



jan kinder

*'Self-Awareness and Self-Care are Essential
For a Productive Business and Fulfilling Life!'*



Today's corporate environment has become increasingly competitive and challenging. The considerable demands on individuals at every level of business calls for a high level of consciousness, integrity, self-awareness and a strong commitment to contribution. The present paradigm will be a time of reflection with awareness towards self-mastery for living in a world of constant change.

Hiring **Jan Kinder** as your next Key Note Speaker or Seminar Facilitator, offers approaches towards personal growth and gives your attendees tools to clear stress and foster relaxation to maximize effectiveness in the workplace, as well as calm and expand the mind to increase productivity for your attendees. Her talks and teachings also energize and strengthen the body to improve stamina and health, plus increase creativity, insight to develop personal potential and innovation, and will create a state of balance to enhance overall performance. * **Read bio on page 2.**

Her Topics Include:

Signature Talk-Nurture Your Soul for Vibrant Health and Well Being

There are 7 vital areas that support health and well being to achieve one's fullest potential with increased energy and vitality, greater clarity and cooperation, and a heightened sense of awareness and purpose. Through an informative, motivational and fun talk, Jan will explore these areas of health with the new paradigm of wellness, as it relates to clearing stress to support wellness for healthier more mindful living.

Be the Eye of the Storm-Master the Mind, Balance the Emotions and Empower Performance

Explore the nature of stress and its influence on emotions, performance, and illness and the human energy system. Understand the value and feel the effects of utilizing effective coping strategies and proven relaxation techniques, to reduce and clear the accumulated effects of mental, emotional and physical stress. Jan will *introduce* ways to interrupt the stress response and nurture the body. Allow your inner wisdom to be your greatest creative resource. How others choose to deal with stress is an empowering personal decision.

Self-Care for Corporate Leaders Wanting More Resilience to Create and Excel in a Challenging World

The concept of self-care was developed by health care professionals to describe a way of being that supports conscious healthy lifestyle actions and behaviors. In this talk, your audience will experience proven, easy attainable self-care techniques and practices designed to fit into their existing daily life. Attendees learn how to reduce emotional, mental and physical stress, improve sleep, increase vitality, and improve clarity and focus. In working in today's corporate arena, it is imperative to be your sustainable best, both at work and at home.



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Jan Kinder-Key Note Speaker/Author/Corporate Workshop Facilitator
To book Ms. Kinder for your next event send request to Jan@JanKinder.com or call (561) 510-1022

A pioneer in mind body medicine, Jan's clients often refer to her as having changed their lives forever. She is the embodiment of the knowledge and experience she has acquired, which she shares with a passionate open heart and a gentle kindness that helps make personal transformation an exciting journey of self-discovery and personal growth.

Jan states; *"I know self-awareness and self-care are the essential foundations for mental, emotional, physical, and spiritual health and well-being to creatively express your fullest potential with joy and success."* As a seasoned internationally known speaker and workshop/retreat facilitator, participants consider Jan to be a *"highly skilled, very powerful, motivating and warm-hearted presenter with integrity, compassion, and many gifts and talents"*. ***See references on page 3.**

Deepak Chopra, author of *How to Know God* says, *"Jan Kinder has dedicated herself to heal, to love, to transform and to serve others. She is an inspiration to those around her."* Personally trained by Deepak Chopra, MD and David Simon, MD, Jan was among the first certified Chopra Center educators/instructors in 1995, worked with Chopra and Simon in the Center's earlier years, and assisted Simon in developing the Return to Wholeness Cancer Program. A meditation practitioner for over 40 years, she continues to be a life-long learner in Eastern philosophies.

Jan Kinder is a licensed registered nurse with a BA in psychology, board certified holistic nurse, and certified music therapist. She has acquired practitioner/instructor certifications in holistic stress management; guided imagery; sound and color vibrational therapies and energy healing; and Transpersonal Neuro Linguistic Programming (NLP). She is a contributing author in the best-selling book, *Conversations That Make a Difference*. She founded **The Jan Kinder Center** in South Florida, formerly the award winning *The Self Centre International* at the prestigious Caneel Bay Resort in St. John, USVI. Jan has been featured in Organic Spa, Wall Street Journal, Travel and Leisure, LA Confidential and Palm Beach Illustrated. She is also an accomplished classical pianist, composer, and former TV "jingle" singer. She's a master-level clinician in the musical development / therapeutic philosophy of Dr. Carl Orff, and a certified practitioner with Tama-Do "Way of the Soul": The Academy of Sound, Color and Movement®.



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Below is a list of the Major/Minor Corporations Jan Kinder has appeared
as a Key Note Speaker or Facilitated a Corporate Workshop



Universal Studios Escape
"Consciousness: Prerequisite for
Corporate Success"



Hackensack University Medical Center
Alternative/Complementary Medicine in
Cardiology Conference "Mind Body
Approach for Patients with Heart Disease"



Seton Hall College of Nursing
"Mind Body Perspectives in
Medicine: New Model for Health"



Team Health Institute
Largest provider of Emergency Physician staffing in the
world "Mastering of the Mind and Conscious Awareness"



Novartis International
Swiss multinational pharmaceutical
"Relieving Stress, Creating Wellness"



**AFT Healthcare Professional Issues Conference &
National Federation of Nurses Annual Labor Academy**
"The Burden of Giving: A Holistic Approach to
Managing the Emotions of Stress"



Hy Cite Corporation
"Relieve Stress to Maximize
Effectiveness in the Workplace"

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