

About Dr. Ilani, The founder of The Pause Method?

Dr. Ilani is a dynamic international motivational speaker, corporate trainer, executive coach and workshop facilitator. She produced several TV series and served as a delegate to the European Parliament in "Taking Nature into Account" issue. Having had many spiritual and intuitive experiences as a child, Dr. Ilani as an adult, sought an explanation and a systematic way to attain optimal states of well-being and a high level of personal effectiveness. She was trained for over 20 years in various meditation practices by renowned meditation masters. Dr. Ilani conducted intensive research and wrote her Ph.D. dissertation about the "Global Problematique" and the Development of a Global Perspective Within Individuals and Groups. Dr. Ilani has a Ph.D. in Psychology from the University of California, Irvine. She is a licensed Clinical Psychologist (CA #22773). She studied Hypnotherapy from the University of California Irvine, Medical Center and is certified by the American Board of Hypnotherapy (#H4781). Dr. Ilani taught at several Southern California universities and is a recipient of several Outstanding Teaching Awards. Dr. Ilani integrates alternative holistic methods with cutting-edge personal effectiveness approaches in her Pause Method®. She draws knowledge from the fields of neuroscience, adult learning, psychology, various social sciences, modern physics, interactive-visualization and holistic health to generate a more effective learning experience. Dr Ilani takes a proactive approach to Change -- life, markets and career transitions by preparing individuals to deal with internal and external information overload before a crisis arises. The Pause Method is both a strategy and learned techniques to deal with changes more effectively and with greater ease. She teaches burnout prevention and recovery to nurses, medical and other professionals.