



Imagine IF

Unique imaginary
rehearsal
experiences for
groups &
individuals



DEBBIE JEREMIAH





The inner mind contains unlimited potential to
create, generate & solve
or block, hinder & inhibit

77%

fear of public
speaking¹

imposter **70%**
syndrome at
some point²

44% US adults
experiencing
anxiety³

Presenting for the Petrified Workshops



Confidence

Fear Reduction Visualization

Unique 2-hr drop-in workshop using evidence-based desensitization techniques to overcome presenting & speaking fear, dread & phobias. Simply close your eyes



Skills

- ▲ **Structure It:** What's your point?
- ▲ **Say It:** Finding your voice
- ▲ **Express It:** Body language & props
- ▲ **Answer It:** Dealing with audiences

Fun 2-hr small-group drop-in experiential workshops, covering foundational presenting skills. Incl short visualizations to embed learning



Inner Mind Mastery

Guided Visualization Workshops

- ▲ **Imposter Syndrome 1**
- ▲ **Imposter Syndrome 2**
- ▲ **Deep Relax & Reset**
- ▲ **Just Joy**
- ▲ & others ...

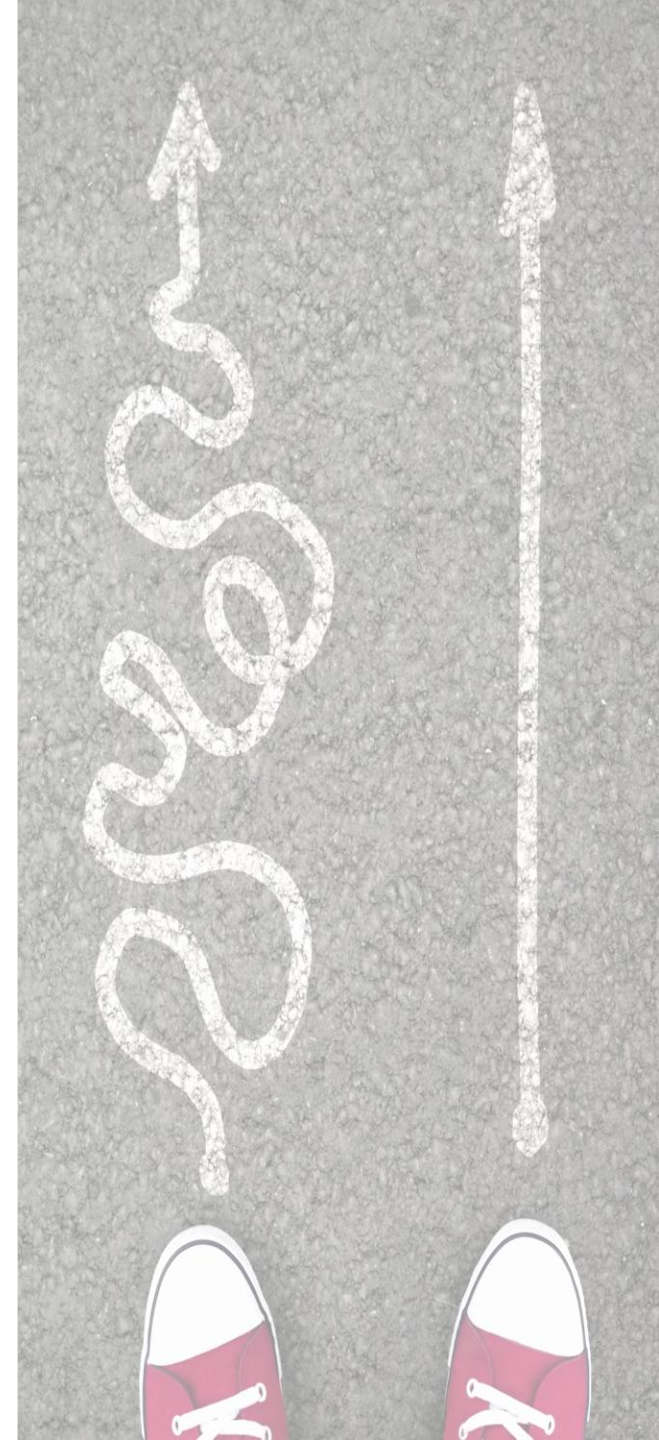
Blissful 2-hr drop-in workshops, featuring 1hr+ of relaxing visualization and guided imagery, designed to calm the mind and update unhelpful inner stories

Inner Mind Rehearsal

Bite-sized deliveries, class recordings or transcripts to help participants to ideate, visualize and **mentally rehearse**, making the unfamiliar feel familiar. Helps build new neural pathways, embedding learning quicker and deeper, so increasing the potential for post program application of learning

Individual 1:1 Support

1:1 regression & hypnotherapy to release outdated mental **blocks**, unnecessary **fears** and negative patterns of thinking quickly and effortlessly, increasing performance, energy and resilience. A great support for leadership and coaching programs. 1-3 sessions recommended





Releasing blocks, fears & limitations

Enhancing leadership development program impact

About Debbie Jeremiah, Dip Rth, Dip CBH, MNCH (Reg), CPTT

Debbie Jeremiah is a certified regressionist and clinical hypnotherapist, helping leaders overcome fear, failure, phobia, rejection, imposter syndrome, inner conflict, fixed mindsets and anxiety, to boost performance, self-belief and resilience. She helps fearful public speakers build their speaking confidence and skills through the power of their inner mind. She has designed and delivered leadership programs for major corporations, consultancies & academic institutions. She is on the advisory board of the Academy of Brain-based Leadership.

She believes that once your subconscious accepts a new belief, change can be rapid, easier and sustainable. Why struggle with fear, anxiety or inner conflict when your imagination and inner mind can do the hard work for you?

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1. Furmark 1999
2. Gravois, 2007; Sakulku & Alexander, 2011
3. Kavelaars 2023