

Goodman
School of Business

Goodman
Group

Brock University



@GSBGoodmanGroup



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GSB Goodman Group

Welcome to Business Breathers

THE PUSHBACK REFLEX™. HOW TO GET OUT OF YOUR MIND AND STOP SABOTAGING YOURSELF

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SPEAKER | COACH | TRAINER | FOUNDER

Maximum Results Academy

Taking businesses, careers and ideas to the next level

Let's take
your
success
game to
the next
level...



AGENDA

- How I went from an unfulfilled achiever to a next level performer and what my turning point was

- How subconscious programing is keeping you stuck

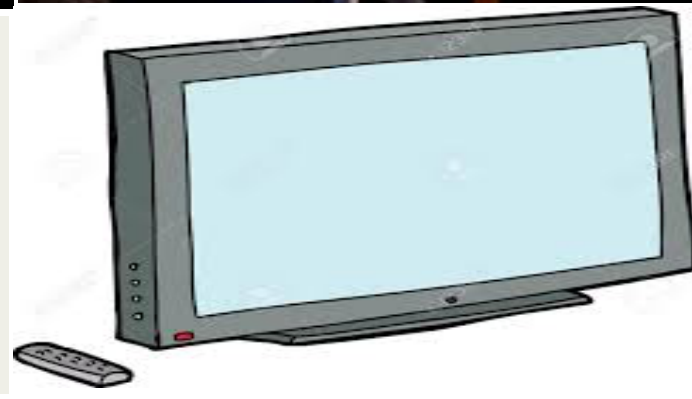
- Keys to getting off to a fast start to stop sabotaging your success

What happened?





SUBCONSCIOUS PROGRAMMING



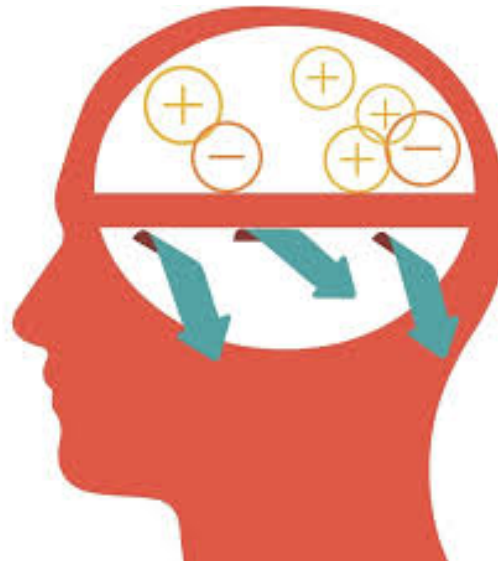
SUBCONSCIOUS IDENTITY

Our outer
expressions are
reflections of our
inner
programming.



FILTER

Positive-
STRENGTHENS



Negative-
WEAKENS

PSYCHO-CYBERNETICS



Actions, thoughts and behaviours will **maintain a definite course of action and will not deviate** from the target set in your subconscious.

THE PUSHBACK REFLEX™

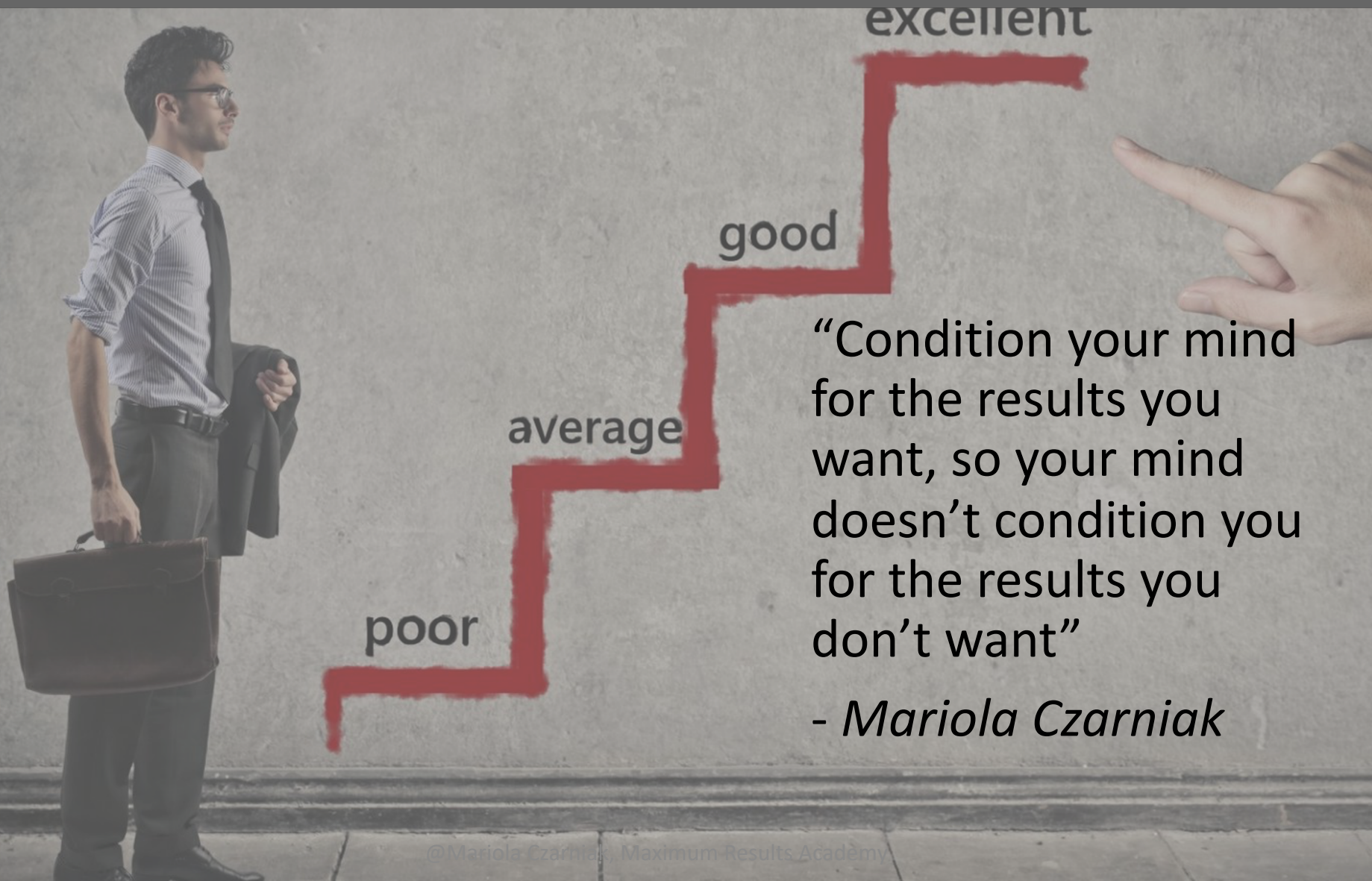
- Fear, doubt, anxiety
- Procrastination
- Pain
- Mood swings
- Overindulgence
- Etc.



KEYS TO GETTING OFF TO A FAST START TO STOP SABOTAGING YOUR SUCCESS



- Develop positively charged filter
- Identify blind spots and push through your Pushback Reflex
- Rewire your subconscious identity
- Watch my TEDx and go through the visualization so you can start wiring the most epic version of you into your subconscious TEDx “The Pushback Reflex. Taking Down Your Inner Saboteur”
<https://www.youtube.com/watch?v=rXUprlN5rJg&t=217s>



“Condition your mind
for the results you
want, so your mind
doesn’t condition you
for the results you
don’t want”

- *Mariola Czarniak*



Let's connect



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Thank you for joining us.

Join us on March 24 for
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Leading in COVID Times”

Dr. Ingrid Makus

Canadian Business for Internationally Trained Professionals Program

Program Details

- April 7 - June 23, 2021
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- Regular price: \$3,295 + HST

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Program Collaborators





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10% Early bird pricing ends March 26

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