



IPMA-Canada Webinar:

**May 4, 2021
2:00 p.m. EST**

**Member Rate: Free
Non-Member Rate:
\$59**

OVERVIEW:

How to be Mentally Prepared for Success

with Ximena Velasquez

OBJECTIVES

At the end of the webinar, you will understand:

- What is Stress
- The Affect of Stress
- Learn to Reduce Stress - Mental Fitness
- Practice - Use Mental Fitness to Reduce Stress

Register online at

https://us02web.zoom.us/webinar/register/WN_36M1SO4eTtSgU8H1lEjETQ or at www.ipma-aigp.com

OUR PRESENTER:



Ximena Velasquez (hee-meh-nah vuh-las-kez) is a retired IT cybersecurity engineer and a gifted international Life & Wellness coach and consultant specialized in transformation with an emphasis on stress management.

As a coach, she teaches the tools and techniques to release stress anytime, anyplace. As a consultant, she infuses quantum energies as she works with clients to release their stress. Change doesn't have to be hard or take a long time.

Ximena is the founder of EnergyMDT Corporation where she enjoys working with individuals who are committed and determined to change their current state of health, relationships, and finances. As an energy facilitator, she is the conduit of the energy but it is up to each individual to choose to change.

Each individual must step up to be the CEO of their life and live life on their own terms!