



Body Talk

Agenda Sessions

The most common use for an agenda session occurs when a client requires a specific session to enhance his or her abilities to their best potential, for a particular event. These are not symptoms from illness or disease, or a sporting competition; but something the client would like to improve on, or have a little 'extra' emotional/biological/mental support during a particular situation or event. These can include things like:

- Improve his/her personal best in an activity
- Having better rhythm while running to keep fit
- Public speaking
- Acting
- Driving test
- Exams
- Appointments
- Meetings
- Relationship discussions
- Court date
- Operations
- Medical procedures

TIME-RELEASE SESSIONS

There will be times when the BodyTalk session would be best given just before the event, for e.g. a session just 15 minutes before a race/meeting/exam would be of the most benefit. If the practitioner cannot be there at the time, then the time release concept of Bodytalk sessions can be used. Such a session can be stored in the hippocampus of the brain and released at just the right time.



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The information on this website is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information.

MindBody Connection encourages you to make your own health care decisions based upon your research.