



Anick explores the mind-body connection to inspire people to lead, work and live more effectively and authentically through emotional intelligence, better relationships, enthusiasm, less stress and more joy!

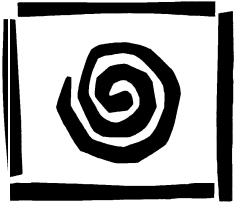


www.anickpatry.com

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• Stress Management • Authentic Communication • Connection



*Stress is a fact
of life; it doesn't
have to be a
way of life*

A SOLID COMMITMENT TO THE INDIVIDUAL

Through her experiences, skills and training, Anick Patry is inspiring people by offering them a wide range of simple, efficient tools they can use to develop balance at work and in their lives, and confront the many challenges they face every day.

Goals

- ♦ Active wellbeing
- ♦ Self respect
- ♦ Personal empowerment
- ♦ Joy in the work place
- ♦ Acquisition of stress, energy and emotions management tools

Her methods are dynamic, based on actual experience, with a view to generating a conscious integration of newly learned concepts by building on right brain learning. All presentations take a humorous approach.

More than ever, we must adapt to changing environments, in our professional, family, and social lives. According to the principles of modern psychology, the left-brain is rational, and therefore responsible for linear and analytical thinking. The right brain is imaginative, inclusive, and generates solutions to our problems. Our highly regulated, time-bound society allows the left-brain to dominate. It therefore creates an imbalance, one which is not only psychological, but also physical, emotional and social.

Anick Patry suggests tools that have been recognised to restore balance, and therefore harmonise body, mind and spirit, in every form.

Anick has a database of stories, lessons and content that she can 'mix and match' to create a meaningful message that is directly relevant to the audience, meets corporate objectives. All her presentations are high energy, funny, practical, use a lot of audience involvement and have serious messages presented in entertaining and memorable stories and activities.

SERVICES

In-house lectures and workshop

- Lecture
- Workshop (2 hours to 2 days)

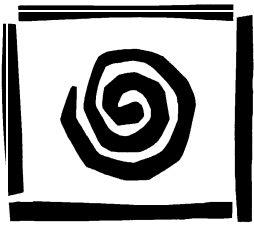
Group training session

- Weekday evening workshop
- Development of weekend events
- Self-awareness vacations

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LIST OF EVENT TOPICS

1. STRESS 101: 4 TYPES OF STRESS

A “lecture workshop” on the four types of stress: *physical, intellectual, emotional and situational*. This is an extremely popular interactive lecture, which offers simple, practical **tools** and a **humorous** look at life. Sure to be an enjoyable, enriching and an educational way of investing your time.

2. THE 5 TYPES OF PERSONALITY 101

All of us are born with our genetic codes, and our own specific inner essence. Some of us, the *Staccatos*, are highly organised. *Flowing* personalities seem to adapt well to change. *Chaotic* personalities are creative, while *Static* personalities thrive on meditation. And then there is the *Light optimistic* type. Which one are you? This dynamic and uplifting workshop will tell you a lot about yourself and the people around you. It will teach you the art of getting along with anyone. A “must” in all organisations. *This session can be valuable for customer service, call centres, sales, negotiating and relationships at work and in life.*

3. DEFUSE YOUR EMOTIONS: IT CAN BE DONE!

This workshop or seminar gives participants the opportunity to acquire an extraordinary tool. The four-step technique is clearly explained, then put into practice, making this tool easy to integrate and use. It literally melts away what we call *negative* emotions. *This presentation helps achieve better emotional balance during stressful periods. (This session can be valuable for customer service, call centres, sales, negotiating and relationships at work and in life.)*

4. HAVE YOU GOT A BRAIN?

We operate rather like robots some days. Our workplace can be creative or repetitive. We are making decisions and are evaluating all the time. We are using our brain night and day. In this presentation, *you will gain powerful tools to balance your right and left brain (creative and rational) and use it smartly and efficiently to get outstanding results in your business and in your life.*

5. HOW TO MANAGE YOUR ENERGY CAPITAL

Do you often finish your day drained of all energy? Do you feel a need to change your lifestyle, your location or your work? Do you feel like responsibilities are dragging you down? A solution is needed and a solution may be found once you understand your personal energy capital. This presentation relates to the rapport we have with others, as well as with ourselves. You will learn how through some associations, you lose energy rather than gain strength. It is definitely possible to balance your day and maintain a good distance from “*Chronic fatigue*” or “*Burnout*”. While relaxing, you will be *given a set of Energy Management tools*.

Note: While the content of each lecture or workshop is very serious, the approach to the subject is anything but! Just the right balance is important to give participants what they need. Please note that these presentations can be given in either French or English. Receive your triple M, Free Monthly Motivational Moment and read our “Tips to be Stress Free” on our website www.anickpatry.com

What I do?
Activate your team

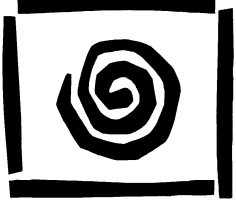
How?
Connect your head to your heart

Why?
To make your business irresistible unforgettable unbeatable!

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*We can not change
a client attitude,
but we can change
ours...*

Who is Anick Patry?

Anick Patry is called a “*people connector*”. She is a stress management master, who helps people achieve results by re-connecting them to what really drives attitudes, engagement, joy and positive outcomes in business and life. Her skill in transforming the spirit of people and cultures changes perceptions; improves relationships and leadership; connects and engages people; and reframes the value of change.

With experience in teaching and speaking in both hemispheres to different types of groups and associations, combined with constant research in scientific discovery, Anick will entertain and “edutain”, connect you and your people and will teach you tools to manage stressful situations and move your team to action. Anick draws on a vast foundation of knowledge, techniques and experience.

Anick Patry teaches people how to bring out the best in themselves and others, and how to keep a positive spirit, no matter what the circumstances. She will remind you that you are a “human being” rather than a “human doing”.

Anick has a Bachelor's degree in communications, a Diploma in Creative Arts Therapy, she is qualified as a Master Practitioner in Neurolinguistic Programming, and she has expertise in group dynamics and *zillions* of rich life experiences around the globe as a reporter at **CBC** in Canada and **SBS** in Australia, a teacher, a voice over performer, an explorer, a “*people connector*”...

What makes Anick Patry different?

After her presentation:

- people take on a different attitude and make lasting behavioural changes
- they remember what they discovered
- they share the tools they learned with others at work and at home
- the whole seminar is up beat, people are energised, engaged and enthusiastic
- Anick teaches people to remember to be a “*human being*” rather than a “*human doing*”

Why Anick Patry?

- she will have everyone laughing as they learn the practical skills of emotional intelligence, right and left brain balance and tools in stress management
- numbers, statistics and facts would not create change; touching people with an emotional connection would. Anick creates emotional experiences which result in change.

You will get to...

- understand the importance of connection in leadership, sales, service, life and relationships
- deal with stress and changes and balance work and life in new ways
- discover how to celebrate, motivate and encourage your team
- acknowledge and recognise others
- laugh more, revive and rediscover joy

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