



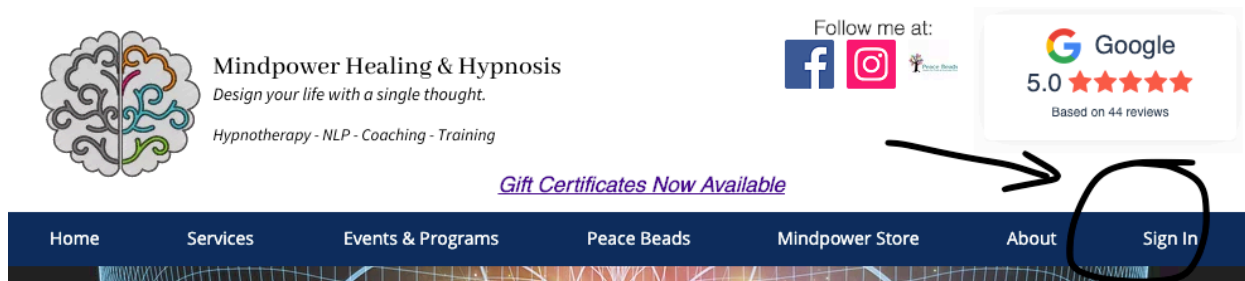
Mindpower Group Program Class Materials – Access Instructions

Be Honest ~ Be Kind ~ Have Fun ~ Commit

Access to all class materials, handouts and videos are available through my website:

www.freshstarthealth.ca

1. To begin, go to the website
2. Click on the link in the menu on the far right: Sign In



3. There will be a drop down menu. Choose Mindpower Group Program. It will take you to this Guest Login and enter the password **MPGFall2020**.

Guest Area

Please enter the password below.

Password

Go

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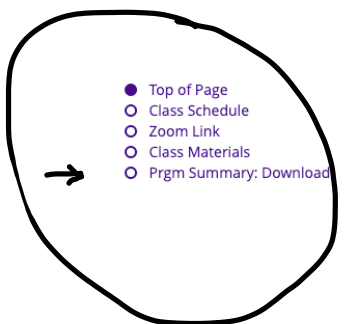
Mindpower Group Program

Class Materials – Access Instructions

- You will land on the welcome page that will everything you need including the weekly Zoom link. All **class material** will be available through a link in the Class Schedule and will take you to an area that has everything you need for that week.

Mindpower Group Wellness Program

~Fall 2020~



Welcome from Chantell

Welcome, Bienvenue, Miigwetch.



I'm so very glad that you've decided to join me for this 12 week program to gently guide you through new ways of thinking about momentum and change in your life.

This course provides practical guidance that I hope will be useful to those who are new to this type of learning and to those who have had deeper exposure to health and wellness. The course is intended for those of all religious and spiritual traditions (and none) yet aims to incorporate the wonder of life around us as a foundational point of grounding. Our beliefs, cultures and circumstances may be very different but it is often fruitful to have a window into another framework so that our habitual patterns can be re-examined in the light of the challenge.

- Class materials are located toward the bottom, or you can just use the linked menu to the left as shown above.

Every week is linked.

Class materials are only available for classes we have done. You do not have access to materials in advance.

Program Overview, Materials & Video Recordings

Class materials will be available on the Tuesday of each week.

**Every live class will be recorded and the links to these recordings will be available on the Wednesday of each week.

Video recordings on 'Self-directed' weeks will be uploaded on the Tuesday of each week.

[\(Download link for this plan below\).](#)

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 'cruddy 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!

[Download Overview Here:](#)



12 Week Overview.pdf

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Mindpower Group Program

Class Materials – Access Instructions

6. Each week is linked to a dedicated area that contains everything you need. For example see below however you will also see all materials. If you experience difficulties, just contact me!

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Mindpower Group Program

Week 1: 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.

[Materials for download ~ Class notes](#)

[Materials for download ~ Worksheets & Handouts](#)

[Videos & Optional Reading](#)

[Having trouble? Contact me](#)