

Dr John Hinwood DC

Speaker, Trainer, Coach, Author

“Dr John Hinwood is a force of nature kind of fellow. John is one of those rare souls in whom the message and the messenger become one and the same. His message is always simple, yet profound.”

Dr Gerard Clum DC

SUGGESTED TOPICS

Keynotes

2-8 hour Trainings

2-5 day Workshops
and Retreats

Build Emotional Resilience Training

An open 2 day workshop that will provide you with the tools and strategies to lift you from stress into clear calm to guide you from stress and anxiety to being empowered, emotionally resilient and in control of your life.

Build Emotional Resilience in the Workplace

This 1 day workshop helps identify stressors, builds emotional resilience and provides companies and participants with unique evidence based tools and strategies to manage and reduce stress. The outcome is a more agile workforce who have grit and mental toughness.

How to Hack Your Brain to Harness Stress

This keynote explains how to identify workplace and personal stressors and build emotional resilience using evidence based tools and strategies. The practices are based on the power of language and visualisation – the underpinnings of change.

OUT OF THE STRESS AND INTO THE CALM

DISCOVER EMOTIONAL RESILIENCE
TECHNIQUES THAT REALLY WORK

Dr John Hinwood is a global leader in stress management. You will discover from this dynamic and energetic presenter that you can easily shift your current state of health to break free of the stress that is holding you back.

John's seasoned and perceptive approach allows him to draw from a formidable armory of proven stress management solutions. This new approach of building emotional resilience is guaranteed to save you time, energy and money, so you can move to enjoy a heightened state of wellbeing.

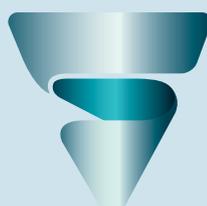
You will be amazed how easy and practical the tools and strategies are and how you can apply them instantly so that your business, relationships and your life will be

much easier and more rewarding. Your productivity will increase and you will enjoy a healthier bottom line.

John is a great story-teller and he will teach you how to shift your stress using fun and laughter and he has an innate talent to touch, move and inspire others.

He creates a bridge to make proven scientific, evidence-based information easy to understand and use in your daily personal and business life.

John is the Co-Founder of Stress to Strength, the Stress Management Institute and the Emotional Resilience Institute. He is an international award-winning stress management blogger.



**STRESS
MANAGEMENT
INSTITUTE®**

Global Leaders in Stress Management

To enhance your own or your organisations emotional resilience...

Contact John on Ph: +61 1300 663 979 or Email: john@stressmanagementinstitute.org

To find out more about personal and business services that John provides, visit www.stressmanagementinstitute.org

Simple, Sustainable, Self Care Strategies.



WHAT PEOPLE ARE SAYING ABOUT JOHN'S WORK...

You will be astounded by your own progress!

"After putting the tools to use, you get the opportunity to measure your progress. I guarantee you, you will be astounded by your own progress. Every one of us made practical and pragmatic gains we would not have believed unless we saw the results with our own eyes."

Joshua Knight
Organisational & Behavioural
Change Management Consultant
Brisbane, Australia

**Powerful and Transformative
Information.**

"It is not often that you meet a man with such authenticity as Dr John Hinwood, and when you do you'll never be the same. If you ever have the opportunity to have John speak to your people or at your event, just grab it!"

Irena Yashin-Shaw PhD
Innovative Edge
Brisbane, Australia

Course Content is Excellent.

"As a time-limited executive studying by distance for the first time, I had concerns about an effective learning experience. The different time-zone worked in my favour, allowing me to interact with other students and course instructors at mutually convenient times. Course content is excellent, and I have already utilised this in my workplace, in programs I offer externally to other organisations, and my family acknowledge the personal benefits also. Throughout the program I have been fully supported by SMI, by email, telephone and webinar. It's a comprehensive and professional level of guidance and correction. I thoroughly recommend the program and SMI."

Michael Massey
Global Director - Wellness Operations,
Absolute World Group LLC
Phuket, Thailand

OUT OF THE STRESS AND INTO THE CALM

How can John help you and your team?

All of John's keynote and workshop topics focus on providing the participants mastery over their stress and moving into clear calm..

Individuals learn simple, natural, sustainable self-care strategies and highly practical , evidence-based emotional resilient tools that will enable them to be more effective in their workplace.

The processes that John shares are easily understood, enthusiastically adopted, readily called upon, and are proven to give back control in people's lives. Participants learn to develop 'grit' and how to 'bounce back' to become more agile!

He lifts the individual out of their state of stress, discouragement, fear and overwhelm into a state of clear productive calm.

More about Dr John Hinwood

Dr John Hinwood is the Co-Founder of the Stress Management Institute; Stress to Strength and the Emotional Resilience Institute along with his life partner, Dr Judy Hinwood.

These organisations are committed to helping people deal with the rigors of modern life, both in their private lives and their careers.

Stress Management Institute provides fully accredited Australian Federal Government VET Tertiary studies and qualifications for stress management. It trains Practitioners and Facilitators in a career that helps people manage their stress and build emotional resilience, which is just part of John's quest to bring calm to the world.

John earned his reputation as "The Miracle Man" as the Founder of 'Expect A Miracle School', a movement that brings the power of mindset, change and wellbeing by using positive psychology to support people around the world.

John and Judy are the authors of seven book titles in the "You Can EXPECT A MIRACLE" book series, four of which are Amazon "Best Sellers". They have published over twenty hard-cover and eBook titles as well as many audio and video multi-media programs.



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**stress to
strength®**
Mastery over stress

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To find out more about personal and business services that John provides, visit www.stressmanagementinstitute.org