

# Sandra Stone Therapies

RAPID TRANSFORMATIONAL  
THERAPIST

*Building Resilience, Calm and Confidence.*



# CORPORATE EDUCATION

## *Resilience, Calm and Confidence*

Imagine if everyday your team members showed up for work feeling positive, enthusiastic, energised and resilient. No more blaming, no more looking back and able to take full responsibility for moving forward.

Learning the skills of Mind Management for Success is a game changer!

It reduces absenteeism, improves morale and gives an overall better individual and team performance to reach goals.

I educate my clients to re-engineer their thoughts and behaviours and to believe in themselves, giving them the confidence they need to be positive and productive.

I trained with the massively successful Marisa Peer in Rapid Transformational Therapy. I'm super excited and passionate about teaching this incredible knowledge to small or large groups and individuals with rapid, effective learning methods.

## HOW MAY I HELP YOU?

---

- Stress Management and Building Resilience
- Confidence
- Public Speaking
- Anxiety and Depression
- Motivation
- Fears and Phobias

I am able to give 45 minute presentations on topics customised to your individual needs.

I have a 4 x 90 minute coaching program, "Building a Better Life" which works around instilling Confidence, Resilience, I am Enough and Designing Your Happiness. This can be delivered to groups of up to 20 over a 4 week period.

One on one 90 minute RTT sessions are incredibly effective for almost all issues.



# TESTIMONIALS

*"Thank you so much for the session Sandy, you helped me to understand why I kept self-sabotaging what I was attempting to accomplish in my life. To be able to finally let those limiting beliefs go was so empowering.*

*I now have a much stronger belief in myself, I'm feeling my confidence growing and I'm now taking action. Thank you again."* **Jean M. Brisbane. March 2018**

*"I used Sandra's services at a time in my life when i needed some clarity on why I continued to make poor lifestyle choices. I needed to reset my way of thinking around alcohol, motivation, money and commitment, Sandra helped me achieve this by opening up my sub conscious mind, I got answers almost immediately and began my journey to change, it was so easy I felt like a huge weight had been lifted off my shoulders, my feelings of guilt and despair turned into energy and motivation, I can't explain or understand really what clicked but after one session I felt relief. I would recommend Sandra to anyone that just feels a bit stuck with any aspect of their life, to get some clarity and vision.*

*Sandra's calm and soothing nature made me feel super comfortable with a non judgmental atmosphere, her attention to detail and time she gives you is outstanding, a true professional in this field. I've let go of my concerns and I'm now living an extremely abundant and happy healthy life."* **Geraldine, Gold Coast.**

*"Sandie was a guest speaker at my Business Women's Retreat. She is an outstanding and captivating public speaker and her ability to connect with the attendee's through her keynote message was really impressive. She created such an impact that many of them have chosen to work with her privately and spoken very highly of their transformation using her RTT method. I would highly recommend Sandie as your next guest speaker \_ she is authentic and uplifting!"* **Sarah J Cross**

*For many years prior to meeting Sandra I was on a constant roller coaster ride of emotions. For weeks I would feel on top of the world and then all of a sudden I would start to feel down in the dumps. My last experience was bought on by a lot of stress in all aspects of my life which resulted in me having a panic attack and collapsing.*

*I knew when this happened that I I could not continue to live like this anymore as it took a lot out of me both physically and emotionally.*

*I finally worked up the courage to go and see my local GP to explain the possible mental issues I was and had been experiencing for many years and it was concluded that I was suffering from anxiety. My GP gave me a list of psychologists to visit to help give me the tools to cope with the anxiety. As I was still trying to come to terms with it all, I wasn't able to work up the courage to go to the next step to make an appointment with the psychologist but by chance my wife had met Sandra at a work retreat. That week I was feeling a mixed bag of emotions of feeling very cloudy and confused in the head so my wife contacted Sandra on my behalf to seek help.*

*Although I was a little sceptical about hypnotherapy, the moment I laid down and listened to Sandra's first recording I immediately got up and felt like a massive weight had been lifted off my shoulders. Just by listening to her recordings it put my head (and body) in such a deep state of relaxation that I knew right away that I wanted to give this a go and so organised my first session with Sandra. Sandra is a godsend, and I would highly recommend her services to anyone out there in a similar situation to me. She is a kind and caring person of whom you can put your full trust into. Thank you soo much Sandra for changing my life around!*

**Domenic, Sydney. May 2018**

# ABOUT ME

Before my life in RTT I had my own business in the retail industry. Having worked with thousands of clients and employing staff over the space of 40 years, I came to understand that we all have hidden subconscious beliefs that are holding us back from our true potential and happiness. I also learnt how to bring out the best in people.

I trained in person with Marisa Peer, the highly acclaimed and awarded founder of RTT. Marisa taught me the practical tools needed to help my clients make huge steps forward in their lives and careers.

I've also been personally trained with Jack Canfield, USA. Patty Aubrey, USA and was hand picked to be one of only 100 people world wide to train with Robin Sharma at his famous event The Titan Summit in Toronto, Canada.

RTT is astoundingly successful in changing peoples lives and I'm super excited to be able to deliver this therapy in Australia.

# CONTACT ME

I would love the opportunity to chat about how I may be able to help your corporation or you personally, please contact me on:

WEBSITE:

[www.sandrastonetherapies.com](http://www.sandrastonetherapies.com)

EMAIL:

[sandieone@icloud.com](mailto:sandieone@icloud.com)

PHONE:

+61 0418 458 287

Zoom or Skype sessions available.

Let me know if you would like me to send you a pricing schedule.

