



Mindpower Group Program

12-Week Overview

The 12 sessions of this program will help you get more in tune with how your thoughts, feelings and emotions guide everyday choice and experience. You are the leading authority on your health and wellness. With practice and dedication, the application of the lessons taught throughout this program will have you feeling increasingly confident and more importantly, aware.

This program is based on four pillars of success:

Be Honest ~ Be Kind ~ Have Fun ~ Commit

The following outline is summary of the next 12 weeks.

Week 1 & 2: CLEAR & SIMPLE

Preparing for success. These two weeks are dedicated to getting a simple, and manageable plan in place to support your goal. It sets the foundation for sustained results.

Week 3 & 4: REFRAME & REFRESH

Self-talk and perspectives. We begin to dig into how we form our thoughts, learn tools to work through old patterns of thinking and address issues that create obstacles such as procrastination.

Week 5 & 6: LIBERATE & LET GO

Sabotage and old patterns. We are going to continue to apply learning from the prior module and learn more about when that ‘critter brain’ wants to take over and freak out over change, resorting to old habits that were more comfortable. Then we will look at other ways to express that ‘rebel’ energy that is good for you and filled with momentum.

Week 7 & 8: NOURISH & EMPOWER

Stillness & Adventure. We look at underlying causes of what needs more ‘nourishment’ utilizing new techniques we have learned. Going deeper into eating habits, meditation practice, creativity and taking an accepting look at all aspects of your life.

Week 9 & 10: ADJUST & FLOW

Creating new baselines. Staying flexible and open is key to riding change in life. Sometimes we need to stay a course, and other times we need to adapt to what happens outside our control. This module will look at control and flexibility, the truth versus the stories we tell ourselves.

Note in Week 10 includes individual support sessions

Week 11 & 12: PRIORITIZE & PLAN

Review and next steps. By now you will have incorporated a new baseline of Being. Whether you have crushed your goal or found some new ones/adjustments along the way by now you are thinking and doing things differently. Looking out into the future for what’s next!

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