

Brown Bag Presentation

An in-office program developed to quickly teach employees and management how to handle "stress".

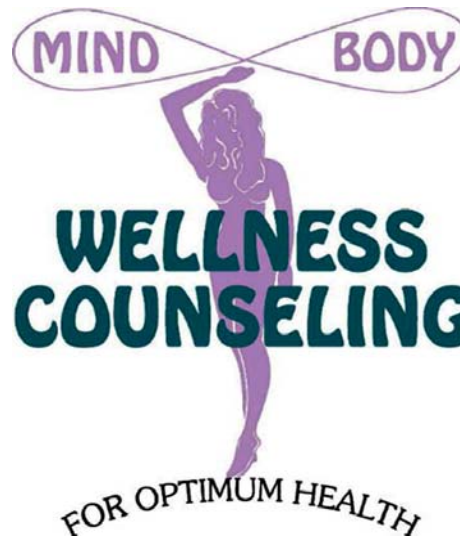
Balancing the Mind/Body for optimum health and professional growth.

Learn techniques to release stress in a positive manner that will allow you to ...

Take Control of Your Life.
Empower Yourself!



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What your mind perceives,
your body will do!

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Mind Body Wellness
Counseling

Brown Bag
Presentation



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Who

Barbara Hynal

Registered Nurse Practitioner
Psychotherapist
Hypno Anesthesiologist
Doctorate in Religious Science
and Metaphysics

- ✚ Founder of Mind/Body Wellness Counseling
- ✚ Co-Founder of the Professional Hypno-Therapy Council of San Diego
- ✚ Member National Association of Holistic Nurses
- ✚ Certified Hypno Anesthesiologist

When

The “Brown Bag Presentation” can take place anytime, especially if absenteeism seems to be an ongoing problem. Releasing stress can improve productivity and attendance.

What

The “Brown Bag Presentation” is an in-office stress reduction seminar where individuals learn techniques to reduce stress in their everyday lives and develop skills of “**action**” instead of “**reaction**”! We invite employees to join us for lunch (bring their own “brown bags”) and enjoy 45 minutes of relaxation that will change their lives.

Seminar Outline

Introduction	3 minutes
Relaxation/Breathing Techniques	12 minutes
Questions/Answer	20 minutes
Overview	5 minutes

Times may vary depending on group participation and question/answer segment.

Where

The Brown Bag Presentation can take place in your office, lunchroom or conference room. It need not be a formal environment. A comfortable place is all that is needed.

Why

The “Brown Bag Presentation” develops skills used every day in balancing the Mind/Body. When we are in balance, optimum health, personal and professional growths are realized. When we change preconceived ideas of what we **can’t** do into the positive knowledge of what we **can** do, positive results are achieved in all areas of our existence, our health is better, life at home is smoother and our professional growth is maximized.

When we reduce our daily stress the immune system can release endorphins that will produce positive stimulations. These positive thoughts and actions promote positive growth and health.

With the right attitude we actually look forward to doing the **tasks** necessary in our lives, which allow us the ability to enjoy the fun we all want in our lives!