



Patricia GILMORE

BODY/MIND THERAPIST | ARTIST | SPEAKER

Patricia is a dynamic professional speaker that educates, enlightens and entertains. She is both a Board Certified Medical and Clinical Master Hypnotherapist and a needleless Acu-point Specialist. In addition, she is a graduate of the Commercial Actor's Studio in Los Angeles where she was a member of director Richard Goldstone's Improv Theater Group and the Broadcast Business Manager for Wells, Rich, Green Advertising in Newport Beach, CA.

Patricia is an award winning artist, gifted facilitator and the developer of "Creative Sparks" - Activities to Release Your Genius.

BeBest.com

pattgilmore@gmail.com

617-834-3182

Quality of Life Workshops, Keynotes and Breakout Sessions

Choose Something Different for Your Next Conference.

Creatively inspire your members with these four uniquely powerful and edu-taining programs.



Four Exciting Edu-tainment Programs with Flexible Options

RELEASE THE GENIUS WITHIN

CREATIVE SPARKS activities are perfect for warm ups, icebreakers or breakout sessions. These fun fully facilitated activities help create a non-threatening environment and promote laughter. People share ideas, participate more fully and build rapport.

TRANSFORM YOUR NEGATIVITY

NEUROGRAPHIC DRAWING is a tool that can "take the edges off" of uncomfortable negative emotions. It is a form of "art therapy." NeuroArt is very easy to learn and it can be done anywhere and anytime with only a piece of paper and a pencil.

CALM THE CHAOTIC MIND

MANDALA DRAWING can help calm, ease, and organize the mind into neater compartments. The focused process of creating this art form with simple dashes and dots is a stress-free way to create order within an over-stimulated mind. No artistic ability is required.

RELIEF AT YOUR FINGERTIPS

PRESS YOUR POINTS NOT YOUR BUTTONS. This enlightening and educational presentation is packed full of simple drug-free acupressure techniques that help to relieve discomfort and enhance physical, mental, and emotional well-being.

Patricia can tailor the length and content to fit your conference agenda. Please inquire.



LAUGHTER YOGA
INTERNATIONAL

More Rapport & Breakout Session FUN!
Patricia is a Certified Laughter Yoga Leader.

*Laugh
Out-of-the-Box*



AND... IF YOUR GROUP WANTS TO GET OUTSIDE...

**Take a Break, Stretch the Legs, Get Some Fresh Air and Re-Focus
Through the Lens with a Photo Safari Activity.**

Photographic activities are a great hit with group members. Taking pictures with a purpose, whether the exercises are done solo, partnered or in small teams, allows attendees to loosen up, move around and see through the lens and out-of-the-box. There are several obvious benefits for adding this creative breakout session to your meeting day. As an added bonus, participants share their images with team members and colleagues which reinforces,

"What an awesome conference!"



Patricia is an Environmental Artist that creates installations for public events and facilitates unique experiences outside in nature. She can modify several different activities allowing your group to engage in team building while benefiting from healthy doses of Vitamin "N".

Collaborative EnviroArt Programs Build Community

Check out Patricia's NATURE THERAPY & ENVIRONMENTAL ART PROGRAMS
Create Something Together! WWW.GETIN2NATURE.COM

