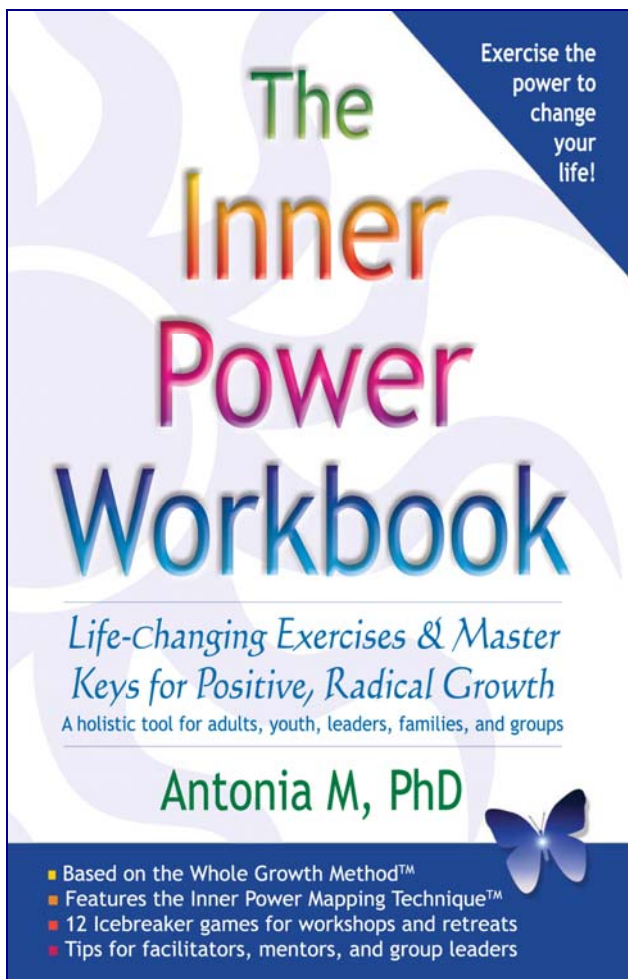


INTRODUCING

InnerPowerment™

A powerful new approach to facilitating transformation, success, growth, and recovery

FEATURING



Exercise the power to change your life!

The Inner Power Workbook

Life-Changing Exercises & Master Keys for Positive, Radical Growth
A holistic tool for adults, youth, leaders, families, and groups

Antonia M, PhD

- Based on the Whole Growth Method™
- Features the Inner Power Mapping Technique™
- 12 Icebreaker games for workshops and retreats
- Tips for facilitators, mentors, and group leaders



The Inner Power Journal & WEEKLY PLANNER



a unique, holistic journaling process for positive, radical growth

Antonia M, PhD
author of the *Inner Power Workbook*

...and the Inner Power Mapping Technique™



About The Author

“Change your energy, you change your life. Heal you life, you live your destiny...”- Dr. M

Dr. Antonia M, author of **The Inner Power Workbook**, is a holistic self-development and goal achievement expert. Holding a Doctorate in Metaphysics and pursuing a second Doctorate in Metaphysical Psychology, Dr. M facilitates the personal, internal shifts that lead to major breakthroughs in life, well-being and business.

Dr. M's work combines a unique blend of eastern, western, indigenous, and original techniques to help achieve integration between the personal, professional and spiritual aspects of one's life, and alignment with one's goals. These techniques (which include martial arts, meditation and energy medicine among others) empower participants to achieve transformational growth, emotional healing, life balance, and clear direction. Dr. M trains mentors, facilitators, coaches, and entrepreneurs to use these techniques with self and others. She also educates audiences about holistic leadership principles, conscious living, and metaphysical strategies for success.

Dr. M hosts the **Inner Power Hour** radio show and is the Spiritual Director of the non-profit Inner Life Society in New York City.



Antonia M, PhD - “The Inner Power Doctor & Change -Your-Life Coach”
Holistic Self-development & Goal Achievement Expert
Master Metaphysician

The Inner Power Workbook: A Closer Look

"This is not just a book, it's a dare! Should you choose to accept it, you run the risk of becoming who you have the power to be..." -Dr.M

The Inner Power Workbook is truly a holistic empowerment "course" in a book. Through a series of interactive workshops containing self discovery challenges, and exercises ,the workbook enables the user to **actively** identify, address and change the things in your life that are stifling your personal growth and development.

The key to this proactive, transformational process is Dr. M's original Whole Growth Method™ and her groundbreaking technique called Inner Power Mapping™. The workbook emphasizes self-awareness and self-motivation coupled with effective action. The book is most effective when paired with its companion, The Inner Power Journal and Weekly Planner.

As a mentor, or group facilitator, you can use the workbook for your own transformation, to fine tune or redirect the focus of your program, and most importantly to lead and empower the people you serve. The workbook's unique approach and collection of InnerPowerment workshops enable you to assist others in making major breakthroughs quickly in all areas of their lives, but specifically in the areas where they are stunted and experience chronic set backs.

The workshops integrate holistic principles and metaphysical insights with the development of inner life skills. They work together to connect, ground, and harmonize your potential with your ability to manifest it. Step-by- step instructions allow you to become an "InnerPowerment Facilitator" able to facilitate this process for others.

In addition to the workshops that are found in the book, there are a series of live programs offered by Dr. M based on the principles in the workbook. These programs address the unique needs of individuals dealing with particularly difficult situations.

Some of these programs are as follows:

- *Breaking Through Your Money/Success Block
- *Building a Strong Father/Son Relationship
- * Building a Strong Mother/Daughter Relationship
- *Empowerment for Victims of Abuse (Physical, Sexual et al)
- *Healing Pain, Grief & The Past
- *Holistic Self-Transformation for People in Recovery
- *Overcoming Addiction
- *Inner Power Training Series for Mentors, Facilitators and Coaches
- *Learning to Love Yourself- The Path to High Self-Esteem
- *The Prisoner InnerPowerment Program
- *The Inner Power Clinic

The Inner Power Mapping Technique™

“To change anything in your life, you have to change your energy first...” -Dr.M

The Inner Power Mapping Technique™ is a simple yet powerful, holistic technique used to identify and clear the negative patterns and subconscious blocks that create stagnation in your life. These blocks can be emotional, mental, physical and/or spiritual in nature.

The goal of the technique is not only for you to identify these blocks, but also to address them, and take action that will help you evolve beyond them. The process allows you to break away from and reprogram limiting attitudes, beliefs, habits, and imprints at the root of your problems.

The Map that you draw in this technique serves as a creative and interactive feedback and transformation tool that depicts what is happening within your inner space and how it all translates into your everyday life. It gives you an eagle's eye view of the subconscious patterns, unconscious reactions and internal energy dynamics that are triggered when you confront a particular stumbling block. The Map also reveals a personalized growth process that will help you create balance and align with your natural path of success.

Facilitators can use Inner Power Mapping as a tool to:

- *Track and recover lost personal power
- *Pinpoint core issues and psychological conditioning
- *Clear subconscious blocks
- *Heal negative patterns
- *Work collaboratively with clients/mentees to identify natural paths of growth



The Breakthrough Session

"The Breakthrough Session is more than just a mere counseling session... it's also a healing process..." Dr. M

The Breakthrough Session is an empowering, transformative process designed to help break repetitive cycles of negativity, struggle and underachievement. During the session various holistic techniques are used, including **Inner Power Mapping™**.

The goal of the **Breakthrough Session** is to identify and address the source of conflicts between your internal desire and your external experiences. You will be able to draw a transformational road map to positive, radical growth in your personal, professional and/or spiritual life.

As a facilitator, **The Breakthrough Session** will be the point where you truly connect with your program participants. Therefore, being coached on conducting a successful Breakthrough Session is imperative in becoming an **"InnerPowerment Facilitator."**

What You Can Expect From a Breakthrough Session

- *A major "Aha! moment" and personal shift
- *To uncover the source of specific challenges
- *To confront and resolve your issues head-on
- *Measurable growth at an accelerated rate
- *New insights and life tools for immediate use
- *Clarity on related issues in your life
- *A personalized growth and action plan for continued development and success

I'm ready to change...



The Top Five Facilitator Obstacles Resolved by The Inner Power Workbook

As a facilitator you are well aware that the success of your program largely depends on the full participation of your participants. Many programs while excellent in theory, often produce poor results or fail in practice; this is usually due to the lack of a strong implementation framework and/or “buy in” from the program participants.

This is where the true value of the techniques taught in the The Inner Power Workbook can be tested and realized. The Workbook does an excellent job of providing a **structured coaching process** that provides detailed instructions of how to get from point A to B with a program participant. Most importantly, the techniques also stimulate the **active** participation of the individual at every stage.

The Top Five Facilitator Obstacles that are resolved by the Workbook are:

*Lack of a Coaching Model

-The Workbook and supporting Workshops outline a detailed process that includes step-by-step instructions of not only how to get from one point to another with a program participant, but also how to create a **plan of action**.

*Client Relapse

-With the workbook, participants do more than change their outer behavior; they are able to pinpoint and eradicate the internal patterns that create the behavior.

*Getting Clients to Open Up(Facilitate Introspection)

-The workbook process and the Inner Power Mapping technique bypass the communication barriers that people tend to erect (consciously or subconsciously) when addressing their issues. The work safely connects the client and the facilitator on a deep level that makes it easier for clients to open up naturally.

*Build Rapport & Trust by Offering Practical Value **Immediately**

-Program participants see immediate progress, insight and/or results. The workbook's approach allows the process—and your program—to become immediately personal, practical and relevant to participants' specific situation

*Accountability and Commitment

-The workshop process allows the facilitator and client to set clear expectations and responsibilities. Because client ownership and participation drive the process from the onset, proper boundaries are drawn very early. A built-in accountability mechanism helps to keep boundaries in check, commitment high, and momentum steady.

The Inner Power Journal & Weekly Planner

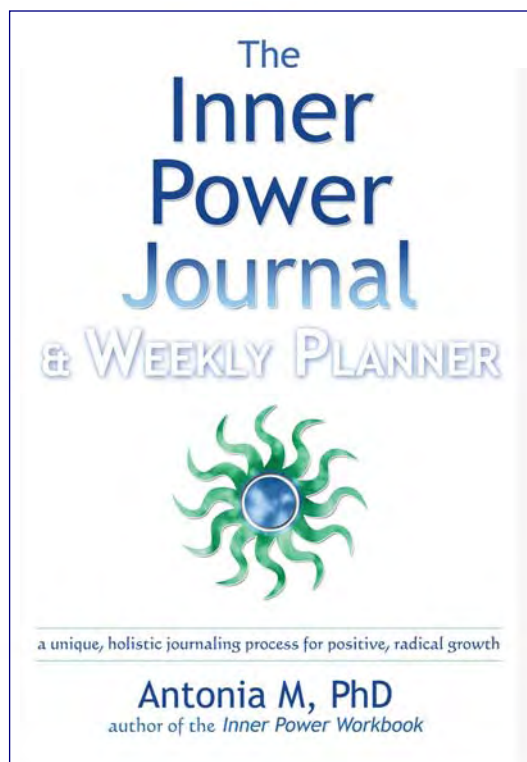
*“Used with consistency and deliberateness, the **Inner Power Journal & Weekly Planner** becomes much more than a chronicle or diary. It becomes a powerful legacy and a personal map of your own path to success, awakening and transformation...” Dr. M*

The Inner Power Journal & Weekly Planner is a profound, life changing tool when paired with **The Inner Power Workbook**. As a facilitator, you will find that the Journal & Weekly Planner not only engages the mind, but also the body, emotions, and the spirit of your program participants in a unique way.

The layout of the Journal & Weekly planner stimulates creativity, intuition, and a deep self knowledge that will empower you to integrate a strong spiritual connection into any area of your personal and or professional life. This approach is based on Dr. M's holistic power journaling technique and her **Whole Growth Method™**. The **Whole Growth Method™** is an organic, holistic process for balanced growth in all dimensions.

The **Inner Power Journal & Weekly Planner** features the following:

- *A table of contents that can be updated for easy reference to your entries by date, keyword, title and /or page number
- * A modifiable index page at the back of the book for easy categorization and tracking of recurring themes and issues
- * Over 180 ruled and numbered journal pages for easy reference.
- * 52- Week “power planner” to identify weekly priorities, and track your “mission critical” goals and tasks.
- * An exclusive section for **Inner Power Mapping™**



The Inner Power Training Series for Mentors, Facilitators & Coaches

This program will train coaches, mentors, and other facilitators to apply the principles of holistic empowerment, metaphysical psychology, and the inner power process to stimulate major breakthroughs and organic growth for clients. Learn to identify the critical change that will make the greatest difference in the lives of others. This unique program, based on the Whole Growth Method™ and the Inner Power Workbook developed by Dr. Antonia M, provides invaluable insight into personal growth and energy dynamics from a holistic and metaphysical perspective.

Effective, Holistic Coaching: Leading Self and Others to Balance, Success and Growth (Free Introductory Seminar/Webinar)

--Learn how a holistic approach to growth can facilitate organic, life-changing breakthroughs for clients in your mentoring or coaching program. Dr. Antonia M shares holistic and metaphysical keys to helping clients release the subconscious blocks and holding patterns that can contribute to slow progress, no progress, or relapse. She explains why people don't grow, and how they can. Learn to engage program participants on a deep level that leads to authentic transformation.

Facilitating Major Breakthroughs or Life Healing with the Inner Power Mapping Technique™

--A major breakthrough is movement through and beyond chronic internal and external "walls." It is marked not only by major progress but also by significant shifts in self-awareness and self-efficacy on all levels. Learn to facilitate this process via Inner Power Mapping™, a simple, holistic technique to quickly clear the source of negative patterns, self-defeating attitudes, and subconscious blocks that create stagnation. The technique allows each person to discover how to properly harness their unique power to rehabilitate and transform their lives.

Facilitating Self-Empowerment with the Inner Power Workbook

--Whether you are creating a new program or looking to enhance an existing one, you can greatly deepen the impact of your work by incorporating the exercises and techniques featured in the Inner Power Workbook. The workbook, written by Dr. Antonia M, is a holistic personal growth course that teaches you how to harness your unique power to overcome obstacles, make major breakthroughs and reach goals. It provides step-by-step instructions for facilitating a personalized process for others. Dr. M shows you how to use the book for the best results, as well as how to develop custom lesson plans to suit your audience.

Purposeful Growth through Power Journaling

---Accelerate and deepen participants' growth process during your program. Dr. M teaches you how to facilitate greater focus, progress, and self-motivation in your clients through the use of Power Journaling. This unique and holistic journaling process stimulates a profound level of purposefulness, self-awareness, and self-discipline that leads to organic growth and healing. Integrating power journaling into your new or existing program allows your work to have a more meaningful and personally relevant context within participants' lives—and therefore a deeper impact.

Entrepreneurs InnerPowerment Project™

The Entrepreneurs InnerPowerment Project™ is a unique program designed to help both experienced and aspiring business owners and leaders to reach their entrepreneurial destiny. Based on the **Whole Growth Method™** and the Inner Power Workbook developed by Dr. Antonia M, the program combines holistic self-development and business development strategies to help business owners achieve growth and success.

As a participant, you'll get practical, hands-on experience and assistance creating whole growth in your business, and achieving the personal growth you need in mind, body and spirit to support the success you want to create.

Effective Entrepreneurship:

Creating Opportunity, Success & Growth for Your Business

[\(Free Introductory Seminar/Webinar\)](#)

--Continued growth and success is elusive for many entrepreneurs. Bad business decisions, poor marketing strategies, and inexperience can be important contributing factors, but there are also hidden reasons why businesses struggle or fail. There is an undeniable link between external success and inner power. In this workshop, Dr. Antonia M shares the holistic and metaphysical secrets behind failure and success, and explores how the Inner Power Process can help transform your business.

Entrepreneurs Business Breakthrough Session with the Inner Power Mapping Technique™

--A breakthrough is movement through and beyond chronic internal and external "walls" that block growth and success. In this workshop, you will learn to use the ground-breaking Inner Power Mapping™ technique to "rehabilitate" and transform your business, or facilitate that process for others.

Holistic Business Coaching and Mentoring with the Inner Power Workbook

--If you coach, lead or mentor entrepreneurs, you can greatly deepen the impact of your program by incorporating the exercises and techniques featured in the Inner Power Workbook. In this workshop, Dr. M shows you how to use the book for the best results, as well as how to develop custom lesson plans for personal and business growth.

Purposeful Entrepreneurship through Power Journaling

--Use your business as a vehicle to accelerate and deepen your personal or spiritual growth. In this workshop, Dr. M teaches you how to facilitate greater focus, progress, self-empowerment, and self-made success through the use of Power Journaling. This unique and holistic journaling process stimulates a profound level of purposefulness, self-awareness, and self-discipline that leads to organic growth and "healing" for your business. Integrating power journaling into your business process allows your entrepreneurial efforts to have a wider reach and deeper business impact.

Inner Power Hour Radio Show

The Inner Power Hour

The **Inner Power Hour** is your chance to get life-changing advice and techniques for making major breakthroughs in any area of your life. During each episode, Dr. M. shares unique and thought-provoking insights into key issues that help you transcend any obstacle, and experience positive, radical growth.

From work/life balance, life purpose, and relationships to healing, spirituality, and success, Dr. M helps you gain the deeper understanding of yourself, how your life works, and how to master mind, body, spirit and emotions in your everyday life.

The **Inner Power Hour** with Dr. M is broadcast on BlogTalkRadio and is also available via iTunes.

To listen to the show visit: <http://www.innerpowerhour.com>

Inner Power Case Study

Annette Mayfield Overcoming Fear of Public Speaking

Background

Client: Annette Mayfield *name has been changed to protect confidentiality

Occupation: Training Supervisor

Industry: Higher Education

Location: New York, New York

Date: June 2008

Abstract: University computer skills trainer, Annette Mayfield, used activities from the Inner Power Workbook by Dr. Antonia M to overcome a chronic fear of public speaking.

The Challenge

Trainer, Annette Mayfield supervises the computer training division at a university in New York City. Faced with having to personally conduct more classes due to university budget cuts, Annette recalls her first incident with stage fright during a fourth grade group violin recital. "I was shaking, sweating, played every note wrong, and I don't know why," said Annette. "I was in the back row, you could hardly see me, and I knew the song backward and forward. I had been on stage before, years earlier, with a prominent speaking part and had no issue whatsoever." Annette's fear of public speaking, which still triggered the same physical responses she experience in childhood, hindered her ability to implement many of the training programs she had designed at the university, as well as her ability to seize other professional speaking opportunities outside the university. At work, Annette sought to implement training solutions at the university that would enable her to avoid getting up in front of an audience. Despite her fear, Annette acknowledged that she is a good instructor and actually enjoys the work. Annette wanted to overcome her fear of public speaking and use her skill to greater advantage.

The Solution

Inner Power Workbook:

- Master Key #53
- Workshop #17

Even after joining the Toastmasters organization to improve her public speaking skills, Annette still suffered intense physical symptoms when speaking, including involuntarily holding her breath. Upon realizing that her stage fright was triggered even during one-on-one or small group conversations, she sought the help of Antonia M, PhD, a master metaphysician and expert in holistic self-development and goal achievement. Dr. M led Annette through a personalized, multi-week program using the Inner Power Workbook to: **1)** pinpoint the source of the fear, **2)** develop practical exercises to transform the fear into enthusiasm, and **3)** encourage Annette to seize speaking opportunities more often.

The private program, which included both workbook exercises and related special assignments from Dr. M, yielded a valuable discovery: Annette's fear of public speaking was not actually fear. Her physical symptoms merely mimicked the emotion. What had been triggered was a stream of self-judgment that was unrelated to public speaking, just more noticeable when Annette was in the spotlight.

Inner Power Case Study

Annette Mayfield Overcoming Fear of Public Speaking

The Solution(contd)

Dr. M gave Annette a simple technique to use on the spot that would interrupt her negative pattern and immediately stop her physical symptoms.

The Results

Following completion of her Inner Power Workbook program, Annette took initiative and booked herself as a speaker at a large retreat that she shied away from previously. She would give the same presentation on two different days at the retreat. "Things really hit home for me," Annette explained. "I didn't do the technique when I went into my pattern in the hours before the first presentation. Only three people showed up to my talk. That's when I realized the true effect this negative pattern had on my life. The next day, I did the technique. My lecture was standing room only." Annette said she only needed to use the technique twice more after the retreat. "And then one day I just noticed that I hadn't been nervous or worried about becoming nervous at the last few classes where I spoke. That put me in a powerful position to use my speaking talent deliberately, willingly and effectively to advance my career."

Inner Power Case Study

Sienna Tucker Entrepreneurial Success through Personal Growth

Background

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. Sienna wanted to see her business development efforts pay off with increased income and bookings for coaching program.

The Solution

- Breakthrough Session
- Inner Power Mapping™ Technique

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, an expert in holistic self-development and goal achievement. Dr. M recommended that Sienna participate in a private Breakthrough Session using the Inner Power Mapping™ technique to:

1) identify the root of the problem, **2)** develop an organic growth plan for herself and her business, and **3)** shift the internal energy dynamics that were hindering her success.

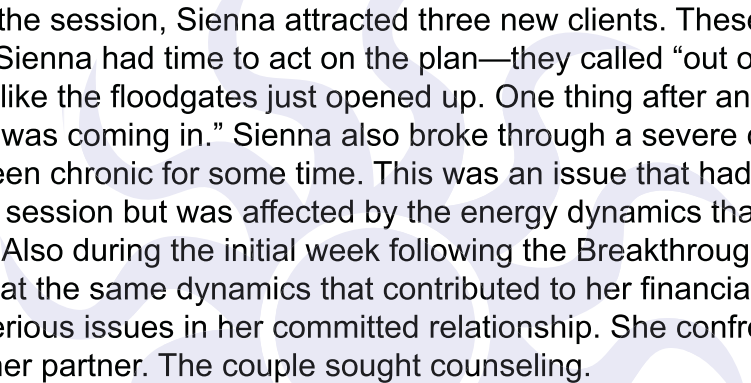
The session revealed a critical mental pattern that triggered a “silent panic” – an internal state of emergency of which the individual is unaware. Key decisions affecting the business were being made in this state; outcomes, therefore, were erratic. Using the Inner Power Mapping™ technique, Dr. M and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

Inner Power Case Study

Sienna Tucker Entrepreneurial Success through Personal Growth

The Results

During the week following the session, Sienna attracted three new clients. These clients were secured before Sienna 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 writers 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 were connected to serious issues in her committed relationship. She confronted those issues directly with her partner. The couple sought counseling.



Inner Powerment Events

Dr. Antonia M will be participating in the following upcoming events:

*** October 3, 2009**

-Capital Bookfest
Capital Centre
Largo, MD
www.capitalbookfest.org

***October 10, 2009**

-Own Your Power Biz Conference Features
St. John's University
New York City
www.ownyourpower.biz/conference/

