

# FOCUS on Business

## Your Mind Matters

- ✓ Lose Weight
- ✓ Stop Smoking
- ✓ Reduce Stress
- ✓ Release Anger
- ✓ Deeply Relax

**Corey McCusker, CHH, TETM, NLP**  
Certified Hypnotherapist

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## Your Mind Matters . . .

Anger, sadness, fear, hurt and guilt - so many negative emotions influence our thoughts, our behaviour, our bodies and how we feel about ourselves that we can become trapped in the perpetual cause and effect of these negative emotions.

After more than 20 years in the corporate world as a Senior Manager, mentor and business leader, Corey McCusker has established Your Mind Matters - a unique private counselling practice designed to help you take control of your life by harnessing the power of your mind.

"It's all about making new choices about your life and transforming the way you think," says Corey, a skilled professional life and motivational coach. "We teach you how to access your internal resources and install positive, resourceful motivation to guide you to your goals."

A Master Practitioner of Neuro-Linguistic Programming, Time Empowerment Techniques TM and Hypnosis, Corey has realized unprecedented success in helping people lose weight, quit smoking, release anger and frustration, improve self-image, enhance performance and achieve their career and life goals.

Corey's over-riding theory hinges on a single question - "Are you living the life you want?" she asks. If you're looking to make positive changes and improvements in your life, Your Mind Matters and Corey's "Breakthrough your Boundaries" coaching session is definitely for you. Through one-on-one discussions with her clients, Corey identifies what stops them



from being, doing, and having whatever they want and guides them forward to overcome obstacles that keep them from reaching their ultimate potential.

Following an in-depth initial consultation, Corey develops a customized program that focuses on super-charging the most important area of your life, whether it is career, relationships, health and fitness, personal growth and development, or money and finance.

"I always see an opportunity when challenges or obstacles arise. I've been drawn to helping people realize their potential and go for what they want in life" says Corey from her office at MediSpa on Main Street in Stouffville. At Your Mind Matters you are heard, accepted, understood and guided to strengthen your inner resources. At the very least, you will gain focus, clarity and fresh perspectives, feel less stressed by day-to-day events and stay mentally sharp and energized.

Visit Corey McCusker at [www.yourmindmatter.ca](http://www.yourmindmatter.ca) or call

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