

MindBody TuneUp

In House Programs

By Jan Dacri, M.A.

© 2004 Jan Dacri. All Rights Reserved

MindBody Improvement Resources

P.O. Box 81371

Las Vegas, NV 89180

Phone: 702-376-4727

Jan@JanDacri.com

www.JANDACRI.com

MindBody TuneUp

Summary

With a jittery financial market and on-going world events putting people – especially people in business – under extreme stress, the need for a *MindBody TuneUp* has never been greater. Multiple-session and ongoing in-house programs are designed to enhance the performance and attitude of your sales force, your management team, and every employee.

The world's leading female memory expert, Jan Dacri has spent over thirty years developing her ideas which improve memory, reduce stress, and increase general health. Industry experts and respected medical practitioners have high praise for Jan's program, and classify it as innovative, ground-breaking and highly beneficial to millions of people. Through her highly in-demand memory training, Motivational Speaking and In-House Programs for Fortune 500 companies and conventions, Jan has refined her concepts into this *MindBody TuneUp* program. Sessions can be custom-tailored to accommodate the specific needs and schedules of each client.

The Program: *MindBody TuneUp*; Complete Overhaul; Routine Maintenance; and Fine-tuning

By Jan Dacri, M.A.

Look around everywhere and you will see that most people are out of shape, under stress, and not in the best of health. Ask anyone, “How’s your memory” and most will answer they’re losing it – it’s getting worse every day.

Vast numbers of people who are aware of the urgent need for self-improvement have had (or witnessed) a life-threatening scare (cancer, heart attack, memory loss, high blood pressure, diabetes, accident/injury, etc.) and have realized the need to reduce the stress and take far better care of themselves right now, or else! (The avoidance of pain and suffering is the greatest motivator!)

Distrusting the “quick fix”, many (especially the billions of baby boomers in the workforce today) are longing for natural, lasting solutions. However, with daily schedules that are already full to the brim, most think they hardly have time for anything new, and in any case, are not quite sure how to begin to help themselves.

Jan Dacri’s *MindBody TuneUp* Program will provide the tools and practical information for a simple “do-it-yourself” overhaul, routine maintenance, and fine-tuning designed to fit comfortably into anyone’s busy schedule, at work, at home, and when traveling - regardless of age, job description, lifestyle, habit patterns, current circumstances, mental and/or physical condition.

The most comprehensive self-help program ever created, it teaches everything you need to know and all you need to do to enhance your productivity, dramatically improve your memory and boost your level of physical health and fitness. Entertaining & effective follow-along sessions, combined with unique interactive computer-based learning materials (CD-ROM), and a highly informative handout manual for all participants. Jan teaches classic, age-old wisdom combined with the latest up-to-date information. The handouts and CD-ROM components become more valuable by repetition and review, making this program a very worthwhile investment in time and money.

Companies can expect an impressive boost in overall morale and productivity, less sick-leave (decreased absenteeism due to stress-related syndromes such as high blood pressure) and lowered health-care costs.

In-house courses are conducted in person by Jan Dacri, M.A. and on-line via CyberSeminars worldwide.

Session Details

- Regardless of age or condition, this program is especially for those whose life includes long hours of sitting, great time constraints and mental challenges.
- Interactive exercises for learning principles and techniques to improve the memory; applications of practical everyday systems for remembering anything; (names, lists, product line descriptions, etc.)
- How to harness the remarkable Power of Self-Talk.
- MindBody Fitness exercises for anyone, any age, in any shape or condition. Includes how to stretch safely, breathe expansively, strengthen and tone the entire body, and relax completely. Jan makes it fun to do, easy to follow.
- Follow-along sessions for use during the day, at home or at work, when things are hectic, time is short, stress is high. A series of short routines which can immediately return composure, help maintain a calm and relaxed attitude, keep employees mentally clear, physically energized and productive all day long.
- The 5 Basic Breathing Techniques to improve circulation of oxygen to every cell of the body and brain.
- Relaxation Procedures for Stress Relief, taking “Power Naps”, and getting a good night’s sleep.
- Specific sessions focus on sales, people skills and success strategies.

About Jan Dacri

World’s foremost female memory expert, Jan received a Master’s Degree from Tufts University, Boston, Mass. A highly acclaimed speaker for corporate events since 1973, presenting memory training, motivational speaking and in-house programs for Fortune 500 firms and conventions worldwide, including 3M, Boise Office Solutions, IAAP [International, Association of Administrative Professionals], Owens-Corning, and YPO, to name a few.