



Joan H. Hageman, PhD

***International Researcher and Mentor
In Human Consciousness***

P. O. Box 340464, Tampa, Florida 33624

(813) 968-9200 (office)

(813) 961-676 (fax)

Email:

Jhhageman.psymore@verizon.net

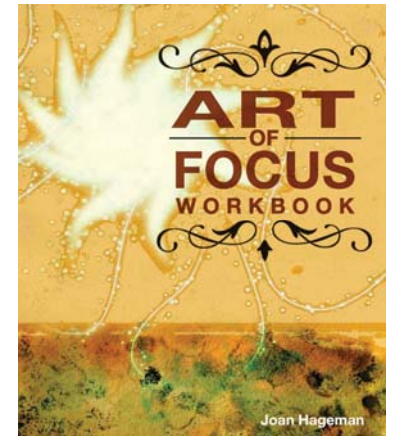
The Art of Focus

This workshop is based upon the soon to be released book, “The Art of Focus Workbook” published by PSYmore Research Press, the book “The Envisioned Self” under development, and other already published manuscripts.

Dr. Hageman is an international research scientist who is a passionate and highly articulate educator. Her work has been published in both trade book and internationally recognized periodicals.

She is a dynamic speaker and scientific presenter at the most prestigious psychological conferences including the American Psychological Association (APA), the 2008 World Congress in New Delhi, Indigenous One Circle Conference in Canada, colleges and universities in South Korea and Mexico, Society for Clinical and Experimental Hypnosis (SCEH), and the Association for Applied Psychophysiology and Biofeedback (AAPB) among others. She is the editor of APA Division 30 Psychological Hypnosis bulletin.

As an innovative educator, the primary focus of Dr. Hageman’s work is to promote the global understanding that achieving higher states of consciousness in the everyday life may be the most helpful key to living a fulfilled life.



**Half-Day
or Full Day**

- ◆ You will learn about the “authentic self” and how to connect intimately with yourself
- ◆ You will learn about the 5 primary creative components to successfully develop your Art of Focus
- ◆ You will learn how to develop your Personal Narrative that tells the story of who you truly are
- ◆ You will learn about your personality traits that help or hinder your Art of Focus
- ◆ You will learn about higher states of consciousness that you can use for creative work or self enhancement

Experiential Learning Tasks

- ◆ Mind Mapping
- ◆ Using Sensory Modalities
- ◆ Role Play*
- ◆ Create a “Personal Brand Identity”
- ◆ Assess your creative and hypnotic ability*
- ◆ Reflective Thinking*

*** Full Day Workshop (6 hours) only!**