

A FEATURE COLLABORATION

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ALMEIRI SANTOS



BRIAN COONES

SELF AWARE



ABOUT ALMEIRI

LEARN MORE ABOUT ALMEIRI SANTOS

ABOUT BRIAN

LEARN MORE ABOUT BRIAN COONES

BECOMING PROGRAM

WHAT DOES THIS PROGRAM OFFER?

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EXECUTIVE MEDITATION

REIKI

SPEAKER

WWW.MODERNMEDITATORS.COM



ALMEIRI SANTOS

Almeiri Santos is a Toronto-based Chopra Center Certified Primordial Sound Meditation Teacher, professionally trained in Positive Neuroplasticity (with Rick Hanson Ph.D.), a Certified Consulting Hypnotist (National Guild of Hypnotists Ontario Chapter) a Reiki Master (certified by Barb Keshen, RT 99-046) and also studied the Power of Presence (with Eckhart Tolle) and Neuroscience, Mindfulness and Mindful Meditation (University of Toronto School of Continuing Education).

Most importantly, she possesses the gift of a friendly and compassionate heart that allows for a simple, kind, and loving approach to teaching meditation making it easy and accessible to everyone. Almeiri has vast experience working with youth at risk, victims of abuse, corporate environment, social workers, palliative care professionals, service and entertainment industry and she has inspired many into taking the first step towards the most genuine, profound and life-affirming personal changes. It is from a place of clarity, calm and grounded emotions that Almeiri guides her audiences into the blessings of self-awareness available to all of us through meditation.



HIGHLY RECOMMENDED

"As a neuro-visual optometrist and practice owner I believe in the importance of team building to help connect everyone in the office to the organization's mission, vision, and values. Almeiri Santos' workshop involving meditation for self-awareness was exactly what we needed.

The combination allowed the team to connect to their personal stories and that of the clinic and at the same time getting a taste of overall wellness with the meditation techniques. I highly recommend this amazing experience for any organization that is interested in developing their teams."

- Dr. Stelios Nikolakakis
Neuro-Visual Optometrist



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WELLNESS COACH

MINDFULNESS EXPERT

SPEAKER

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REWIRE
WITH BRIAN COONES

BRIAN COONES

Brian Coones is a father, experimentalist, mindfulness & breathwork coach, and entrepreneur.

Brian's purpose is to use his energy and influence to help business professionals manage stress, awaken self-awareness, feel better, elevate health & happiness, find deeper meaning & inner peace, create resilience, and level up.

Brian has been studying, practicing, and teaching mindfulness under the mentorship of Dr. Stephane Treyvaud, at the mindfulness center in Oakville, since 2013. Brian also teaches and practices other meditation and breathwork modalities such as heart coherence, subconscious reimagining, Wim Hof method (breathwork & cold exposure), 5D breathwork, and breath empowerment.

Brian has helped to transform hundreds of companies and clients with his practical, experiential, and results-driven coaching, workshops, courses, and retreats.

REWIRE
WITH BRIAN COONES

Brian Coones
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CORRECTLY REWIRED

I thought meditation had passed me by. I would hear about the benefits of meditation but felt doubtful that I could ever get to that point. I've tried for many years and could only sit for a min before my mind started to wander, I would feel nothing, and before I knew it, I was thinking about what I needed to do next?

The program helps you step by step; it guided me from a fearful, fixed mindset to a curious, open mindset. When I think of all the sports I played, it was my coaches that helped me take my game to the next level.

- Rodney Blanchard
Executive Recruiter

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CityNews

SOULVITY
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passion purpose living



WHY

We help employees develop emotional regulation through stress management and self-awareness.

Our unique approach of coaching, teaching and personal practice is designed to create powerful shifts in your entire organization.

The challenges and stressors imposed by life affects many aspects of our mental health. The becoming self-aware workshop provides the opportunity to develop the tools & techniques to navigate life's experiences.

How? Because becoming aware of who we really are helps us step out of the limiting perspectives of life and leads to new and healthier ways of existing and thriving.

What does it mean to become self-aware? To become self-aware is much like being able to observe ourselves and identify the mind-chatter that immobilize us from being as productive, focused, free and happy as we can.

"Mental health concerns and burnout have skyrocketed.

Nearly six times as many employers report increased mental health issues among employees since the pandemic began—burnout being among the most common."

Forbes: Mental Health In A Post-Pandemic World

CORPORATE GAIN

Increase attention, focus and working memory

Increase self-awareness and emotional intelligence— key leadership skills

Improve employee productivity & engagement

Improve communication & connection with co-workers

Improve employees' ability to respond (versus react) under stressful conditions

Greater job satisfaction leading to better staff retention

Less workplace conflict and improved conflict resolution

Lower levels absenteeism due to improved health and lowered stress levels





EMPLOYEE GAIN

Increase joy, happiness & well-being

Reduce & manage stress to level up every area of life



Increase self-awareness and emotional intelligence

Improve creativity & confidence



Structural changes in the brain associated with enhanced mental performance

Improved habits in workplace & home

Inspiration, motivation, and action plan

Greater resilience and inner peace when faced with challenge

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