

## How is The Pause Method? learned?

The Pause Method® can be learned in the following four settings.

- In a custom-designed training program to suit your company's needs at your company or organization site.
- In our pre-packaged The Pause Method® training at your site
- In individualized coaching. Coaching is provided both in person and/or via telephone. Coaching is provided both to individuals who have taken Dr. Ilani's Pause Method® training or are new to her work.
- In a retreat setting, a company's retreat or specific Spa(s) where Dr. Ilani has a prior contract to use its site. Currently Dr. Ilani has contracted with spas in the Palm Springs/ Palm Desert, California area.

Additionally, if you would like to organize a group and invite Dr. Ilani to facilitate in your area, please call or write to set it up.

A motivational speaker both for individuals and groups

The Pause Training: The group seminars, workshops or training sessions are conducted in an interactive and dynamic lecture format with demonstrations, role-playing demonstrations, interactive-visualization and writing exercises all combined to allow the participants to gain a clear understanding and enable them to apply and live the post-training principles.

Follow-up training sessions with optional coaching and in more advanced techniques are available to people who have completed the foundational work.

Specific Pause training is available:

- The Pause Method® for Workaholics      The Pause Method® for Nurses
- The Pause Method® for Executives and Managers
- The Pause Method® for Service Personnel
- The Pause Method® for Sales People
- The Pause Methods for Police Officers and others in High-Risk Occupations
- The Pause Method® for Parents
- The Pause Method® for Teens
- The Pause Method® for Teachers
- The Pause Method® for Women only
- The Pause Method® for Men only
- The Pause Method® for Adult children