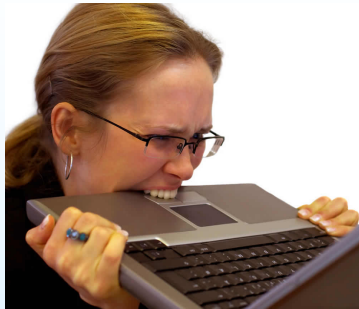


Emotional Smarts

Learn to Manage Stress and Work Smarter!



Your energy and emotional state can have a dramatic impact on your effectiveness, your creativity and your resourcefulness. Stress and worry bring on physiological changes in the brain that diminish your capacity to recognize and resolve multifaceted problems. Not only can your restricted capacity to process complex issues lead to poor decisions, ongoing stress can erode your confidence, your value and your health.

In this seminar you will:

- Learn how to shift any distressing emotional state into one of greater calm with a simple tool - Emotional Freedom Technique (EFT)
- Discover how you can feel more in control in any situation
- Find out how to emotionally detach from a problem so that you have greater capacity to solve it

The Language of Success

Talk Yourself Into Your Own Success!



Your language – specifically how you talk to yourself and talk about yourself to others can have a dramatic effect on your emotional state. Words and thoughts are forms of energy that impact your feelings, your actions and ultimately the results that you achieve. The unconscious conversation you may be having with yourself can have a profoundly positive or negative impact on your personal energy and your perception of choice. Our language reveals how much or little power we perceive we have in any situation.

In this seminar you will:

- Find out which words energize or negatively impact your personal energy
- Experience how you can increase your sense of power in any situation
- Learn the keys to build on your Language of Success

Getting Out of Your Own Way

Open Your Pathway for Unlimited Success!



While you may think that what's holding you back is "out there" – the economy, someone, or something, usually that's not "it". For the most part, what's actually in your way of achieving what you want is...well, you. Specifically your unconscious beliefs and perceptions that influence how you interpret and respond to current situations. You may not be aware of these thoughts; however they have a huge impact on your ability to manage your emotions and energy, and your capacity to create the results you are seeking. Find out what might be holding you back and how to effectively free blocks to your success, health and happiness.

In this seminar you will:

- Learn how to access hidden belief systems that block your success
- Discover how to transform limiting thoughts into ideas that fully support you
- Experience a "super learning" process to speed up the integration of more empowering beliefs



Marlene Cameron, MBA, CFA, ACC, EFT-ADV
Professional Coach, Speaker & Energy Psychology Expert

Marlene's passion and expertise is helping business leaders and professionals achieve their true potential in their personal and professional lives. She teaches individuals how to master their thoughts and energy in order to awaken their capacity to be exceptional leaders, to create remarkable results and to break through unconscious blocks to success, health and happiness.

An award-winning coach, Marlene is certified by the International Coach Federation (ICF). She is a Past President of the Calgary Association of Professional Coaches (CAPC) and Founder of the annual Banff Coaches Conference.

Marlene is a professional member of the Canadian Association of Professional Speakers (CAPS) and the Association for Comprehensive Energy Psychology (ACEP). She is certified as an Emotional Freedom Techniques (EFT) and Theta Healing™ practitioner.

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