

Heart Energy XMe

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INTRODUCTION

For many years the increasing rate of people experiencing Mental Health issues & associated Mental Health disorders in their life time has increased dramatically each year. It's been estimated this number is steadily rising every day. Some of these including stress & anxiety, depression, low self, confidence & or self value, grief, separation & divorce, uncertainty about the future, job security & many others. Mental Health issues can effect many facets with in a persons life and If gone un treated could cause many complications and in some cases could also possibly lead to suicidal thoughts, self harm even & or including suicide or harming others.

Today we are Discovering new edge technologies at such a fast rate through Medical Advancements & Quantum Science as it relates to our Mind & Body & our Mental Health How it can help us going forward in the fight against mental health issues.

In This presentation I will attempt to show clinicians and associated contributors how not only can we use current Mental Health treatments, yet also, how we can easily teach & implement new strategies to improve the lives of those suffering from mental health issues.

Some of the strategies include incorporating Empowerment Structuring Resiliency as well as understanding the difference between a fixed mindset versus a growth mindset & it's simplification on improving overall mental health.

AIM

Challenges and opportunities for better mental health, offering approaches to aid in the fight against mental health and mental health disorder plaguing our society today.

CONCLUSIONS

Having a fixed mindset may leave people more vulnerable to developing mental health difficulties & or associated disorders such as anxiety, depression, or aggression, low self esteem, low self confidence & low self value. This is especially true for our youth as they continue to develop their emotional maturity, intellect, social skills, physical advancement, conscious

competence, comprehension & learning who they are. Understanding Benefits of adding Empowerment Structuring and Resiliency Methodologies and the difference between a fixed mind-set and a growth mindset And it's implications on the mental health situation that we deal with today.

KEYWORDS

Empowerment Structuring Resiliency, Growth Mindset, Patterns of Behaviour, Cognition Sub-conscious Reprogramming

BIOGRAPHY

Nikki Girard Nikki Girard Life's Focus & Journey For 35+ years has been Human Development & Consciousnesses

The Ability to Overcome Subconscious Blocks & Limiting Beliefs.

Teaching Success Through Empowerment Structuring Resiliency Including New Edge Technologies & Advancements in Medical Science

Using Powerful Techniques & Practices.

- Understanding How Our Mind Works (Consciously / Subconscious & Ego)
- Identify & Eliminating Subconscious Blocks & Belief Systematics.
- Using Energy Technologies To Enhance Self Awareness/Working in Harmony With the Mind & Body
- NeuroSciences Heart Math, Heart & Brain Coherence
- Increasing Energetic Abilities Including Meditation & Guided Meditation

Behavioural & Integration Technology Including Cognitive/ CBT/ NLP / States of Consciousness & Other Modalities

