



SELF POWER NOW!™

BE HAPPY, HEALTHY, ZEN & LOVED.

SELFPOWERNOW.COM

College and University students are **STRESSED**, particularly in their freshman year.

This isn't new news. It's always been that way.



In an ACHA-National College Health Assessment II national research survey released in 2019, **the majority** of undergraduates reported stress and anxiety as the top major factors that affected their academic performance negatively. (ACHA, 2019)

In that same study the previous year:
45% of college students said they felt "more than average" stress
12.7% said they feel "tremendous stress"
(ACHA, 2018)

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Students need better support.

COMMON STRESSORS FOR STUDENTS ARE:

- Grades and Course Loads
- Financial Needs
- Social Pressures
- Homesickness
- Mental Health
- Weight Gain

And, now, the ongoing and aftereffects of COVID-19 are added to all of the normal pressures of college life.

In the study, *Stress in America 2020*, nearly 90% of the age group (18-23) reported education as a significant source of stress.

STUDENTS WHO FEEL SELF-EMPOWERED ARE MORE LIKELY TO HAVE:

Sharper decision-making + problem-solving skills.

Increased creativity, energy + passion.

More effective team dynamics.

Better ability to manage conflict + challenges.

Reduced sick days.

Increased positive attitude.

Improved communication skills.

Stronger + more compassionate leadership skills.

An openness to change.

“Throughout the pain, chaos, and uncertainty during solo COVID lockdown, Debbie fortified my path onward with practical resources, galvanizing insight, and loving levity.”

SELF POWER NOW! ADDRESSES STUDENTS' LIVES ON EVERY LEVEL

The **SELF POWER NOW!** program is a series of four life-changing, online courses created by Debbie Gisonni: self-empowerment catalyst; holistic life coach; best-selling author and corporate consultant.

The series helps individuals identify and modify restrictive thoughts and behavior and empowers them to realize their full potential in contributing to their success in life, school, and work.

In each 6-week course, delivered in both written and audio formats, with a personal (not institutional) approach to content, Debbie shares her life experiences, practical strategies, meditations and fun exercises to help participants navigate the ups, downs and stress of everyday life, school, and work, from the trivial to the tragic.

The **SELF POWER NOW!** series is holistically designed to address, integrate and balance all areas of life - mental, physical, spiritual and emotional. Guided meditations are encoded with Theta brain wave binaural beats to promote deep relaxation and positive change.

The Four Courses:



In the **SELF POWER NOW!**
courses, your students will learn
how and why to:

Give up guilt and fear.
Decrease stress and illness.
Eat and exercise to feel and look awesome.
Be grateful, even during the darkest of times.
Cultivate compassion for themselves and others.
Attract good relationships and leave toxic ones behind.
Stay positive, even when things go wrong.
Increase abundance in all areas.
Find purpose in life and work.
Relax the mind and body.

"Debbie shines a light on your inner spirit, helping you see and be your best self."

1 BE HAPPY NOW!

The Mental Realm
Reprogramming the
mind for a joyful life.

Discover the thought patterns and beliefs that are blocking happiness. Learn ways to stay positive in any situation, live and work with passion, lighten up, and be grateful.

2 BE HEALTHY NOW!

The Physical Realm
Changing habits and
perceptions for outer success.

Be abundant in all areas of life. Learn to take control of your health, talk to doctors, increase your wealth, boost your career, cope with illness, and improve relationships.

4 BE LOVED NOW!

The Emotional Realm
Loving yourself and others for
a meaningful life.

We all want to be loved, but that process must begin with loving ourselves first. Learn how to be compassionate, kind and generous to ourselves and others.

3 BE ZEN NOW!

The Spiritual Realm
Connecting to inner wisdom
for peace and clarity.

Chaos doesn't have to be the norm. Learn how to cope with stress, be present, release fear, forgive yourself and others, and live with integrity.

SELF POWER NOW! WAS CREATED BY A CORPORATE LEADER

*Self-Empowerment Expert/Author/Speaker/
Host/Corporate Consultant*

Debbie Gisonni, creator of the SELF POWER NOW! curriculum has had over two decades of leadership and C-suite positions across a broad range of industries such as publishing, health and wellness, metaphysics, television, hospitality, education and high tech. Since 2000, she has consulted with corporate and nonprofit educational organizations in the areas of organizational development; business and marketing strategy; and internal and external communications.

Inspiring people to make simple changes that radically improve their self-awareness, well-being and success, Debbie has authored is three personal development books, and is an inductee in the Happiness Hall of Fame - an organization that recognizes special people who have advanced the cause of happiness throughout the world. Other inductees include celebrities such as, Deepak Chopra, Serena Williams, Taylor Swift, Dolly Parton, Bubba Paris, Steph Curry, Jack Canfield, Gordon Ramsey and Julie Bowen.

Debbie has addressed audiences from corporate executives to women's groups to students across the globe. Her articles have appeared on numerous publications and platforms, including Huffington Post. She holds a B.S. in Business Administration, and is certified in Holistic Life Coaching and Hypnotherapy.

"Debbie walks her talk. I've witnessed first-hand how her teachings positively affect people from all walks of life including university students, employees, government officials and corporate executives.

- University Professor & VP, Biotech Company

Debbie Gisonni



SELF POWER NOW! IS EASY TO ADMINISTER AND COMPLETELY PRIVATE.

The SELF POWER NOW! courses are delivered to registered students weekly, combining both written and audio format, and can be taken in any order.

Each 6 module course takes no more than 15-20 minutes to review and contains:

- A Guided Meditation
 - Easy-to-digest essays, audios and articles
 - Affirmations
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Each module has suggested *HomePlay* exercises to fortify learning and everyday habits. The entire program is self-directed and on-demand, so your students can go at their own pace with complete privacy. And, if your student enjoys a social environment, they can share their ideas and experiences with other participants in the discussion sections of the learning platform.

SELF POWER NOW! is offered to organizations of all sizes at affordable price points on an annual basis.

Sample modules are available for review.

Contact: Info@selfpowernow.com



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Course 1

BE HAPPY NOW!

The Mental Realm—Reprogramming the mind for a joyful life.

Course Introduction + Choose Happy

Bonus Material:

- Top 10 Most Uplifting Songs + Debbie's Top 10 Happy Songs

Laugh & Play

Bonus Material:

- I Want to Have Fun Poem

Live With Passion

Bonus Material:

- 11 Ways to Live La Dolce Vita

Be a Pollyanna

Bonus Material:

- 11 Positive Things to Do When Your Dreams Don't Come True

Embrace What Is

Bonus Material:

- 10 Ways to Be Happier

Get on the Gratitude Train

Bonus Material:

- The Rap on Gratitude Poem
- I Am Poem
- I Am Happy Audio Meditation



Course 2

BE HEALTHY NOW!

The Physical Realm—Changing habits and perceptions for outer success.

Course Introduction + Get Addicted to Health

Bonus Material:

- Best Practices for Nutrition & Exercise

Know Your Body

Bonus Material:

- 7 Ways to Help Loved Ones with Long-Term Illness
- 9 Ways to Get through Tough Times
- 9 Ways to Survive a Loved One's Suicide

Master Relationships

Bonus Material:

- 30 Ways to Keep Romance Alive

Find Your Purpose

Bonus Material:

- 18 Steps to Reinvent Your Career
- Feng Shui for Work & Home

Make Time Your Friend

Bonus Material

- How to Have a Great Vacation
- Debbie's Top 10 Dance Tunes

Manifest Abundance

Bonus Material:

- Be Rich
- How to Spend Less Money
- Money Song Example
- I Am Poem
- I Am Abundant Audio Meditation



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Course 3

BE ZEN NOW!

The Spiritual Realm—Connecting to inner wisdom for peace and clarity.

Course Introduction + Downgrade Stress

Bonus Material:

- 12 Ways to Release Stress
- 7 Ways to Have Fun Without the Stress During the Holidays

Gift Yourself the Present

Bonus Material:

- Enjoy the Journey

Live Truthfully

Bonus Material:

- What is the Meaning of Life?
- What Would Love Do? Poem

Beat the Blues

Bonus Material:

- When the Waves Keep Crashing Poem
- Rise Above Fear
- 9 Ways to Get through Tough Times

Give Up Grudges and Guilt

Bonus Material:

- Releasing Stress by Releasing Attachments

Go With the Flow

Bonus Material:

- Debbie's Top 10 Most Inspiring Songs
- I Am Poem
- I Am Relaxed Audio Meditation



Course 4

BE LOVED NOW!

The Emotional Realm—Loving yourself and others for a meaningful life.

Course Introduction + Change Your Story

Bonus Material:

- Love, Love, Love
- Perfection is Overrated. Be Happy Instead.

Elevate Kindness

Bonus Material:

- 8 Ways to Be Compassionate

Open Your Heart

Bonus Material:

- What the World Needs Now (and Always) is Love
- Celebrate Diversity

Honor Your Own Life

Bonus Material:

- Sweet Love Poem
- Debbie's Top 10 Songs about Loving Life and Yourself

Partner in Love

Bonus Material

- 12 Things Dogs Teach Us About Life, Love, and Happiness

Give Back

Bonus Material:

- Eat Humble Pie
- I Am Poem
- I Am Loved Audio Meditation