

Whole Being Explorations presents

# FIND THE TEST ZONE!

**Do you have tests?  
Relieve anxiety!  
Enhance Performance!**

**Release the anxiety you experience around taking tests.** You will learn how to leave distractions behind, perform to the best of your ability, and successfully improve your test performance. Be calm and centered, more focused, recall information more easily, and more confidently work out solutions to unfamiliar problems. The techniques learned in this workshop will help you begin your tests in a successful frame of mind, **and** are tools that you can also use **during** a test, or **anytime**, to re-center and find your confident, capable, self, whenever necessary.

Use proven stress management tools and hypnotherapy techniques to clear blocks to your **peak performance**. These are the same tools used by many top athletes and performing artists to calm themselves and find their **zone**. Alan is an experienced teacher and workshop leader who has been successfully helping people with these tools for over 8 years.

**Note:** This workshop is **not** a substitute for proper preparation and study.

**Presented by Alan McAllister, CCHt**

[WWW.WHOLEBEINGEXPLORATIONS.COM/SPIRIT](http://WWW.WHOLEBEINGEXPLORATIONS.COM/SPIRIT)

**2.5 hour class. Spring semester times TBA**

**Investment is \$30 per class  
Spaces limited, early registration recommended**

For Registration and Information  
**303-545-5562 or [ahm@wholebeingexplorations.com](mailto:ahm@wholebeingexplorations.com)**