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Biofeedback Demonstration Workshop

Add a one hour biofeedback demonstration with Janet Doucette to the *Cultivating Tranquility presentation*. Participants will learn more about the technique that synchronizes heart rhythms and breathing while developing deeply held inner peace and self appreciation. Great for Breakout sessions and Add-on programs.



Biofeedback has been shown to be useful in:

- reducing stress, anxiety, and frustration
- increasing a felt sense of inner happiness
- personal and career development

Biofeedback helps train individuals to regulate physiological functions associated with stress such as elevated heart rate, blood pressure or blood flow and excessive muscle tension. Most people are relatively unaware of their physiological responses to various stressful events. The purpose is to help people learn how to self-regulate automatic functions of which they are generally not aware. Janet will demonstrate the use of the emWave Heart Rate Variability Biofeedback system with some of the participants and teach how to integrate biofeedback with relaxation and awareness techniques.

For those who are interested in using biofeedback, systems can be purchased along with on-line training at the mindstream website. Purchase of an emWave PC or Biofeedback 101 Monitor includes free access to the Private Training Studios at the Mindstream website, along with many other on-line resources.

ROI: Deepen relaxation techniques, improve awareness, and increase competitive edge while reducing stress, improved health and wellbeing

The Presenter

Janet Doucette M.A. L.M.H.C. is a licensed, clinical psychotherapist, biofeedback specialist and life management consultant who works in the Behavioral Health department of the world renowned health resort CANYON RANCH in Lenox Massachusetts where she provides consultations for corporate executives, managers, and business professionals around the world.

With over twenty years of experience in corporate and small business management and fifteen years of clinical practice in the field of psychotherapy and biofeedback, Janet is a thought leader who is uniquely qualified to help her clients, both corporate and individual, develop strategic action plans for change.

