

# NATHALIE PLAMONDON-THOMAS

TRANSFORMATION EXPERT  
8 times International Bestselling Author



## WHO IS NATHALIE P.?

Nathalie P. is the EXPERT with a PROVEN SYSTEM to reprogram your brain and get your organization 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 is a Master of neuroscience. She uses specific brain reprogramming processes in her practice as a Master Life Coach and Executive Coach. She has helped thousands of people in Canada, Europe and the United States getting rid of their negative self-talk. She is a No.1 International Best-selling author of eleven books on success, communication, wellness and empowerment.

Also a philanthropist, she helps the homeless in her neighborhood and the third world countries where she works in educating and empowering orphan children in need. Your organization receives a charity receipt for 5% of her fee.

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

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# THINK Yourself® ACADEMY

## WHAT'S IN IT FOR YOU?

It is fascinating how your team knows exactly what to do, and yet, sometimes, they do the reverse. They let their negative self-talk affect their productivity and get stuck in their own limiting beliefs, which affects your organization's bottom line.

Self-Sabotage, internal barriers and interpersonal relations are huge threats to your business. A demotivated employee or high turnover are highly expensive. Staff retention relies on relationships. People don't leave their job. They leave their boss or the co-worker they can't stand. Reprogramming your staff's mind and making sure they can communicate effectively within and outside the organization will exponentially increase the company profits. By changing your staff's internal self-talk and teaching them how to work at their full potential, your organization will TRANSFORM from the inside out!

## WHAT ARE YOU LOOKING FOR?

### THINK Yourself® A RELATIONSHIPS PRO

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

### THINK Yourself® SUCCESSFUL

Success - Confidence - Efficiency - Performance  
Proven 3-step System - Neuroscience - Eliminate negative self-talk  
Transform limiting beliefs and restraining energy into a Serving Force

#### Also available:

THINK Yourself® A LEADER  
THINK Yourself® GRATEFUL  
THINK Yourself® HEALTHY  
THINK Yourself® THIN

THINK Yourself® WEALTHY  
THINK Yourself® A COACH

## WHAT ARE THEY SAYING?

The most impactful session I attended...  
unlock potentially MILLIONS OF  
DOLLARS in revenues.

**Greg Schinkle**, CSP, Author  
President, Unique Training Development

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

**Donald Cooper**  
International Management Consultant  
& Business Speaker



YOU ARE AWESOME!