

MENTORING

BECOMING THE HARMONIZED SELF



J O A N H A G E M A N



WHY MENTORING MAY BE FOR YOU

Do you feel that there is more for you to do, but you are not quite sure how to go about making changes in your life professionally, personally, or spiritually? Moreover, are you uncertain about what may be holding you back? Do you find that often your behavior is different than what you intended? If you answered “yes” to any one of these questions, mentoring may be most helpful to you. Mentoring is different than coaching in that the mentor gives you advice, direction, encouragement, and even helps you find the answers to your most pressing concerns or problems. Based on scientific expertise from Dr. Hageman’s research and her life learning, Dr. Hageman’s mentoring Body-Mind-Spirit Process (BMSP) can help you reach the next level of your awareness. For more information, see Dr. Hageman’s website or on Facebook.

Would you like to experience more happiness and fulfillment?

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www.joanhageman.com

BODY-MIND-SPIRIT ASSESSMENT

For those who elect to take the full mentoring process, you will also receive a psychological assessment battery and individual report that includes your:

- hypnotizability scale
- creative personality category
- paranormal scale
- health in physical, emotional and mental functioning
- repression category (whether you hide emotions or attitudes from yourself)
- absorption ability
- dissociation propensity
- spiritual behaviors (seven aspects)
- personality category in being an introvert or extravert
- focus style in your awareness of thoughts, attitudes, emotions, and bodily responses

Receive an individual psychological assessment report.

FIVE COMPONENTS OF THE ART OF FOCUS

In the mentoring process, you will learn about intention, clarity, the link between behavior and personality, attentional strategy, and timeline. You will also learn about the “harmonized self” in which the aspects of your body, mind, and spirit act from the same intent. You will also learn how to enhance your awareness whether you orient from a “religious or spiritual” sense or from a “survival” sense. You will learn techniques as to how to understand your dreams and how to do “mind-mapping” to gain a much clearer idea of what you truly want.

Learn about link between behavior and personality.

MENTORING ETHICS

Dr. Hageman adheres to the American Psychological Association's code of ethics and is committed to increasing both the scientific and professional knowledge of people's understanding of themselves. In this respect, Dr. Hageman strives to benefit those with whom she works and to take care to do no harm. She seeks to safeguard the welfare and rights of those clients who elect to work with her and to establish a relationship of trust and the best interests of her clients. She seeks to promote accuracy, honesty, and truthfulness and to exercise reasonable judgment while at the same time take precautions to ensure the boundaries of potential biases, competence, and limitations of expertise. Lastly but not the least, she respects the dignity and worth of all people and their rights to privacy, confidentiality, and self-determination. She will remain aware of and respect cultural, individual, and role differences, such as age, gender, gender identity, race, ethnicity, national origin, religion, sexual orientation, disability, language, and socioeconomic status.

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