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## **LETTING GO FOR YOUR GOALS!**

### **'Releasing' Secrets & Skills to Boost Your Bottom Line & Well-Being**

When leaders get blocked or bogged down, so do meetings, projects, interactions, and innovative energies. The ability to release and let go - of a worry, anger, disappointment, conflict, a strategy or commitment that no longer serves – is a vital skill enhancing physical and psychological health, and ongoing business viability.

***Releasing has become a critical business practice for leaders wanting to stay fresh, connected, and on the forward-moving upside of communication and commerce.***

In facing business issues every day, leaders are also dealing with lingering effects of trying people and situations; low & high-level anxiety; negative emotions & expectations; failed outcomes; bad memories; and other constant inner and outer stressors. It is common to feel stuck, or to get clouded and weighed down by 'baggage' from things not going as well as we'd like. Thought process, emotional intelligence, health, relationships and the bottom line are all impacted.

**RELEASING** is a necessary life-skill that lightens the load. It calms and centers the mind, body and emotions. It refreshes the spirit, revives your 'mojo.' People are amazed at how learning to **Let Go** allows them to feel, think, speak and act for the better. Productivity and overall well-being improve quickly, even dramatically.

In this fascinating session, Peak Performance Trainer Jamie Leno Zimron systematically presents ***The Sedona Release Method*** (adapted from Founder Lester Levenson's work). Participants learn as well as practice specific **RELEASING** skills, and leave with powerful tools ready to use for:

- ✓ Reducing confusion, frustration, stuck-ness
- ✓ Greater ease and clarity in decision-making and creative thinking
- ✓ Relief from internal and external stress
- ✓ Deeper self-awareness and insight
- ✓ Improved health and relationships
- ✓ More effective communication, conflict management, and leadership presence.

**Value to Participants:** Whether leaders are wanting to move up, move on, or simply move along more easily, **RELEASING** provides an indispensable aid in the process. Bonus benefits are applications with family and friends, and a brilliantly simple tool for profound personal growth.

**"WHAT YOU LEAVE BEHIND MAKES POSSIBLE WHAT YOU CAN EMBRACE!" Doug Bouey, Calgary Master Chair**



**Jamie Leno Zimron** provides leading-edge integrative trainings to Work, Play & Be Your Best! As a Vistage, TEC Canada & Corporate Speaker, she blends her martial arts, pro golf and mind-body psychology expertise into innovative leadership, stress & conflict management trainings. A Phi Beta Kappa graduate of Stanford University, she is esteemed worldwide for her dynamic teaching style, and unique gifts and methods in guiding people to newfound well-being, connection and success.

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