

# MENTAL HEALTH via Video Conferencing

## The Incredible

# BORIS CHERNIAK

Relieve stress, concern and anxiety caused by Covid-19 Pandemic

### DURATION: 60 MINUTES

30 minutes of informative ideas

- how self-hypnosis works
- misconceptions
- power of positive thinking
- removing limiting beliefs
- empowering self confidence
- develop mental and physical health
- how fears form and how to eliminate them

20 minutes of guided relaxation and meditation

10 minutes Q&A (or longer)

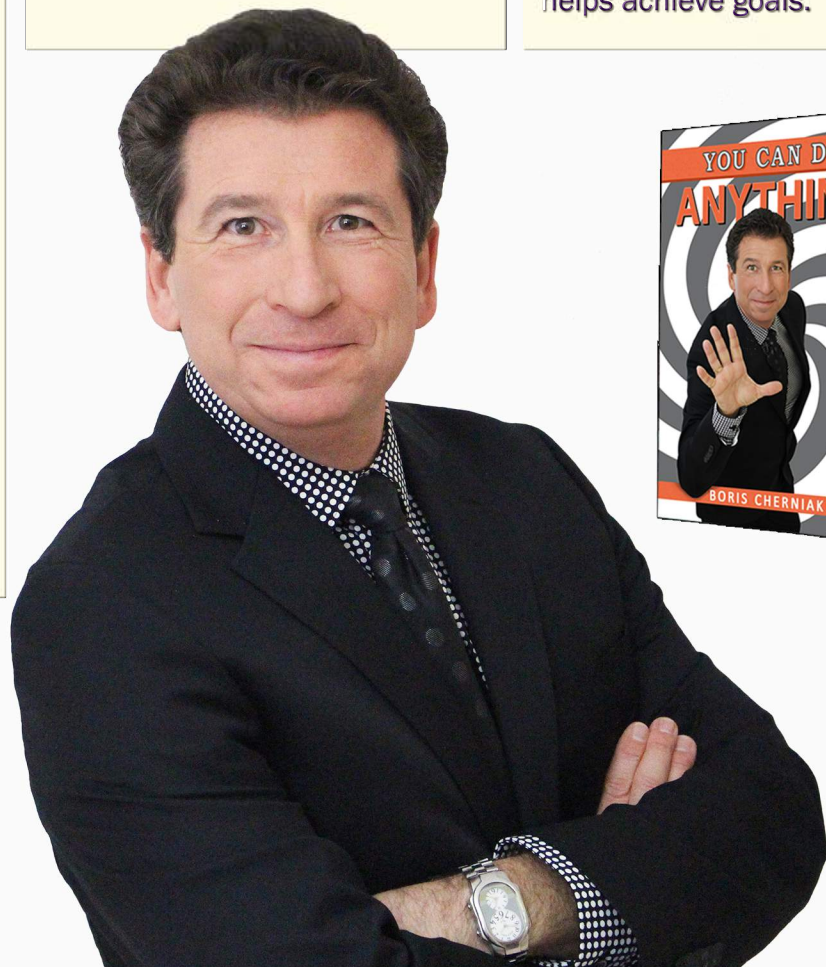
At the end of presentation, attendees will be provided with a link to a self hypnosis recording that will help them use the tools to relieve stress and relax.

### COST:

- Negotiated compensation per participant or flat fee
- Consideration of having Boris present a keynote at future events

### POWERFUL MESSAGE:

Inspirational wow factor with a powerful take away message. Boris helps achieve extraordinary results. He is a leading expert in psychology of fearless attitude in life and business that positively impacts lives and helps achieve goals.



<https://www.kmprod.com/incredible-boris>