

James Mapes - Programs

Imagine That!

Success literally depends on how people use their imagination. Exceptional individuals in all walks of life have the capability to think creatively and open up new opportunities for innovation. These are the individuals who have mastered the skill of visualizing a dynamic and successful future and then creating what they envision with optimism and hope. Einstein's words have never ringed truer, "Imagination is more important than knowledge. It is a preview of life's coming attractions."

James Mapes, the leading authority on the psychology of "applied imagination," demonstrates that success can be achieved by a clear understanding and application of the mind. James skillfully stretches people's perceptions to see new possibilities and experience how their own imagination works. He guides his audience to understand that the powerful mental pictures we all carry around with us impact the opportunities we see and are the force which shapes how we thrive in challenging times.

In this engaging, practical, interactive and entertaining program, James captures and holds the audience's attention with a compelling series of stories, demonstrations and video clips that leave no doubt that - "you can achieve what you imagine." Participants will experience applying their own imagination to craft a personal "vision" that instills passion and motivation in - all areas of life. The audience will leave this thought-provoking, fascinating and inspiring journey learning:

- How to apply their imagination to successfully achieve goals.
- How to craft a compelling, emotional, realistic and persuasive future vision.
- How to recognize and break through limiting fears.
- How to use core values to unlock motivation.
- How to take risks.
- How to manage change for growth.

Program Length: 45 minutes - 90 minutes

True Leadership

What is leadership-really? The business world is awash with leadership philosophies, how-to books and training institutes that can leave even the savvy manager perplexed as to exactly how to encourage employees to develop their own leadership style. It is important to push aside the clutter and get back to a fundamental understanding of what "true" leadership traits are essential for success. The adage "leaders are born, not made" is questionable, as it takes hard work to craft a leadership style that works for each individual.

In this provocative, confrontational, lively and interactive presentation, renowned performance coach and best-selling author James Mapes incorporates his legendary humor, movie clips and an array of audience exercises to reveal:

- The five core traits of all great leaders.
- Why morality, a nice disposition and power do not necessarily make a great leader.
- A guide for participants to enhance their personal leadership style and permanently transform it.
- How to craft an emotionally charged, clear and realistic future vision to motivate.

Program Length: 60 - 90 minutes

Patient Pre-op/Post-op Healing Therapy™

This program can be presented to patients or - as a workshop for surgeons, physicians or nursing staff.

This groundbreaking interactive learning experience reduces fear and anxiety, manages negative stress and creates a healing consciousness for recovery. "Stress, depression and anxiety prior to surgery have all been associated with poor surgical recovery," writes Jan Kiecolt-Glaser, professor of psychiatry and psychology at Ohio State University. Studies show that reducing negative stress reduces fear, improves immune function, reduces pain and helps heal faster from surgery.

Patients will experience 2 highly engaging participatory exercises to unlock the untapped powers of their mind. They will learn how the application of "positive imagery" will help them successfully manage even the most difficult challenges. To deepen the experience, there will be one 15 minute closed-eye relaxation/visualization that instills calmness, hope and motivation for wellness.

With *Patient Pre-op/Post-op Healing Therapy™*, James calls upon his 30 years of experience as a peak performance coach, professional speaker, medical facilitator and clinical hypnotist. This presentation is based on both his extensive experience in helping patients prepare for all forms of surgery as well as his own journey of having open heart surgery. The program will include the 5 principles learned from a combination of his executive business coaching and his personal medical process.

1. **MAKE FRIENDS WITH REALITY:** If you can accept the reality of the situation, you can turn fear into positive action and control what can be controlled.
2. **ADJUST YOUR ATTITUDE:** Having a positive attitude affects everyone - from the patient to family and friends to the hospital staff.

3. **CREATE A SOLID SUPPORT SYSTEM:** Surround yourself with people who have a positive attitude and have your best interest in mind. This includes choosing an advocate to act on your behalf.
4. **ASK FOR HELP AND EXPRESS YOUR GRATITUDE:** Friends and caregivers need to know you need them. Set aside your ego and ask for help because that is what friends and caregivers provide - comfort and peace of mind. Say "Thank you." Gratitude is a surprisingly powerful force for good.
5. **CREATE A VISION THAT WILL CARRY YOU THROUGH THE CRISIS:** Unleash the power of imagery to quiet stress and fear and create a positive expectation (hope) for the future. Visualization is a very helpful tool that will serve you for life.

Program Length: 60 minutes - 75 minutes