

- Attorneys
- CEOs & Executives
- College students
- Engineers
- Food industry
- Healthcare & Wellness professionals
- Parents
- Sales professionals
- Video gaming companies

- Reduce stress & anxiety
- Improve creativity
- Self-improvement
- Improve mental clarity
- Team building

## Feedback on Imagination Improvement Course:

### Stress Relief

*"I can now practice refreshing my mind anytime I want with the various tools provided."*

*"The practice exercises let me freely imagine the times, people, and places I want to revisit or visit."*

*"I became aware of my inner strength to face my past failures."*

*"I've noticed that depending on how much space I have in my mind, my response changes. By realizing various facets of myself, I was able to clarify who I want to become."*

*"I was able to imagine myself trying to understand others' opinions. I could also picture myself acknowledging and respecting them."*

*"This course is a great training to foster mutual acceptance within the team."*

### Improvement on Creative Mind & Originality

*"I realized how my disadvantages can become advantages at times."*

*"When reflecting upon my accomplishments, I noticed how I approach my goals played a crucial role in achieving them. This insight can be applied to my current goals."*

*"I was able to strengthen my self-esteem and think about how I can grow further."*

*"I realized I was narrow minded and that was causing me to suffer. Taking a fresh perspective on my work helped me see my situation more positively."*

*"I felt a renewed sense of gratitude for my work."*

For more feedback, please visit: <https://imaginationimprovement.com/benefits>

# Testimonials

What others have experienced after the completion of 6 sessions.

## **Business Development Manager, Home Design manufacturing**

I have a demanding and stressful job, and I'm glad I participated. I came out of the first session feeling so refreshed and energized that I was able to focus better and think more positively at work.

Additionally, I've noticed the imagination exercises help me generate more ideas, especially when I have to create documents and slides from scratch. I'm grateful for all I've learned.

## **Business Consultant, Tech industry**

Ideas naturally flourish in my mind during imagination exercises, aiding me in solving problems. This process not only fosters positive thinking but also helps clarify my vision for both my work and my future. I'm immensely grateful to have learned such an invaluable method, and I only wish I had discovered it earlier.

## **College Student**

I enjoyed tapping into the power of imagination. It felt like I was dreaming, but in reality, I was awake. Imagination sequences were vivid and powerful.

It's helping me to deal with stress, and also come up with creative solutions to deal with problems.

## **Proprietor, Nursing Home**

I decided to take the course with the expectation of reducing overwhelming stress from the workload and caring for my mother who is seriously ill. I felt the effectiveness of self-managing the stress is real and had my 50 staff take the course to acquire techniques to self-care their own stress and tired mind from caregiving.

## **Managing Attorney**

I enrolled in the course because I was struggling to balance my career with raising kids. Since completing the course, I've observed a significant improvement in my mental stability, and my priorities are now much clearer. I've become more productive at work. While there is a limit to how much I can assist people with law, the program has allowed me to offer more meaningful help to others.