



How to Change Your Mind, Behavior, & Emotions for Immediate Resolution of Your Problems



Let Phoenix show you how to explore the deepest motivations and programs that are driving your biggest problems.

Offering a truly innovative way to empower you to live the life you deserve and dream of.

The Advantages of This For You...



- You can finally gain ultimate control of your thoughts, emotions and behavior to live empowered and joyfully.
- You can be doing what you want to be doing, instead of coping with your problem and missing out on what you would rather be doing.
- You'll save loads of money by getting to solutions quickly without years of therapy.

The Advantages of This For You...



- You'll miss less days of work from feeling sick or emotionally overcome.
- I'll show you how to use transformational solutions to manage your emotions— on an ongoing basis.
- You'll feel more confidence because you have more self-control.
- You will now solve problems as they come up in your life by managing your thoughts and emotions.

The Advantages of This For You...



- Let's get to peace now! I have fast and reliable solutions for all of these.
- I have a passion for empowering people who feel defeated, frustrated, or blocked by experiences of anxiety depression, compromised health, PTSD, adversity, or even hardcore trauma.
- **I have vast personal experience in overcoming adversity and disempowering emotions and stress related, life-threatening illness.**

Would it be worth it to you...



Have you ever felt like there is a civil war between your mind– with what you want, and your body?

Do you suffer from chronic anxiety or depression, depriving you of the fulfillment and joy you deserve and are worthy of?

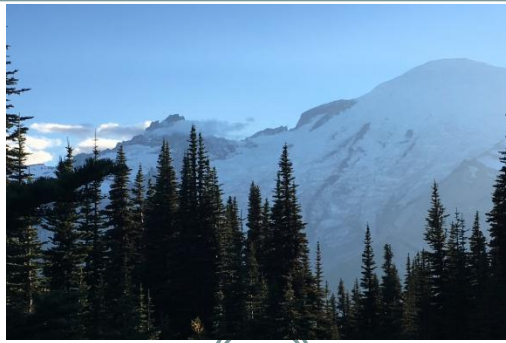
Do you suffer chronic health challenges from debilitating stress?

Solutions Are a Call Away



My specialty is guiding people, who have tried many other types of therapy or self-help techniques, but are still limited in their current circumstances and want to break free!

I show them skills they can do for themselves whenever they are in a disempowering state, creating a path to transformation and excellence.



Do you want to get unstuck and finally achieve the peace, relief, and productivity you want, but have been blocked from achieving, due to disempowering emotions and circumstances?

Are You Sick & Tired of Being Sick & Tired?



Like Others Receiving Personal Empowerment Sessions
You May Experience:

- Ultimate Freedom
- Better Relationships
- Increased emotional and physical well-being, and health
- Sleep better with less worry and stress
- *Transform Trauma into forgiveness for yourself and others while creating healing.*

You May...



- Become a better role model
- Feel more confident
- Have more fun and enjoyment of life
- Have more time to do what you want-- instead of focusing on your problem
- Feel satisfaction with yourself and your life

You May...



Increase Your:

- Self Esteem
- Self Confidence
- Self Mastery
- Self Control
- Self Love and Acceptance

You May...



- Create peaceful feelings
- Feel good about yourself
- Save money on healthcare costs as your body responds to the positive changes
- Adopt empowering perspectives
- Actually control your previous habitual negative thought and behaviors

You May...



- Create immediate change of difficult emotional states, and choose to embody what you want instead
- *Create a strong example of a person taking ultimate responsibility & transforming themselves*
- *And so much more...*

The most powerful people in the world are those who choose to control themselves...



Would you enjoy empowering yourself and do this?:

- Insulate yourself from the chaos around you
- Increase resilience despite the world around you
- Increase desirable feeling and circumstances
- Let go of worry and dread of the future and present
- Reduce stress and stress-related illnesses

How Would You Like This?



- Increased desirable feelings and circumstances
- Feel proud of yourself and your accomplishments
- Figure out what's "eating you up" instead of trying to overpower it with food
- Increased self awareness and understanding of yourself and others
- Increased happiness and enjoyment of your life

How Would You Like This?



- Feeling happy to live in your body
- The ability to achieve your dreams and desires
- Take the sting out of past negative or traumatic experiences
- The ability to handle anything life throws at you
- Create positive changes allowing you to change your life path

How Would You Like This?



- Adopt more empowering attitudes, perspectives and beliefs
- Gain cooperation from your subconscious mind to bring to life what you want
- Feel worthy of good things
- Create new opportunities with a clear mind focused on your desires
- Attract more of the things you want as your vibrational energy raises

How Would You Like This?



- Look younger from less stress and increased happiness
- Enjoy the world around you with more appreciation
- Increase creativity as your mind and energy are free from rehearsing that big problem issue
- The ability to manage your thoughts behaviors and perspectives to transform your life

A Pearl is What An Oyster Does With An Irritant...

What will you do with yours?

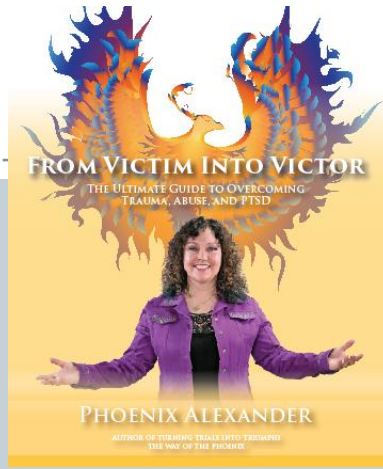
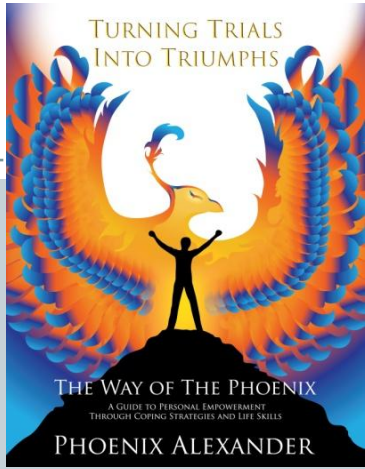
The Way of The Phoenix

*Are you ready to
begin your
journey of
transformation
and live...*



THE WAY OF THE
PHOENIX

Why Work with Phoenix Alexander



- I have worked in the healing/change-work field for over 3 decades.
- I am a Professional Speaker, and Author of two books on overcoming adversity & trauma.
- I am a Personal Empowerment Guide with exceptional transformational skills.



www.MyNameIsPhoenix.com

RESULTS ARE NOT TYPICAL...



With Personal Empowerment Sessions, you will be experiencing the most advanced tools for change & transformation; from a woman who has actually experienced significant trauma, adversity, and illness--and through those experiences designed a plan to overcome it all and live... The Way Of The Phoenix



Testimonial



The following testimonials are from clients who received Personal Empowerment Sessions in a Group Class Setting:

I have known Phoenix for a few years. We met through her daughter Ashley. She has been my Qigong instructor for several years. When she told me several months ago about a stress and anxiety class that she was going to be teaching, I was excited to be a part of it.

I have had anxiety it seems all my life, including panic attacks. With the tools that Phoenix has taught us in the classes I feel more centered, less stressed and more able to deal with the stresses of everyday life.

The practices Phoenix taught us, in this class, I can use for the rest of my life. My favorite exercise was EFT(Emotional Freedom Technique), this was so effective for me. I plan on taking Phoenix's next class on weight loss.

--T.Dorosh

Testimonial



As an Occupational Therapist I have used many tools and tricks to help my clients reduce anxiety and stress to successfully participate in their lives, but never seemed to find these concepts helped my own anxiety and stress. I have also participated in counseling multiple times, and while counseling helped me understand the root of my anxiety and to cope through large life transitions, I must say that just these 4 sessions with Phoenix doing the tapping, mindfulness meditations, and hypnotherapy made a quick and noticeable difference in my anxiety levels that is stretching/lasting the more I practice, even as I cope through many new life transitions and challenges.

These techniques really helped me get to the body/mind connection in a subconscious way. It felt like even if I started each session feeling stressed, unfocused, or thinking "this isn't going to work, I'm too stressed to relax,"...

Testimonial Continued...



I ultimately ended each of the 4 sessions calmer, clearer of mind, and more confident to handle my challenges.

It almost feels like Phoenix helped our group "hack" our own bodies and minds to start to grasp the control we all seek in life.

Phoenix is a true Healer who is backing her programs with years of experience, training, and research, and I cannot wait to take more of her courses to continue my own personal journey toward healing, health, and growth to be my best self!



How Many of You Are Struggling With...



- *Addictions*
- *Trauma and abuse issues*
- *Difficult relationships*
- *Suffering from stress, anxiety, and depression*
- *Overwhelmed by rapid changes in society*
- *Carrying extra weight...emotionally & physically*
- *Recurring anger & frustrations that are deteriorating your health and relationships...*

How Many of You Are Struggling With



- Not getting proper food & nutrition to fuel your body temple creating fatigue, excess weight & low self regard
- Recurring chronic health challenges that have eluded healing with the treatment plans you have tried
- Stress and worry creating IBS and debilitating intestinal symptoms
- Difficulty getting your body to respond to your efforts to maintain a healthy weight
- Panic Attacks

Let Me Be a Solution

All of these can be addressed by a compassionate, faith-filled survivor, who will guide YOU through the process of effective transformation and change.



Choose Your Focus For Personal Empowerment



- **Self Love and Acceptance: Make Peace with Yourself**
- **Food Healing: How to Empower Your Body with Optimal Nutrition**
- **Weight Release: An innovative plan to achieve your ideal body image**

- **Stress, Anxiety & Depression: Developing unstoppable resilience for all you encounter in life**
- **IBS: Taming the Dragon Inside Your Gut & Mind**
- **Awakening the Inner Healer: Discovering what drives your symptoms & create increased natural health by tapping into your bodies healing resources.**

Welcome



*How to Change Your Mind, Behavior,
& Emotions for Immediate
Resolution of Your Problems...*

Breaking Bad Habits & Solving Your Issues



- How many of you have tried a plethora of ways to quit a bad habit; or habits of thought, causing chaos in your life and relationships, and although you ***really want to***, you can't seem to gain control?
- Are you looking for answers to your real problems?

Look no further...

Solution to Your Biggest Problems

- I can do an exploration to uncover the unconscious programs and strategies that are driving your problems for serious lasting change.



- **Let me help you defeat the problems without the pain and expense of years of attempts--and only failure.**



*Just a few of my
Certifications...*



MY NAME IS
PHOENIX

My Training Includes:

- Ericksonian” Hypnotherapy
- Neuro Linguistic Programming
- Conversational Hypnotherapy
- Hypnotherapy Smoking Cessation
- Child Hypnotherapy
- Hypnotherapy for Birthing
- Hypnotherapy for IBS: Chrohn's and Ulcerative Colitis
- Working with Autistic Clients
- Polyvagal techniques
- Advanced PTSD Training
- Emotional Freedom Technique (EFT)
- EFT Energy, Thought Field Therapy (TFT)
- Mindfulness and Meditation Instructor
- Advanced Reiki Master and Teacher Instructor
- Group Life Coaching Instructor
- Chakra Healing Group Instructor, and Chakra Healer
- Qigong Level 3 Instructor and Qigong Breathing
- Weight Loss Instructor, International Diploma in Weight Loss instruction, etc.

People Have Little Time to Make Changes



- I can create changes quicker and more effectively with the tools I use.
- I have personal experience with the true power of these techniques
- I have helped others to achieve their desired outcomes

People Are So Desperate They Want to Die...



- *The record numbers of suicides, attempted suicides, and dependence on pharmaceuticals to counter anxiety and depression has reached epidemic proportions.*
- *People are looking for real solutions to their problems, including despair. Often these symptoms are rooted in trauma, abuse, stress, and frustration.*
- *One of the hardest things to do is to forgive the people and circumstances that were catalysts for our hardships and adversity.*

Solutions to Your Biggest Life Challenges

**You Can Begin Your Journey
Now to Powerfully Live...**

- Get serious and begin living the life you deserve and desire.
- Get results quickly and reliably.
- Get What You Want Out Of Life...NOW

The Way of the Phoenix



I've Already Tried to Fix the Problem and it Didn't Work



I'm afraid I'll just have to live with it.

- You have likely only tried goals and talk therapy, affirmations, and self will.
- These have limited success because they are only accessing the conscious mind.
- Using techniques that access the subconscious mind will allow for long term change-quickly.

I Don't Know If I want to Spend the Money



- That's an option, but how long do you want to live with the problem.
- You can choose to prioritize yourself and well-being or you can just live with the problem and the toll it's taking.
- Fixing it requires a commitment to spend \$ on yourself. You do it for other things, time to fix this.



I Don't Really Have The Time



- If you delay fixing the problem now, it may have long-term undesirable consequences for you and the ones you care about you.
- The techniques I use are some of the fastest ways to optimal and lasting change available.

If you don't take the time now you may be forced to later with a collapse in health, deterioration of relationships, and additional costs as things get worse.

Let Me Ask You a Question...



If I could help you to solve your biggest problems
and challenges with lasting changes...

Would You Be Interested?

Imagine this...



- I will be presenting solutions with some of the most innovative and effective tools for accessing and gaining cooperation, between the mind and body, to create lasting and rapid change.
- You ***will*** experience positive changes that they can feel and measure.

Imagine this...



- The techniques, perspectives and principles can be applied to many different problems to create the needed outcome.
- Each person can individualize them to create change; right there, right then.

3 Secrets for Transformation



The Secret to Ending the Civil War Between Mind & Body:

Is to explore the subconscious mind's strategies, beliefs and perceptions that are driving your problems and self defeating behaviors.

It can't be done with determination and strong will alone, you have to engage the subconscious and negotiate a new strategy, & new perspectives for lasting behavioral change.

You're going to need a guide to do that...

3 Secrets for Transformation



Your mind is ALWAYS trying to help you, protect you, and make your life as easy as possible.

- It does this by running old programs and strategies from past experiences that are similar to what you are experiencing now, AND
- Running strategies that meet the subconscious mind's objective that it's trying to help you with; while distorting, deleting, & generalizing the current information coming in.

Let's sort out what beliefs and strategies will help you most.

3 Secrets for Transformation

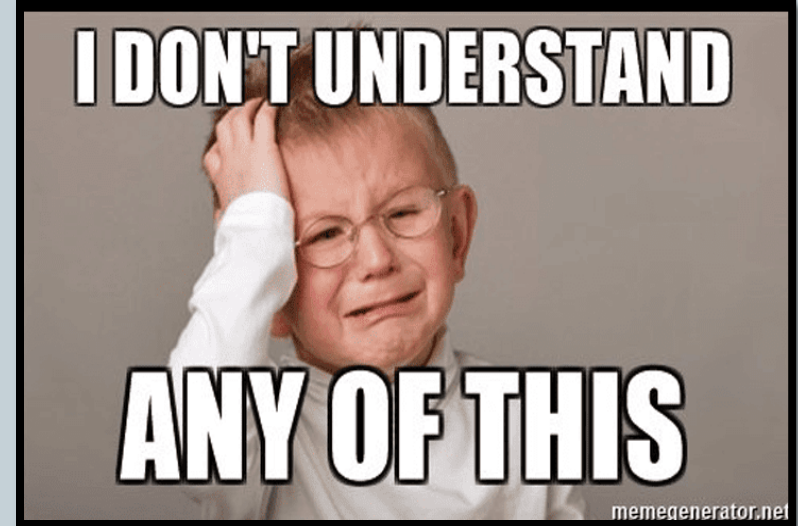


People do the best they can with the information they have at the time; based on their perceptions, beliefs and experiences of the past.

- You can let go of blame and self-recrimination and instead negotiate new behaviors based on more empowering perspectives.
- Learning to forgive yourself for your weaknesses, past mistakes, and failures is vital to your healing & progress.
- I can help you to forgive yourself and others.

During this presentation I have shared 3 secrets with you...

- Would You Agree This Has Been Time Well Spent So Far?
- I Can't Cover Everything You Need for Transformation In Such A Short Presentation.
- Special Offer So *You CAN Get Everything You Need To Know...*
- ***If You Act Fast, you can receive A Free Personal Empowerment Strategy Call With Me. Space Is limited, so call me now!***



My Free Gift To Begin Your Transformation



I have a Free Recorded Guided Meditation...

- You can begin to have awareness and gain control over your undesirable emotions changing them to what you want to feel.

Just For You

- Just copy and paste this in your browser
- <https://tinyurl.com/Emotional-Awareness-Meditation>

What is a Personal Empowerment Strategy Call?



- A strategy call is a **free call** with me personally, where I will find out what is happening in your life, how your problems are affecting you and the people around you, and see if I'm the right fit to help you with your problems.
- We will take a deep dive into your biggest problems and I'll personally design an outcome to help you to solve this issue.
- Having your strategy call with me will be the most important step for you to finally overcome the problem that has been holding you back from all you desire.

Book your strategy call now and get this happening...



Call Phoenix Alexander at
253-332-9004 today.

**BOOK YOUR STRATEGY
CALL**

Who is the strategy call is for?

Are You:



1. Motivated and ready to finally overcome your serious problems
2. Committed to using the tools, resources and the right person who can guide you through effective, needed change.
3. Able to follow instructions to engage your mind and create positive, rapid change to transform your life.

Who the Strategy Call is Not For: Are You?



- 1. Someone who is still looking and not ready to commit to actually taking responsibility for changing your problems**
- 2. Someone who is not ready to invest financially, and with time; in yourself and your mind, body and overall health**
- 3. Someone who complains a lot and has a limited perspective or believes that what you're currently doing will serve you forever**

Limited Spots Available



I'm opening up my calendar for the next **7 days** to take these strategy calls and I only have room for **10 people**. Once these **10 spots** have been filled this offer will be taken away.

Don't hesitate. If you feel like you are *finally ready* to overcome your biggest challenge-- book your call now.

Book your Personal Empowerment Strategy Call Now



Call Phoenix Alexander
at 253-332-9004 today.

**BOOK YOUR STRATEGY
CALL**