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The Power of Intentional Insight

Keynote Address



The Power of Intentional Insight is a timely keynote address that presents an exceptional approach combining emotional intelligence and mindfulness techniques with the new evidence from the science of biofeedback demonstrating a physiological basis for intuition and creativity. Participants will learn how the use of biofeedback combined with personal development techniques can help them tap into a higher state of consciousness, compassion, and an accurately envisioned self direction. These skills can be cultivated into the development of Intentional Insight: the ability to *“think new thoughts, connect intuitively and passionately with ideas, and intentionally direct the heartfelt path of one’s life.”*

Ninety minute keynote presentation includes multi-media PowerPoint with Question and Answer Period and on-line tools and resources and for further training.

Participants will learn:

- How stress resilience and emotional intelligence influence positive thinking and increased creativity
- About the intricate synchronization between breath and heart rhythms gives rise to intuition and insight
- The importance of mindfulness and positive emotional focus in generating a satisfying life direction
- Steps that lead to Intentional Insight, inner wisdom, creative living, and intuitive knowledge
- Online resources to further develop these skills

ROI: Improved health and wellbeing, better management of stress, higher degree of life satisfaction, increased creativity, better relationships, improved wellness in the workplace

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.



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