



About Lydia: Lydia is the author of the book *Imagine: Using mental imagery to reach your full potential*, and associated guided imagery recordings (cd / mp3). She is a highly experienced counsellor and coach specializing in

health and wellness, as well as Positive and Performance Psychology. She is a former tenured university professor in Health Promotion, and Sport and Exercise Psychology; and is currently adjunct professor at St Paul University in Ottawa, and ongoing in the online Masters of Wellness program at RMIT University in Melbourne Australia.

Lydia is also available for consultation at Kanata Psychology and Counselling Centre. For more information about Lydia go to: soulinmotion.ca

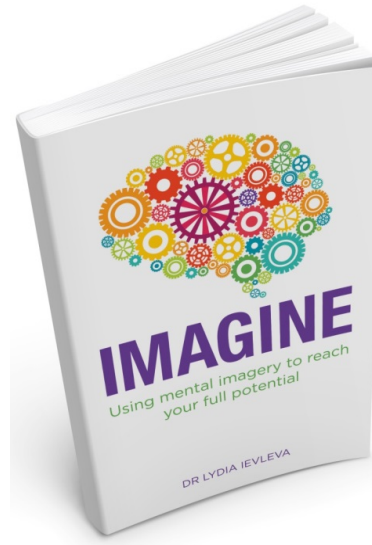
Registration*: \$195 (Early Bird \$175 by 04/27)
Insurance rebates may apply.

Dates & Time: 1:30 – 5 p.m.
Sundays May 15th and May 29th

Place: Kanata Psychology & Counselling Centre, 99 Kakulu Rd., Kanata

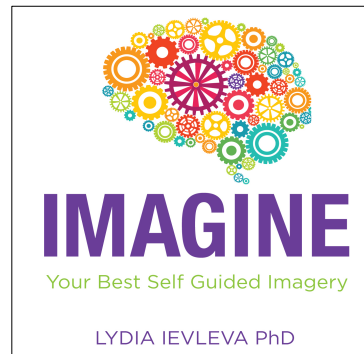
* Limited to 8 participants.

For more information or to book:
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IMAGINE: Using mental imagery to reach your full potential is available in bookstores and via:

BigSkyPublishing.com.au (in Australia)
Amazon.com (internationally POD)
Also via iBooks and Kindle.



IMAGINE Your Best Self Guided Imagery and *Personal Best Guided Imagery* recordings are available via iTunes and other outlets.



IMAGINE

**Being and Doing Better:
Applying Mental Imagery
for Creating Your Best Self**

**Workshop Facilitated by
Lydia Ievleva, PhD
Counsellor/Coach**

***Learn how to harness the
power of your imagination to
create change and achieve
personal and professional goals.***

What you see, is what you get!

Your imagination is one of the most powerful inner mental resources for self-development. It is especially effective for facilitating and accelerating change—whether adapting to change; or changing how you think, act (and react), and feel. Change of any kind doesn't come easy. As they say, old habits die hard; and the best predictor of future behaviour is past behaviour. But history need not be your destiny. You can harness the power of imagination to increase your chances of success, or you can leave success to chance.

This highly experiential workshop will provide a practical guide to understanding and applying mental imagery across the spectrum of your life – towards creating your best self, achieving your goals, and more efficiently eliminating obstacles in your path.

Case studies will be featured to demonstrate imagery applications. Participants will also be provided the opportunity to practice and discuss how you might incorporate imagery strategies in your lives and work.

Best to take creative control of your images, lest they get the best of you.

Much of how we are and what we do is dictated by images of our mind. That is, we tend to think, feel, and behave consistent with whatever self-image is most dominant at the time. We tend to recreate outer conditions to match our inner conditions. This is what explains how most lotto winners are in worse debt than ever within one year of their big win.

“Imagination is more important than knowledge.”(Albert Einstein)

The advantage of practicing mental imagery¹, is that it affords us the opportunity to practice that which we have little experience with. In doing so, we are actually boosting our inner repertoire – as the brain cannot tell the difference between what is perceived to be real or imagined (based on fMRI studies). Therefore, whatever you imagine, registers as actual experience and the information data base of your reality. Of course, there are natural limitations, and this must be tested in real situations.

So, if you would prefer to be more in control over your destiny, and less victim to your (unconscious) fears, then you need to take better control over the images of your mind. Such that, rather than *reacting* to situations and events, you are in stronger position of *creating* according to the script you'd prefer to operate from – that is most aligned with your best self.

Neuroscience has demonstrated that mental imagery is a far more powerful technique than standard CBT (Cognitive Behavioural Techniques) that involve self-talk and affirmations. That is, the reach of mental imagery extends far deeper and beyond words, and is the major portal of your brain for transformation and ***quantum leaping***.

Technically, and according to the science, applying mental imagery is virtually ***applied neuroplasticity***.

**When there's an image
– there's a way.**

¹ Aka *creative visualization* – although mental imagery involves multisensory and more visceral processes.

Imagine Workshop Outline

1. About Mental Imagery

- Being the Scriptwriter of Your Dreams
- Role of Self-Image and Competing Agendas
- Defining Mental Imagery
- Mental Imagery in Perspective

2. The Science

- Medical Evidence
- Neuroscience
- Quantum Physics
- Brain Maps: Mental Imagery Link to Emotions

3. Guidelines for Mental Imagery

- Charting Your Course (applying Goal Setting)
- W5 & How of Mental Imagery
- Trouble Shooting Imagery Challenges
- Imagery Tips and Tools

4. Back to the Future: From Looking Back to Moving Forward

- Drawing out best from the past and projecting to better future
- Connecting with Best Future Self

5. Rewriting History

- Trace, Face, Erase, Embrace
- Creating and Sustaining Change (and breaking bad habits).

6. Imagery Loves Company: Vision Buddies

- Imagery Practice as Secular Prayer
- Vision Buddy Guidelines

7. Embracing Your Potential

- Achieving Personal Best
- Describing spectrum of applications from performance, to enhanced health and wellbeing, improved relating, making better choices / decisions, etc.