

Wisdom, Wellness, Relationship & Recovery Coaching



with

Meditation, Mindfulness, Serenity, Self-Compassion,
Self-Appreciation, Self-Kindness, Simplicity,
Gratitude & Inner Wisdom



Wisdom, Wellness, Relationship & Recovery Coaching



WHO	You are invited to join our program.
WHAT	Daily Interactive PowerPoint, Personal Coaching Sessions, Annual Online Gathering
WHERE	In-home PowerPoint, and Online Personal Coaching and Programs.
WHEN	Daily Journal, Weekly or Monthly Sessions, and an Annual Program.
WHY	To help you find your way to reach healthy living patterns and goals and enjoy life more.
HOW	Learning, practicing, and growing in awareness, wisdom, and wellness.



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A PROGRAM OF WISDOM & WELLNESS FOR YOU

Dear Friend,

Many people feel stressed about the world. There are many things not improving because the world is filled with unwise leaders not solving social problems.

People can then become wrapped up in their gadgets. They are then constantly bombarded with addictive stories of war, polarizing political messages, sexual images, and how everything is expensive. All this can lead to anxiety and depression.

Most people don't have anyone to listen to their feelings, needs, issues, concerns, hopes, and dreams.

They need someone who can help them find their way to inner well-being and a peaceful, balanced, satisfying life.

If you would like some coaching, you can call me or send a message for a free consultation. I make my fee reasonable to what people can afford.

Sandy Hinden



Wisdom, Wellness, Relationship & Recovery Coaching



A PROGRAM OF WISDOM & WELLNESS FOR YOU

Having this program can help you reach your goal of feeling better, healthy weight, ending unwanted habits or reaching other important goals. We use this **three-step process** and **the 12 qualities** to have a fulfilling life.

- 1 First, we explore your feelings and needs, issues, concerns, hopes, and dreams.
- 2 Then I help you understand what thoughts in your mind, or ideas, or images from the outer world, trigger and activate distractions and unhealthy behaviors.
Then we clarify exactly what healthy behaviors you need, and I show you
- 3 how to take a daily inventory help you understand if you're on track using your healthy behaviors.

The secret is to never give up and always get back on this program.



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Coaching Benefits

Online Coaching Sessions

Daily Interactive PowerPoint

Annual Online Gathering



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Coaching Results

1. Be clear about what you do that isn't working for you anymore.
2. Understand your feelings, thoughts, triggers, and cues that activate your unwanted habits and patterns.
3. Compassionately take care of your feelings and needs each day.
4. After any setback, get back on this wellness program of serenity, mindfulness, compassion, and seeking wisdom about the experience.
5. Repair your hurts and be comfortable and confident in the world.
6. Speak authentically about how you feel, what you need, and would like.
7. Say “yes” or “no” as you choose in any situation.
8. Make your life work much better.
9. Value and appreciate yourself and your life.



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1	Honesty	I acknowledge that some of my behaviors are not healthy for me.
2	Hope	I have hope that I can continue to grow in awareness, wisdom, love, and wellness.
3	Faith	I trust I can return to being mindful of my actions each day.
4	Courage	I have the power to return to being mindful and seek wisdom and wellness.
5	Integrity	I return to integrity and being honest with myself and others.
6	Willingness	I am willing to continue to seek wisdom, integrity, honesty, and wellness.
7	Humility	I continue to practice humility, serenity, mindfulness, gratitude, and simplicity.
8	Justice	I seek fairness and justice and make amends when needed and appropriate.
9	Forgiveness	I practice forgiveness for myself and others when appropriate.
10	Perseverance	I never give up on myself and my program toward wisdom and wellness.
11	Awareness	I practice mindful, conscious awareness in meditation and daily living.
12	Service	I provide service to life, family, friends, or community in a healthy way.

Inner
Obsessions
Unhealth Habits
Addictions

Outer
People's Negativity
Frustrating Systems
Unhealthy Society

Your
Feelings, Needs
& Preferences

Return Each Day
to this
Wisdom & Wellbeing Program
to process what is going on,
and gain better feelings, better patterns
& better relationships



7 Human Development Levels



7

Living mindfully with expanding wisdom and wellness

6

Developing a program and practice for wisdom and wellness

5

Working on self-improvement, growth, and development

4

Thinking about habit improvement

3

Various addictions to money, possessions, power, fame, status, spending, pleasures, speeding, electronic devices, sex, food, alcohol, or drugs

2

Not thinking about improving character, and growing and developing as a person

1

Nice person with little self-reflection and self-awareness.
Or may be self-centered, narcissistic, hostile, resentful, dishonest, inauthentic, abusive or violent

Feelings

Values

Needs

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JOHARI WINDOW

The Johari window is a technique that helps people better understand their relationship with themselves and others. It was created by psychologists **Joseph Luft (1916–2014)** and **Harrington Ingham (1916–1995)** in 1955. It is used in self-help groups and corporate settings as a self-discovery exercise.

The Johari Window, helps us understand ourselves and others.

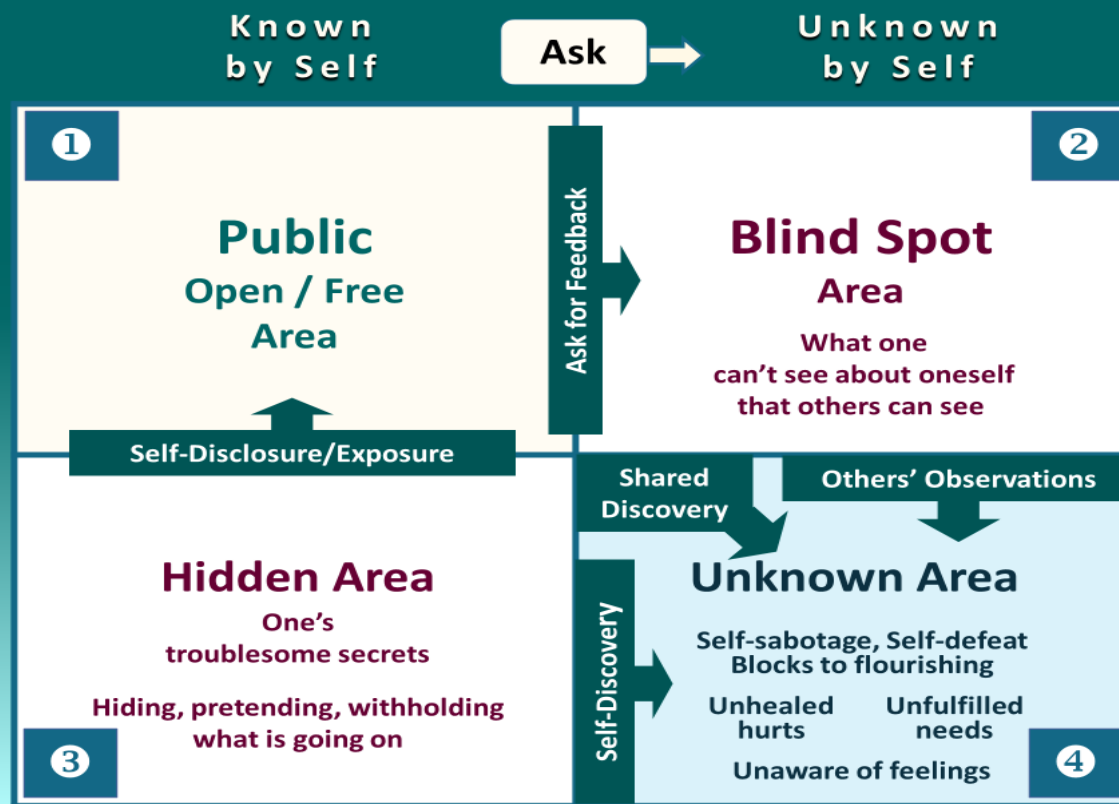
We can grow in different areas through:

- 2 Asking for feedback
- 3 Self-disclosure, sharing experiences, feelings, values and needs
- 4 Receiving feedback, self-reflection, self-discovery

Known by Others

Tell

Unknown by Others



As the Blind, Hidden and Unknown areas are reduced, the Public - Open area expands.

Intimacy = In to Me You See

Aspirations

Goals

Affirmations



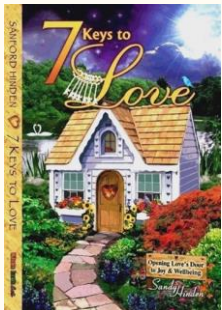
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About



Wisdom, Wellness, Relationship & Recovery Coaching



- Sandy Hinden provides coaching and programs for emotional intelligence, relationships, communication skill-building, and habit improvement to help people feel more peace and love, be wiser, gain wellness, and enjoy life more.
- Sandy was director of *Community Partners for Coordinated Services* for *Suffolk Community Council*, executive director of the *Dix Hills Performing Arts Center*, and founder and president of the *Long Island Men's Center*.
- He wrote and published *7 Keys to Love – Opening Love's Door to Joy & Wellbeing*.
- Sandy created and works on *Wisocracy* for wise democracy, peace, wisdom, and wellbeing.
- He is the creator of *Wisdom, Wellness, Relationship & Recovery Coaching*.

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**“Sandy's whole-systems thinking is empowering and enlightening.
I would recommend any educational materials he creates as of superior value.”**

Meg Rivers

Senior Production Specialist at HBO / HBO Max

**“Sanford Hinden is one of the most humane,
compassionate, loving human beings I have ever met.
He speaks and acts from deep wisdom about what people need –
and what the world needs now. I trust him and have learned immensely from him.”**

Ronald Gross

**Founder/Director, Conversations New York
Co-chair, University Seminar on Innovation,
Columbia University**

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