

Live in Flow

LIZ JAKOI

Founder and CEO, Liz Jakoi Businesses

INTRODUCTION:

Using Transformational Psychology, Neuroscience and Infinite Intelligence to improve the quality of life and reverse aging.

AIM:

The coaching program covers the physiological, mental and emotional self-regulation systems to improve Psychological and Physical Wellbeing.

MATERIALS AND METHODS:

Individuals who have tried other therapies, modalities and processes are assessed through a questionnaire to determine customization of weekly one on one sessions. The program involves coaching through a step by step system of understanding how the human being operating system works. It is a minimum 3 of months in length and up to 6 months covering topics such as The Power of Decision, understanding 2 states of Being and The Power of Gratitude on the brain and nervous system. The use of breath work, visualizations, journaling and meditations help to increase the likelihood of success

RESULTS:

Clients have reported that the length of time living in a state of fight, flight, stress, anxiety and overwhelm which is engaging the sympathetic nervous system, was reduced by 90%. The clients reported the ability to move from the sympathetic nervous system to the parasympathetic nervous system using the program not only reduced illness but improved cognitive function such as creativity, reasoning and memory.

CONCLUSIONS:

The program produces lasting and, in some cases, permanent changes to emotional, mental and physiological well-being.

KEYWORDS:

1. Transformational Psychology 2. Neuroscience 3. Universal Intelligence

BIOGRAPHY:

Liz Jakoi completed her Bachelor of Science Degree at the University of Toronto at the age of 23. She went on to complete a Diploma in Adult Education and has completed a Certification Coaching Alliance Program and David Bayer Transformational Mindset Certification. Liz has worked for over 20 years in a variety of coaching, training and development positions. She began her own Transformational Warrior Coaching Business in 2018. Her mission is to reduce cognitive decline and the stress this place on the health care system.