

What's Your Gut Telling You?



Recent research in the fields of neuroscience and neuroplasticity help us to understand the incredible intelligence of the brain and most recently, the regenerative capacity of the brain. New research is emerging that shows that, as amazingly complex and intelligent the head brain is, it isn't the only 'brain' in our body - the heart and the gut also have brains. When we make 'smart' decisions, all brains are firing and aligned and intuitively we 'know' we made the right choice. When there is congruence between what we think, feel and desire, we can live our lives with confidence, clarity and without regret. When we act from intuition, we experience success in all areas of our life – health, finances, career, relationships etc.

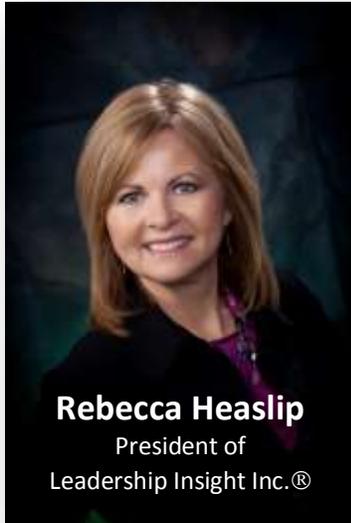
To leverage your intuition to be more successful, you need to develop a heightened sense of self-awareness. In this 1 hour presentation, you will learn strategies for enhancing your innate wisdom.

Specifically You Will Learn:

- ☞ The definition of intuition and how it differs from instinct.
- ☞ How to make smart decisions that balance information with intuition.
- ☞ The top 7 reasons we ignore our intuition and why we need to pay attention.
- ☞ 5 Strategies for enhancing your intuition

Some questions that will be answered include:

- ☞ Can anyone develop their intuitive sense?
- ☞ Are women more intuitive than men?
- ☞ Is your intuition ever wrong?
- ☞ How do I know I am acting from intuition?



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Rebecca Heaslip is an entrepreneur, coach, speaker and author of the upcoming book “Simply...Trust Your Gut! -Access your Intuition every day and transform your life!”

Rebecca has been in business for more than 14 years, helping organizations transform talent into performance and managers into leaders. Managers learn how to engage staff through regular, respectful coaching conversations through, the 2 day Confident Coach™, program she developed. Rebecca is certified to deliver many leading edge behavioural assessments, including: EQ, 360 Degree Feedback Surveys, competency assessments, etc.

Her passion is helping people to grow, develop and discover careers that align with their heart's desire, turning dreams into reality. Many people have had success with her 5 step process called “Intentional Intuition” to leverage their intuition when making key decisions in all areas of their lives.

Prior to establishing her company, Rebecca held positions in sales, marketing and sales management. Her 25 years of broad-based business experience, business acumen, certification in leading-edge psychometric assessments and intuitive insights enable her to offer clients a wide breadth and depth of service offerings. Her clients include organizations both large and small in the private and public sectors, and individual coaching clients.

Rebecca believes her clients have the answers to solve many of their problems and the wisdom to recognize and capitalize on opportunities; her passion and her calling is to support and encourage individuals to balance rationality and facts with intuition to make the best possible decisions.

Rebecca holds a Bachelor of Arts Degree in Sociology and a Certificate in Instructing Adults. She is a certified Executive Coach through Co-Pilot Coaching, and an active member of the *Human Resource Professionals Association; Strategic Capability Network; Women’s Executive Network; International Coaching Federation-Toronto Chapter; Ontario Municipal Human Resources Association, Canadian Community of Corporate Educators and TTI Chairman’s Club.*

Rebecca is an active volunteer in the Oakville community – as a past member of Cabinet with the United Way of Oakville for several years, and presently as a volunteer with the Oakville Hospital Foundation.

Rebecca is a lively workshop facilitator and sought-after public speaker on the following topics:

- What’s Your Gut Telling You?
- Employee Engagement: What’s Trust Got to do With It?
- Create A Coaching Culture – A Manager Imperative
- Strategic Leadership
- Assessing Performance and Potential using 360-degree Feedback Surveys