



Dr Judy Hinwood
Chiropractor

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

Emotional Resilience Advocate™ Method

This training method will help to identify additional workplace and personal stressors, build resilience and mental agility.

It provides evidence-based techniques and strategies to develop resourcefulness and ‘grit’, to gain more mastery over stress.

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.

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.

She and her husband John have lived through stress and have learnt and developed teachings that work.

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 more 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 calmer, more rewarding and productive.

The integration of daily work activities and personal life will be enhanced as a result of attending her trainings and workshops or having being coached by her. Participants are often surprised and gratified at the immediate and profound difference in their world as they start to become emotionally tougher, more 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 and leave with integration planning done.

Judy is the co-founder of Stress to Strength®, the Stress Management Institute® and the Emotional Resilience Institute™.

How can Judy help you and your team?

All of Judy’s seminars and workshop topics focus on providing the participants mastery over their stress and moving into clear calm with their unique solution-specific plan in place.

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 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!

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

Contact Dr Judy on Ph: +61 1300 663 979 or Email: judy@stressmanagementinstitute.org

To find out more about personal and business services that Judy provides, visit 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

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 and business 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.

The Stress Management Institute® provides qualifications in stress management through its programs such as the 'Emotional Resilience Advocate™ Method' which supports Judy's quest to bring calm to the world and enhance wellbeing.

Judy has spoken to audiences worldwide. A sampling of their business clients includes the Australian Institute of Management, Langham Hotels, Queensland Teachers' Union, The Australia and New Zealand Mental Health Association, P & O Cruises, The Property Club, Golden Door Elysia Health Retreat, The Education Show, Nestles Globe, Alita Dental, Institute of Managers and Leaders, Future Fit Outs, Priority Management, Absolute World Group Phuket, Australia, 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

Judy's practical book, 'Stress to Strength...Mind Tools to Calm, Connect and Create' has many 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.

Our Global Reach At A Glance...



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INSTITUTE®**

Global Leaders in Stress Management



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