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Cultivating Tranquility for an Inspired Life



Research shows we are physiologically “hard-wired” for peace and serenity. There is an intricate, energetic flow of information that is constantly occurring between your mind, body, and spirit. In times of difficulty and uncertainty we may feel so challenged we let go of our intentions for health, well-being, and optimal living. But these are precisely the moments that count the most. We can learn ways to exercise the techniques and practices we already know while implementing new strategies for cultivating inner peace. Take this opportunity to learn how to tap into the effects of this unique form of communication. Develop a plan to return to an Optimal and Inspired Life! Participants will discover how they can become more aware of they can influence the amazing dialogue between mind, body and spirit while developing a sensory experience of peacefulness.

This two hour presentation format consists of 1 ½ hour lecture followed by Question and Answer Period. Includes resources and links to on-line training tools.

Participants will learn:

- How stress interferes with the natural experience of tranquility
- The power of the mind body connection
- The bio-chemical s of peace
- How one’s physiology creates the basis for tranquility
- Biofeedback and cultivating inner peace
- Peaceful Heart Breathing Technique
- An effective Mini-meditation practice

ROI: Improved health and wellbeing, better management of stress, increased workplace productivity, enhanced relationships, effective life management tools

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.