

Services

Services provided

- Motivational speaker / Keynote speaking: Dynamic, Motivational, Inspirational. Participants walk away with renewed hope and inspiration as well as new tools and reorientation to the use of time for greater productivity.
- Introductory presentation about The Pause Method, covering the types of essential pauses, their function as well as an introduction to some mini-pause techniques to improve productivity
- Executive coaching
- Coaching for key employees per company's choice or individual employee's choice
- Company or executive retreat facilitation
- Corporate or employee training
- Customized-designed training or programs for your industry or company.

Custom programs are one of the most effective options offered by Dr. Ilani. With them, you receive exceptional Pause Training customized to your specific industry, products and services. We work with your designated representatives getting to know your mission statement, your industry-specific challenges, organizational culture and current business goals. We gain a clear picture of how you have educated your people, what your industry is doing and what your goals are for the Pause Method. Then a package of group training and /or individual coaching is created for your company. Follow-up training sessions and/or coaching for more advanced use are offered after the foundational work is integrated.

8. **Pause Therapy™**: Sessions provided by phone and in person in Marina Del Rey & Rancho Mirage, California . A unique blending of transformational meditation, individual hypnotherapy. Other training and lecture subjects Dr. Ilani provides:

- Embracing Diversity from Inside Out - An experiential, powerful short training to combat prejudice and increase adaptability and sensitivity to diversity in commerce and personal lives.
- New Perspective and Approach to Stress Management
- The Development of a Global Perspective Within Individuals and Groups
- Life Balance Challenges
- Leaving Work Behind --- Decompressing from an Intense Work-Day
- Holistic approaches to mental health and Employee Assistance Programs
- Custom lectures per organizational, conference needs