



*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 and emotional resilience. 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 research and 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.

#### 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 techniques 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 mental and emotional toughness which enables greater productivity and wellbeing.

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

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

To find out more about personal and business services that John provides, visit [www.stresstostrength.com](http://www.stresstostrength.com)

# 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

## Our Products, Services and Clients

Dr John Hinwood is the Co-Founder of the Stress Management Institute®; Stress to Strength® and the Emotional Resilience Institute™ along with his life and business partner, Dr Judy Hinwood. These organisations are committed to helping individuals live stress-less with the rigors of modern life, and support organisations with an innovative solution to address workplace stress at its source.

The Stress Management Institute® provides fully accredited Australian Federal Government VET Tertiary studies and qualifications in stress management. It trains Practitioners, Facilitators and Advocates in a career that helps people manage their stress and build emotional resilience, which supports John's quest to bring calm to the world and enhance wellbeing.

John has spoken to audiences worldwide. A sampling of their current business clients includes the Australian Institute of Management, Langham Hotels, Queensland Teachers' Union, Australia and New Zealand Mental Health Association, P&O Cruises, Property Club, Golden Door Elysia Health Retreat, Education Show, Nestles Globe, Alita Dental, Institute of Managers and Leaders, Future Fit Outs, Priority Management, Absolute World Group Phuket, Australian General Practice Accreditation Limited, Council of Australasian University Directors of Information Technology, Atmanjai Wellness Spa Phuket, Logan Chamber of Commerce, Southside Chamber of Commerce, Progressing Business Institute, Chiropractors' Association of Australia.

John and Judy are the authors of sixteen books, four having been Amazon Best Sellers.

## Our Global Reach At A Glance...



**STRESS  
MANAGEMENT  
INSTITUTE®**  
*Global Leaders in Stress Management*



**stress to  
strength®**  
*Mastery over stress*

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

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

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