



*Dr Judy Hinwood DC*

Trainer, Coach, Speaker, Author

“Why stress over things when you can transform your ‘stressings’ into blessings through following Judy’s simple stress dissolving and storm calming techniques.”

Dr John Demartini

Human Behavioural Specialist, International Bestselling Author of ‘The Value Factor’.

## SUGGESTED SEMINAR & WORKSHOP TOPICS

**2-8 hour Customised Training**

**2-5 day Workshops and Retreats**

### Build Emotional Resilience Training

An open 2 day personal 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.

### Stress to Strength Experience

This 2 day training is about harnessing stress so it becomes a source of resilience and strength. The 60 plus tools and strategies you learn will prove life-saving and move you to a higher state of functioning.

## OUT OF THE STRESS AND INTO THE CALM

**DISCOVER EMOTIONAL RESILIENCE  
TECHNIQUES THAT REALLY WORK**

Dr Judy Hinwood is a global leader in stress management.

Overcoming cancer in 1983 demonstrated how harnessing the power of the mind with the use of visualisations, with diet and natural healing techniques can shift a body from being in extreme stress, to a state of strength.

Dr Judy is now committed to teaching how to prevent and manage stress, as it takes a ruinous toll on people’s lives and health.

She teaches how to tap into resources that renew body, mind and spirit so you become emotionally resilient.

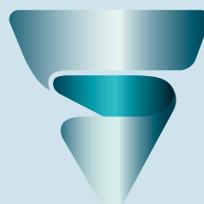
You will be amazed how easy and practical the techniques are and how you can apply them instantly so that your business, relationships and your

life will be much easier and more rewarding.

The integration of daily work activities and personal life will be enhanced as a result of attending her trainings and workshops. Participants are often surprised and gratified at the immediate and profound difference in their world as they start to become emotionally tougher, emotionally resilient and agile.

Participants are guided through the trainings using many evidence-based tools and strategies, allowing them to pick the tools that suit and connect with them in order to better cope and live their best life possible.

Dr Judy is the Co-Founder of Stress to Strength, the Stress Management Institute and the Emotional Resilience Institute.



**STRESS  
MANAGEMENT  
INSTITUTE®**

*Global Leaders in Stress Management*

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

Contact Judy on Ph: +61 1300 663 979 or Email: [judy@stressmanagementinstitute.org](mailto:judy@stressmanagementinstitute.org)

To find out more about personal and business services that Judy provides, visit [www.stressmanagementinstitute.org](http://www.stressmanagementinstitute.org)

# Mastery Over Stress

## Simple, Sustainable, Self Care Strategies

### WHAT PEOPLE ARE SAYING ABOUT JUDY'S WORK...

Working with Judy if life changing.

"Judy is an outstanding coach and mentor. I have found her insightful and thorough. She will not allow you to get away with using less than the magnificent potential she sees in you. Working with Judy is life-changing. It will take you to levels you never thought possible."

Dr Pauline Walsh  
Melbourne, Australia

I was moved to take immediate action to become happier and healthier.

"Judy and John Hinwood, with great expertise and finesse, led us on an adventure through our own stress experience and out into a realistic optimistic and accepting state. Through a set of eloquent tools and strategies and with great compassion, understanding and respect for every member of the group, Judy and John guided us in learning how to dissolve the stress and move to completely different states where we were solid, free of the weight from the past, appreciative of what we actually had and open to new things happening in our lives. Attend their workshop."

Mark Pitcher, Clinical Psychologist,  
Brisbane, Australia

Amazing techniques for stress reduction.

"The Stress to Strength program not only offers amazing techniques for stress reduction, but more than that, Judy Hinwood guides students through a simple, focused and highly effective experiential adventure, to expand how we live, how we laugh and how we can add value in our world."

Vikki Kelly  
Auckland, New Zealand

## OUT OF THE STRESS AND INTO THE CALM

### How can Judy help you and your team?

All of Judy's seminar 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 and live more vibrant and fulfilled lives.

The processes that Judy 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!

### More about Dr Judy Hinwood

Dr Judy Hinwood is the Co-Founder of the Stress Management Institute; Stress to Strength and the Emotional Resilience Institute along with her life partner, Dr John 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 Judy's quest to bring calm to the world.

Judy's outstanding book, 'Stress to Strength...Mind Tools to Calm, Connect and Create' has 36 proven tools and each has an associated conversation that supports the reader to take back control of their life. The science of the mind and the biology of belief underpin this unique and ground-breaking work.

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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