
- Handle internal resistance
- Increased self-esteem
- Improved self-confidence