

# Inner Power Success Story

## Sienna Tucker: Entrepreneurial Success through Personal Growth

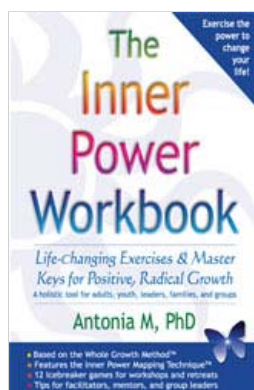
- Client:** Sienna Tucker *\*name has been changed to protect confidentiality*
- Occupation:** CEO, Entrepreneur
- Industry:** Holistic Health
- Location:** Brooklyn, New York
- Date:** June 2009
- Abstract:** Holistic health consultant and entrepreneur, Sienna Tucker, used the Breakthrough Session and Inner Power Mapping™ Technique developed by Dr. Antonia M to improve business development and income.

### The Challenge

Entrepreneur, Sienna Tucker provides holistic health counseling and related services primarily to women in the New York metropolitan area. Sienna, who resigned from “a good paying job” more than a year earlier to commit to her business and pursue her passion was now struggling financially. Her one-woman enterprise barely generated sufficient income to stay afloat. Sienna had difficulty securing steady business for her most profitable service, a personal coaching program. This pushed the direction of her business toward delivery of individual holistic services, which were more time-consuming and less profitable. Further, investments made to market and improve the business did not generate satisfactory return, which was Sienna's greatest complaint. Sienna wanted to see her business development efforts pay off with increased income and bookings for her coaching program.

### The Solution

- Breakthrough Session using the Inner Power Mapping™ Technique (featured in the *Inner Power Workbook*)
- Outrageous Growth & Success Workshop



Despite pursuing many avenues of business improvement, including attending various workshops and entrepreneurial training programs, Sienna's experience in the field of holistic health counseling helped her recognize the need for personal development to address her business issues. She selected Dr. Antonia M, PhD, an expert in business and life transformation who uses holistic and metaphysical self-development and goal achievement principles. Dr. M recommended that Sienna participate in a private Breakthrough Session using the Inner Power Mapping (™) Technique\* to: **1)** identify the root of her problem, **2)** develop an organic growth plan for herself and her business, and **3)** shift the internal energy dynamics that were hindering her success. (\*Description of and instructions for the The Inner Power Mapping (™) Technique are included in the *Inner Power Workbook*).

The session revealed a critical mental pattern that triggered a “silent panic” in Sienna – an internal state of emergency of which she was unaware but reacted to unconsciously. Key decisions affecting the business were being made in this state; outcomes, therefore, were erratic. Using the Inner Power Mapping (™) technique, Dr. M and Sienna were able to shift the internal energy dynamics that created the self-defeating mental pattern. Using the new pattern as a blueprint, they developed a personalized action plan that helped Sienna improve her business.



**Dr. Antonia M**  
“The Inner Power Doctor”

Business & Life  
Transformation Expert

Master Metaphysician

[www.InnerPowerDoctor.com](http://www.InnerPowerDoctor.com)



-----  
*featured titles by Dr. M*  
-----



*Life  
Transformation  
& Inner Power  
Collection  
(Deluxe Edition)*



*Business  
Transformation  
Toolkit*



*Heal, Grow &  
Transform Your  
Family*

## The Results

During the week following the session, Sienna attracted three new clients. These clients were secured before Sienna even had time to act on the plan. They called “out of the blue,” said Sienna. “It was like the floodgates just opened up. One thing after another, every day, something new was coming in.” Sienna also broke through a severe case of writer's block that had been chronic for some time. This was an issue that had not been discussed during the session but was affected by the energy dynamics that impacted Sienna's business. Also during the initial week following the Breakthrough Session, Sienna recognized that the same dynamics that contributed to her financial distress as well as her writer's block were connected to serious issues in her romantic relationship. She confronted those issues directly with her partner. The couple sought counseling.

Several weeks later, Sienna also took Dr. M's Outrageous Growth & Success in Business Workshop. As a result, she produced an additional \$15,000 in new sales within two weeks of the workshop.

## Analysis

Many entrepreneurs have been faced with the decision of choosing to resign from a "good job" in dedication to and anticipation of building a successful business. Some have underestimated the amount of time, resources and stamina required to reach their desired success. For Sienna, however, her internal struggle went deeper than that. What was happening with her was not mere fear of failure or worry about money. What was playing out in her business (as well as her personal relationship) was a pattern of "supporting" and propping up an already unstable situation. There's no return on this kind of "investment;" It simply perpetuates status quo, which in this case created a constant state of imbalance. With her breakthrough, Sienna was empowered to shift her entrepreneurial style and objectives and begin focusing on how to create a stable situation that would in turn support her.

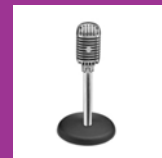
## Create Your Own Success Story

A key benefit to developing Inner Power is strengthening your ability to internally support the outer success you desire. To improve effectiveness, performance or profitability in your business, follow one or more of these recommendations.

- Perform a breakthrough session for yourself or with your team using the Inner Power Mapping from the *Inner Power Workbook*. Sienna's session was conducted using the same technique as described in the book
- Review workshop #s 11, 18, 23, 26, 27, or 50 in the *Inner Power Workbook*, and select the one(s) that are most relevant to your issue.
- Watch the Outrageous Growth & Success Workshop on video and do the workshop exercises with your team. (The video is part of Dr. M's Business Transformation Toolkit.)



*If You Want to  
Evolve Your  
Relationship...*



*Best of the Inner  
Power Hour Radio  
Show (Season 1)*

# About Dr. M

Transformational Speaker, Author, and Radio Personality



## Dr. Antonia M, PhD

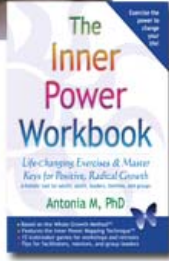
“The Inner Power Doctor”

**Business and Life Transformation Expert,  
Master Metaphysician**

New York, NY

### Speaking Topics

- Transformation
- Mindful Entrepreneurship
- Conscious Living
- Relationships
- Family and Self-Healing
- Mind/Body/Spirit
- Success & Manifestation
- Empowerment/Personal Growth
- Work/Life Balance
- Gender Issues



WATCH VIDEO

For Booking Information, contact Petia Bradshaw and Associates  
347-770-3679 | [Petia@PetiaBradshawAndAssociates.com](mailto:Petia@PetiaBradshawAndAssociates.com)

## Antonia Martinez

### Major Accomplishments

Dr. M’s work in the field of achieving breakthroughs has been described as “ground-breaking.” She has authored more than a dozen life-changing books, games, programs, and toolkits, including the *Inner Power Workbook* and *Healing Man Healing Woman*, that feature her innovative processes and master keys for clearing subconscious blocks, breaking negative patterns, ending chronic cycles of underachievement, and mapping personalized breakthrough paths toward difficult goals. Dr. M has a unique approach that quickly helps people and businesses to shift the shape of their lives and be “unstoppable” in living their ultimate dream.

A transformational speaker, author, and radio personality, Dr. M descends from a long line of entrepreneurs, community builders, and spiritual teachers, including medicine women. Following in their footsteps, Antonia Martinez had launched three successful entrepreneurial ventures by the age of 10, prompting the parents of the independent go-getter to ask, “Where are you getting all this money from?” upon seeing the contents of her multiple piggy banks. A teen trailblazer, the young Antonia started an international pen pal club while in high school as well as an influential latino youth group with a tutoring component that earned recognition from the Philadelphia Superintendent of Schools and a city councilman. The group was also instrumental in bringing home a runaway classmate who feared being punished for his first bad report card. While still majoring in business administration (with a minor in youth agency administration), the creative and intuitive college student serendipitously launched a career as a magazine writer/editor and professional spiritual advisor and hypnotherapist. Her new career path eventually lead to earning a doctorate in metaphysics in 2001.

Currently, Dr. Antonia M is pursuing a second doctorate in metaphysical psychology. Her work, research and personal experiences in the field assisted her in the development of the Whole Growth Method and the Inner Power Mapping Technique—two simple yet powerful holistic and alchemical approaches that help to organically transcend challenges and accelerate success in multiple life areas simultaneously. These approaches have proven effective in helping individuals, couples, family’s and businesses to achieve growth and results in areas where traditional therapy and coaching have been unsuccessful. They have also proven to be invaluable tools for professionals working with those who have difficulty expressing or getting in touch with their feelings or personal power.



Featured Titles by Dr. M



*Life  
Transformation  
& Inner Power  
Collection  
(Deluxe Edition)*



*Business  
Transformation  
Toolkit*



*Heal, Grow &  
Transform Your  
Family*



*If You Want to  
Evolve Your  
Relationship...*



## More About Dr. M

Dr. M's well-known HealingSpirit.com web site, which has been publishing content since 1997, has garnered attention from an array of media, including executives and producers from Lifetime Television, Japan's NHK, Discovery Channel, and the Oprah Winfrey Network (OWN). Documentarians and other independent film producers have also shown interest about her events and retreats, including her spiritual quests to places like Peru. Articles and advice columns written by Dr. M have appeared in several print and online publications, including VIBE Online. An ordained metaphysical minister, Dr. M is Founder of the non-profit Inner Life Society, and is the Host of the Inner Power Hour Radio Show. Dr. M has studied martial arts, including Kung Fu, Tai Chi and Qi Gong. She developed the International Meditation Instructor's Training Certification Program.

*Best of the Inner  
Power Hour Radio  
Show (Season 1)*

## Suggested Conference Programs

- Shift the Shape of Your Life
- Stop Holding Your Business Back!
- Outrageous Growth & Success in Business
- Harness Your Inner Power
- Heal, Grow & Transform Your Family
- Healing Pain, Grief & the Past
- If You Want to Evolve Your Relationship...
- Healing Man, Healing Woman Sharing Circle & Mixer
- Live Your Ultimate Dream

### TRAIN-THE-TRAINER

- The Success Prep Process
- The Inner Power Mapping Technique
- International Meditation Instructor's Training & Certification

## What People Are Saying

*"Dr. M is brilliant. Her Inner Power Workbook really helped me connect to those places of blockage that seemed to prevent me from moving forward with certain aspects of my life. Her work really brings your underlying patterns to the surface so that you can address them in a profound and purposeful way! The Inner Power Workbook is a MUST HAVE for anyone who desires to stop clinging to excuses and start living their LIFE ON PURPOSE!"*

—**Simone Turner**, CEO Holistic Transformations Global Wellness Service, LLC  
Certified Holistic Health Counselor

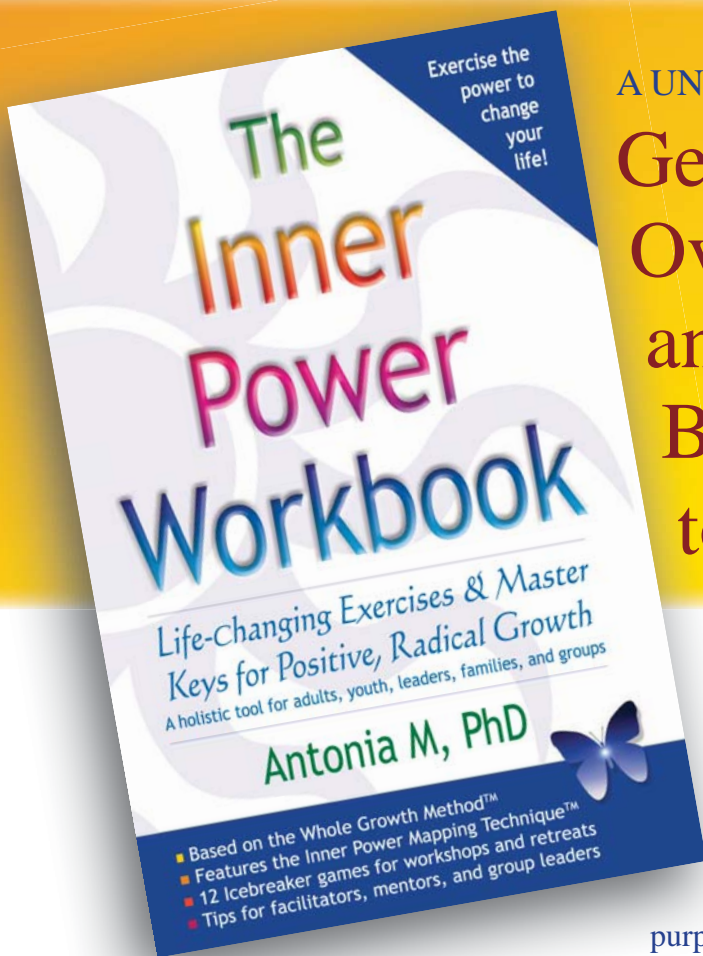
*"Dr. M...is able to strategically guide the willing sojourner to personal heights never imagined. Her ability to assist others in defining and focusing their efforts and potential is groundbreaking. Dr. M's work, particularly in the area of achieving breakthroughs, can be of tremendous benefit in corporate, non-profit, and community-based organizations, as well as for youth and gender-focused programs."*

—**Anita Davis-DeFoe, Ph.D.**, President/CEO,

The Afia Planning and Development Corporation  
Author, *Follow Her Lead: Leadership Lessons For Women* and *A Woman's Guide to Soulful Living*

*"Anyone determined to make significant changes in their life, Dr. M provides steps with practical concepts to help you reach your fullest potential. She provides motivating exercises to give you the confidence to trust your abilities and confront your weaknesses by tracking your progress."*

—**Terrance D. Richburg**, Director  
Men's Initiative Youth Development



A UNIQUE HOLISTIC TOOL TO

# Get Unstuck, Overcome Obstacles, and Discover the Breakthrough Path to Your Goals!

For any executive, entrepreneur, or other professional, bringing your goals, ideas, and your mission statement to fruition is vital to the survival, success, and growth of your company. It is also a key factor in maintaining professional confidence as well as a strong sense of

purpose. The road to achievement, however, can be personally and professionally challenging and wrought with setbacks.

*The Inner Power Workbook* will help you plot a mindful and custom course of internal growth and effective action to produce the results you seek. Using the book's unique self-development exercises, master keys, and Inner Power Mapping™ technique, you will be able to zero in on the choices, actions and patterns that can make or break your success. Author, Dr. Antonia M gives you a simple, step-by-step process to motivate, empower, and coach yourself—or your team—to achieve your goals.

**Title:** Inner Power Workbook  
**Author:** Antonia M, PhD  
**ISBN:** 978-0-9717939-3-4  
**Price:** \$19.95 USD  
**Quantity discounts available**  
**Page Count:** 296  
**Trim Size:** 5.5" x 8.5"  
**Binding:** Soft Cover, Perfect Bound  
**Distributor:** Ingram, Baker & Taylor, Barnes & Noble, Amazon.com  
**Website:** InnerPowerWorkbook.com  
**Publisher:** Mystery School Books

**This book is a valuable asset for you as well as for professional development and workplace programs such as:**

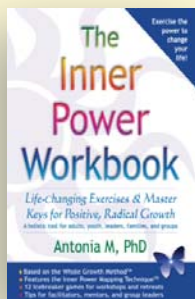
- Team Building ● Stress Management/Wellness ●
- Spirituality/Wisdom in the Workplace ●
- Professional Retreats and Associations ●
- Peer Mentoring ● Motivational Events ●
- Mastermind Groups ● Leadership/Management Development ● Employee Empowerment ●
- Employee Assistance ● Coaching Groups

“Dr. M’s ability to assist others in defining and focusing their efforts and potential is groundbreaking. (Her) work, particularly in the area of achieving breakthroughs, can be of tremendous benefit in corporate, non-profit, and community-based organizations, as well as youth and gender-focused programs.”

—**Anita Davis-DeFoe, Ph.D., President/CEO**  
 Afia Planning and Development Corporation  
 Author, *A Woman’s Guide to Soulful Living* and  
*Follow Her Lead: Leadership Lessons for Women*

# Get out of your own way and empower your business!

“Dr. M provides steps with practical concepts to help you reach your fullest potential. She provides motivating exercises to give you the confidence to trust in your abilities and confront weaknesses by tracking your progress.”



—Terrance D. Richburg

Director, Men's Initiative Youth Development

## TABLE OF CONTENTS

► Tips, instructions, and activities for individual or group development

- Shifting Your Inner Flow of Power
- The Holistic Approach to Growth
- Power Journaling for Radical Growth
- The Paths of InnerPowerment
- The Inner Power Mapping Technique™
- How to Use this Workbook & Get Results
- Leadership & Troubleshooting Tips
- Holistic and Spiritual Icebreaker Games

► 13 self-development programs containing over 50 workshops and exercises in different life areas

- Your Personal Renaissance
- Harnessing Your Inner Power
- Choosing Your True Goal
- Unfold Your Essential Nature
- Conquering the Mind of Doubt
- Your Energetic Bottom Line
- Relationships/Partnerships
- Letting Go of Conflict, Stress & Struggle
- Weaving the Social Fabric
- Do What You Gotta Do
- Your Response-ability
- What is Your True Desire?
- Heal Your Life, Live Your Destiny

Dr. M's **Inner Power Workbook** offers a powerful new approach to effectiveness, growth, performance, and success.

By using the book's unique InnerPowerment™ process and placing your specific situation and needs into the Inner Power Mapping model, you can develop a holistic, personalized, and transformational Action Plan ► Growth Process ► Road Map to your business objectives and profit goals.

► **This book will help you to:**

- Get better results faster with less wasted effort
- Think outside the box and expand your comfort zone
- Make major breakthroughs in your life and business
- Be a better leader and decision maker
- Purposefully define your business goals or direction
- Break cycles and patterns of underachievement
- Identify natural paths of growth and development
- Uncover hidden potential, resources or opportunities
- Maintain your balance, focus, and momentum
- Integrate personal and professional growth

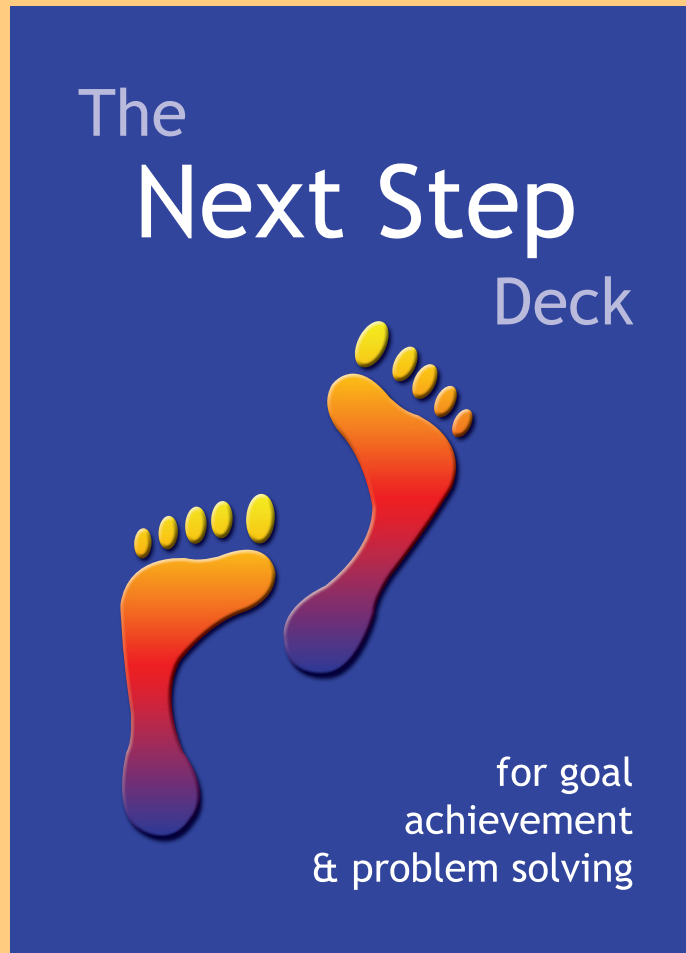


“The Inner Power Doctor,” Antonia M, PhD, earned her doctorate in metaphysics in 2001 and is pursuing a second degree in metaphysical psychology. A holistic self-development and goal achievement expert, Dr.M draws upon a unique blend of eastern, western, and indigenous teachings and techniques, including energy medicine and the martial arts. Her work helps to facilitate the internal shifts that lead to major breakthroughs in life, well-being, and business.

Order from [www.InnerPowerWorkbook.com](http://www.InnerPowerWorkbook.com)

NEW from Dr. Antonia M, PhD

Get where you want to be!



Get Unstuck. Make Your Path.  
Reach Your Goal.

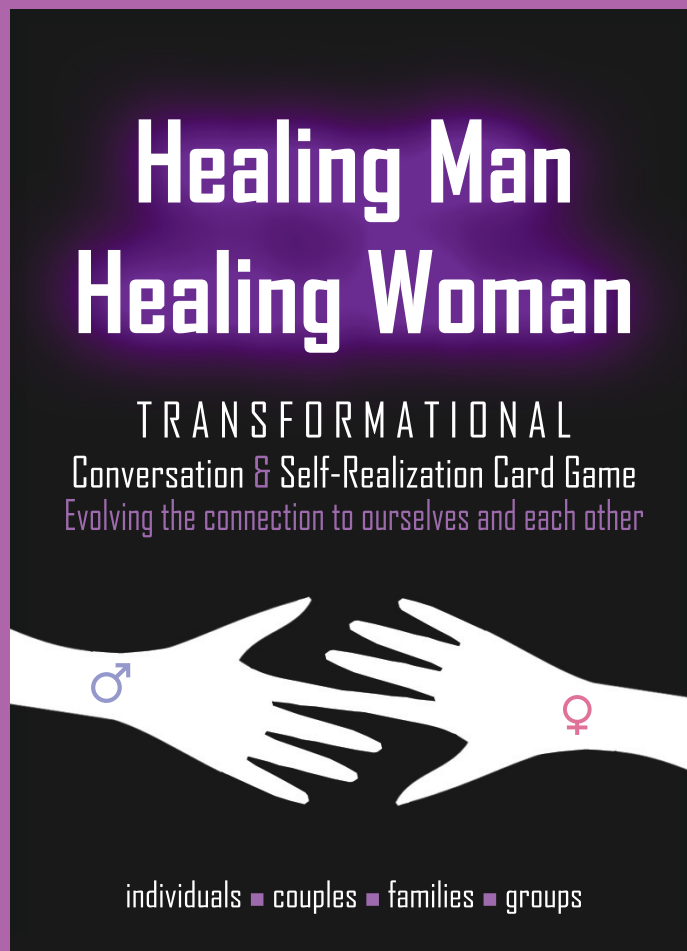
When you don't know what to do next or how to handle a situation (or yourself), the Next Step deck provides a simple yet powerful step-by-step solution. 54 cards reveal effective personal and business strategies to harness your power, focus your intention, and take the right action to manifest the best results.

[www.HealingSpirit.com](http://www.HealingSpirit.com)



NEW from Dr. Antonia M, PhD

Uncover the undiscovered  
man or woman within you!



Play. Heal. Transform. Evolve.

Learn to become the achiever, leader, lover, family, neighbor, friend...human being you didn't know you could be! 72 thought-provoking cards stimulate fun and meaningful communication, positive self-talk, and growth in 10 major life areas. Let's evolve what it means to be men and women so you can expand what it means to be YOU!

[www.HealingSpirit.com](http://www.HealingSpirit.com)

