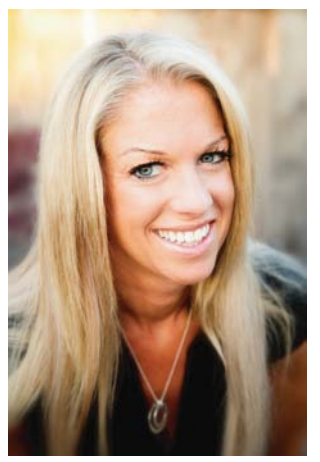


# NATHALIE PLAMONDON-THOMAS

CONFIDENCE EXPERT  
8 times International No.1 Bestselling Author



I work with organizations who want to instill **CONFIDENCE & CLARITY** in their Team to Increase **ENGAGEMENT, PERFORMANCE** and **PROFITS**.

# THINK Yourself® ACADEMY

## PERFORMANCE, ENGAGEMENT & PROFITS

- Brain 1-0-1 : Learn neuroscience (in layman's terms) that can exponentially unlock your organization's potential.
- Tap into the astonishing power of the brain to increase performance.
- Discover how reprogramming your team's internal negative self-talk can transform your organization from the inside out.
- Dismantle Internal Barriers that lead to toxic Environment.
- Create an environment that promotes engagement & staff retention.
- Identify your team members' personality style and how to better collaborate, communicate, influence and get along with each style.
- Develop strategies and learn specific techniques to defuse the limiting beliefs keeping your organization from growing at its full capacity.
- Increase global performance starting from the power within each individual comprised in your organization.
- Empower and re-motivate each team member to trust themselves, give their 100% and work at their full potential.

## WHAT CLIENTS HAVE TO SAY

*Unlocks potentially MILLIONS OF DOLLARS in revenues.*

Greg Schinkle, President, Unique Training Development

*The most HELPFUL & SIGNIFICANT session of the entire CAPS convention. (Canadian Association of Professional Speakers).*

Donald Cooper, International Management Consultant & Business Speaker

*There's PROOF positive that IT WORKS because there's a mindshift that happens...*

Sundil Godse, Productivity Expert, Author of *Gut!* and *Fail Fast. Succeed Faster*.

*...very KNOWLEDGEABLE, relatable and able to explain things in a way that everyone both understood and found FUN. My staff have repeatedly brought up her presentation since.*

Anthony Crage, Director of Purchasing - SPUD.COM

*I have suggested to our Head Office team that it be viewed as THE STANDARD for how a successful training session should go!*

Nathan Froese, Assistant Store Manager & Grocery Manager - Community Natural Foods

*When Nathalie steps into a room her infectious CHARISM, high ENERGY and ENGAGING personality captures attention... her ability to connect with the audience on both a professional and personal level.*

Jen Langan, Western Sales Manager - Indigo Natural Products

*I loved the TECHNIQUE: "I used to... Now I am..." Thanks a million for that shift!*

Sylvia Plester-Silk, On Purpose Consulting

*I learned how to have the skills to reframe my LIMITING BELIEFS to a statement that I believe in. Thank you for reminding me that the world is waiting for me.*

Yvonne Weld, The Weld Group

### Nathalie Plamondon-Thomas is a CONFIDENCE Expert.

She is the EXPERT with a PROVEN SYSTEM to get transformational results. She is the Founder and CEO of the THINK Yourself® ACADEMY, offering leading edge courses, trainings and events. She combines over 10 years of experience in human resources, 25 years of experience in sales and over 30 years in the fitness industry. In 2007, she was "Fitness Instructor of the Year" for Canada. She is a dynamic, engaging and professional speaker who gets you hooked with relatable stories and analogies. Along the past 30 years, she has inspired over 100,000 audience members and empowered thousands of clients internationally. She is on the board of directors of CAPS, the Canadian Association of Professional Speakers. She explains neurosciences in laymen's terms. Brain 1-0-1. She is a No.1 International Best-selling Author of fifteen books on success, wellness communication, and empowerment.

"You can take a horse to water, but you can't make him drink".  
Somehow, Nathalie can.



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YOU ARE AWESOME!

# THE TWO-STEP PROVEN TECHNIQUE TO TRANSFORM A NEGATIVE COMMENT.

# KEYNOTES & WORKSHOPS

## Step ONE

Repeat the negative comment you just heard in the past, using: "We used to..."

Your brain hears it. It is true. And then it wonders: "Are we done with this? Why are we talking about it in the past?"

## Step TWO

Follow Step One by a Progressive Statement that starts with: "We are willing to learn..." or "We are in the process of..."

### Example 1:

You hear your co-worker say: "We're so slammed with way too much work all the time."

Step 1: We used to be slammed with way too much work all the time."

Step 2: "Now, we need to learn how to change that."

### Example 2:

You hear them say: "I don't know, I am stuck."

Step 1: Immediately tell them: "You used to be stuck."

Step 2: "Now, you are in the process of learning how to get out of this."



## THINK Yourself® BOOK series



MEMBER



BOARD OF DIRECTORS



### KEYNOTE:

#### **THINK Yourself® CONFIDENT CONFIDENCE & CLARITY TO REACH PEAK PERFORMANCE**

Lack of self-confidence & clarity creates internal barriers that lead to toxic environment, demotivated employees and high turnover which are huge threats to your organization and highly expensive. You want your team to give their 100%?

Nathalie's keynote is engaging, fun and filled with stories and analogies. It is neurosciences in laments terms. Brain 1-0-1, allowing your team to tap in the astonishing power of their own mind. The proven D.N.A. System she shared in her 8 International No.1 Bestsellers will empower your team to work at their full potential, which can exponentially increase the company profits.

### WORKSHOP:

#### **THINK Yourself® A RELATIONSHIPS PRO PEOPLE DON'T LEAVE THEIR JOB. THEY LEAVE THE BOSS THEY DON'T RESPECT OR THE CO-WORKER THEY CAN'T STAND.**

Conflict Resolution, - Teamwork - Communication - Collaboration - Leadership - Sales - Influence - Connect - Get Along. Including the STYLE-L.I.S.T. Personal Assessment Tool.

A demotivated employee or high turnover is highly expensive. Staff retention relies on relationships. People don't leave their job; they leave the boss they don't respect or the co-worker they can't stand. Reprogramming your staff's mindset and making sure they can communicate effectively within and outside the organisation will exponentially increase the company profits.

### MORE KEYNOTES, WORKSHOPS & ONLINE COURSES AVAILABLE:

THINK Yourself® SUCCESSFUL - THINK Yourself® A LEADER  
THINK Yourself® A BUSINESS PRO - THINK Yourself® WEALTHY  
THINK Yourself® A TECH PRO - THINK Yourself® HEALTHY  
THINK Yourself® A COACH - THINK Yourself® A SALES PRO  
THINK Yourself® POSITIVE - for KIDS

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