

INTRODUCING MENTAL YOGA

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WELLNESS AT WORK FOR LEADERS AND TEAMS



Have you asked yourself what **change you are trying to make in your organisation?**

The change we are passionate about making is to foster a wellbeing culture at the workplace, by focusing on the individual wellbeing of leaders and team members for the continuing success and vitality of the organisations.

Strong leadership consists of mentally strong leaders, and strong teams consist of mentally strong team members. Every individual matters in the success of the whole. Mental strength, mental flexibility and resilience in the face of continuous change and harnessing the physiology to one's benefit are the key focus points of our coaching.

At Elvira Byrnes Mental Coaching we know a lot about stress in the workplace - having worked in stressful IT environments, sales environments, and having studied extensively on the subject and practiced more than 10,000 hours of meditation and 20 years of experience of transforming oneself and others with mental techniques.



Our company was born through observing the needs in mental coaching of the organisations we worked for. Due to stress, business leaders and team members end up being disoriented, disillusioned and disconnected in the workplace, and not performing their best or have the best communication. A coach is absolutely necessary to help overcome these obstacles and come back to the positivity we all benefit from.

The changes we are helping to make:

- Coach leaders and team members to overcome pandemic stress buildup and move forward towards a more relaxed, joyful and happy state of wellbeing, where positive focus such as hope, possibilities, dreams and solutions prevail.
- Teaching to understand the stress mechanism on mental and physical levels, and techniques to help oneself overcome stress.
- Coaching leaders and team members out of their overwhelmed state towards wellbeing which leads to clarity, better decision-making, creativity in problem-solving, improved communication with everyone involved, achievements of KPIs, individual/team/organisational goals, raising morale.
- Coaching leaders and team members to get unstuck out of various unproductive perceptions and rediscover the joy in work and in the fellow team members.
- Coaching leaders and team members to find empathy, compassion and self-compassion.
- Coaching leaders and team members towards discovering their inner gifts and talents, tapping effectively into courage and determination through individualised needs approach.

CONTACT US

Thank you for taking time to read our information.

Please talk to us to discover how we can support you on your goals of leadership and teamwork.

Regards

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Our Indian business site : www.mentalcoach.space

Our Australian business site : www.mentalyoga.co

trading in India as **Elvira Byrnes Mental Coaching**

WELLNESS

We promote mental health by developing the positive aspects of work and the strengths of employees by understanding the opportunities and needs of individual employees.

“Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community”

-the WHO.



Employees' mental health status affects employees' performance and rates of illness, absenteeism and staff turnover. Sickness absenteeism can lead to substantial productivity losses.

Mental health problems can affect work performance in terms of increase in error rates, poor decision-making, loss of motivation and commitment, tension and conflicts between colleagues.

Examples are post-pandemic stress, negative working environment, depression, anxiety, harassment, bullying, burnout, etc, not meeting KPIs, not seeing clearly what one needs to achieve personally and collectively.





WHAT WE DO:

- ▶ Clear out the past to attain more clarity, energy, happiness, courage, imagination and creativity.
- ▶ Break through a chronic low state.
- ▶ Let go of painful memories, dramas, beliefs, limitations, labels and identities.

This inner work sets you free, allows the awareness to shine and gives clarity to achieve the personal and common goals.

HOW WE DO IT:

We work with the mind directly with special techniques that allow the mind to let go of memories, perceptions, thoughts, emotions, feelings, sensations in the body. We also learn how we can do this on our own, how to recognise effects of thoughts, feelings, emotions, sensations and allow them pass through.

WHAT MAKES US DIFFERENT:

We deliver changes of mindset by working with everyone's individual needs, by overcoming the mind-built limitations with mind methods.

Stress(tension) = negatively perceived and threatening memories, perceptions, thoughts, emotions, feelings, sensations in the body combined and intertwining. Our awareness is capable of dissolving all of the stress in mind and body.

By guiding the person's awareness with the techniques they start to release them all. What is left? Ease, flow, courage, peace, energy. From this stage everything starts to be perceived more positively, and becomes possible with a can-do winning attitude.

We work with YOUR needs, your KPIs, YOUR aspirations and plans individually and in a group to help you achieve the best possible outcomes for your organisation.

Get in touch with us for a private and confidential discussion of your needs and goals:

ELVIRA BYRNES

BREAKTHROUGH PERFORMANCE COACH



I am an Australian life coach specialising in individual breakthroughs. I have full confidence in my techniques, training, abilities and experience.

I help people overcome their limitations and achieve their goals. Limitations of mental scope I work with include - releasing past memories and traumas, overcome fears and phobias, releasing aversions and anger, removing unhelpful perceptions and conditioning.

For this I am trained in 3 most powerful techniques in the world, and I use primarily the technique called Open Focus discovered and developed by Professor Les Fehmi, a physicist and a psychologist of Princeton Biofeedback Centre at Princeton 40 years ago. I was trained personally by his wife and partner Susan Fehmi who has been training individuals together with Les over the past 40 years. The techniques I am using have been tested and proven over the past 40 years.

They consist of mental exercises to move the individual from the high beta brain waves of stress to synchronous alpha waves where the stress and negativity and sickness are dissolved by the brain and nervous system itself. This leads to increased performance, increased ease of perception, clearing of all the past negative experiences, and allows someone who is an athlete, or anybody else, to achieve their goals.

My sessions are very meditative and deeply relaxing, yet targeted very specifically on removing specific events memories and their corresponding stress in the body and help release it forever till they fade and remain just memories without any emotional charge on them, as well as any negative, fearful perceptions and their byproducts as bodily tension to enable future success and flow. I help flush all mental emotional baggage that blocks, impedes and doesn't serve to achieve goals and reach success by utilising various techniques and being a navigator for the person, while they remain the expert on knowing about themselves and their craft and enabling them to reach new heights.

It has taken me around 20 years to come to my abilities and experience, and I believe what I offer is cutting edge.

I understand that the winner's mindset is very important. I can help clear all unhelpful perceptions and fears towards goal achievement. I also understand that the following areas are important: mental toughness and strong nerves to win, mental improvement of confidence to have a winning mindset, fear of what if we don't do well, fear of losing, handling stressful situations and performance pressure, learning from mistakes, intuition, critical thinking and positive attitude, going from good to great.

I am confident to say that even after one session with me nobody stays the same. Being a teacher and a coach is in my blood and in my education. Working with fear to overcome it is my speciality. This was my chief focus working with an Australian international airline passenger pilot which resulted in the pilot's continued success and promotions by: focusing on removing mental hindrances for smooth transition from plane to plane where the instruments were changing and sometimes creating an opposite effect which created a lot of anxiety, removing fear to improving plane landing while being put under performance review, removing anxiety to pass plane simulator exams, removing fearful and tense perceptions of team members and moving towards great teamwork and respect.