



A Group Mentoring Program for Women

Description and Details:

This Group Mentorship Program for Women is led by me, Pam Formosa, MA OTR/L. After 30 years of working with kids and families using a movement-based approach and working through my own journey of self-discovery and growth, I am now ready to share, educate and support women who are ready for change at a truly deep level.

You will learn and experience the basis of this incredible work through both formal training as well as many opportunities for experiential and customized sessions.

This 5-month opportunity and commitment begins with participating in an experiential, foundational 3-day class (Nov 3-5, 2023).

This **in-person class** provides the basis to this powerful work, where you will learn and experience the 3 components that offer unlimited results.

These are: goal/intention setting, self-awareness/noticing and movement-based activities that develop, organize and unblock brain processing. This approach is based in Educational Kinesiology, specifically a program called Brain Gym(R). www.braingym.org

Using this framework – you will continue your education, experience and growth through better understanding that real change requires more than "strategies". Changing our "state" as well as the "stories" we tell ourselves offers a much more efficient and productive approach!

We will do this by exploring and experiencing:

- * In-depth Primitive Reflex Integration work
- * Muscle Checking
- * Emotion Code
- * Six Emotional Needs
- * Aspects of the Positive Intelligence Program

Primitive reflexes are motor patterns that we develop in utero that set up the nervous system's foundation. Oftentimes, this foundation is not solid and with stress, the reflexes take over. When these reflexes are still present, a person finds themselves over reacting, avoiding, or feeling very stuck. They find themselves struggling to cope with stress, process information as well as being able to communicate their needs effectively.

You can learn more here in this Podcast:

<https://player.captivate.fm/episode/53a8f8ee-9daa-4893-a372-3b2bfd5b6bae>

Muscle checking is a biofeedback technique that enables us to get more information from the body and not always rely on the analytic brain that sometimes gets interfered with by our egos. Many have found muscle checking to help speed up the process of healing and growth significantly.

Emotion Code is an energy-based modality that offers a person a simple way to move the stuck energy of past emotional baggage that blocks our ability to create change. www.drbradleynelson.com

The **Positive Intelligence program** helps us identify and take control of our underlying beliefs and sabotage our efforts. www.Positiveintelligence.com

As this work is very experiential, you will be creating your own intentions/goals from day 1. Everything you learn – you will apply to yourself. This journey is not only about gaining incredible information, but to grow, develop, move past the bad stuff and gain knowledge about you as a person.

In this safe setting of support and guidance, you will grow and move towards your best you! What I am most excited about is bringing together incredible women to learn from each other and share your gifts as well.

Included in this Program:

- 1) Foundational 3-Day Class – November 3-5, 2023 (Hopedale, MA)
- 2) Four 3-hour monthly, in-person group sessions (Sundays) from 9am-Noon
Sundays: December 3, January 7, February 4, March 3, 2024
- 3) 1-hour Monthly group Zoom sessions – schedule to be determined by group
- 4) One Private individual session with Pam – schedule to be determined
- 5) Optional access to a Private Facebook Group as well as connection through a Marco Polo group chat to share, ask questions and feel connected between sessions.

Manuals are included along with numerous resources including visuals, videos, and articles to support your experiences and growth

Cost: \$1400

Register at: <https://www.brainfitacademy.com/education/#mentoring-program>