



RESILIENCE TRAINING
FOR THE
HELPING PROFESSIONAL

TOOLS OF HOPE, LLC

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TRAINER | SPEAKER | AUTHOR

Welcome Welcome!

It's time, isn't it?

Build your confidence. Build your professional presence. Build your resilience.

ResilienceBuilder 1.0 – Foundations is a class born for professional women wanting coaching, but not having the time or schedule to take the live group coaching class.

Access these links and all of your materials at

<http://www.toolsofhope.com/private-membersonly-rb1-0>

This is like getting training and coaching personally from me. All sessions are recorded from my office. It is as if I am training you and you alone – and at your convenience.

8 Modules created just for you:

Stance

Focus

Release Work

Values

Instant Physical Resets

AIM

Instant Mental Resets

Putting It All Together

#UpYourGame #RaiseYourHappy #GetYourLifeBack

Enjoy Enjoy! *ANA-CHRISTINA*

BUILD ROCK-SOLID CONFIDENCE

Real Life. Real Tools. Real Resilience.

Too much to do. Self-doubt. Guilt. Suffering quality of life. Too much stress.
Are you stuck? Burned out? Just need a boost?

I care about confidence. I care about resilience. I care about you.
More than 10,000 trained through live presentations.
Local, State, Regional, National conferences & events.
Government, Military, Public, & Private sector clients.

What's your cost of ignoring burnout?

Health? Family? Relationships?
Self-esteem? Exhausted? Angry? Feeling lost? Sad?
It may already be costing you quite a bit.

Get crazy-awesome tools with ResilienceBuilder 1.0!

HOW IT WORKS:

GET THE TOOLS



USE THE TOOLS



ROCK YOUR CONFIDENCE



“Ana-Christina is a transformative life coach. She's helped me to clarify my goals, unleash limitations, and reignite passion. The techniques she uses work! If you're looking to get unstuck - Ana-Christina can help.”
Tammy Isa, Executive Vice President – Performance Achievement, OrbitGroup, Ontario, Canada

“Ana-Christina demonstrated great insight into, and knowledge of, the science of communications as it applies to situations of critical need. Her references to personal experiences accentuated the instructional material. and brought reality to the training event. I highly recommend her as a transformational speaker.”
Dr. G. Thomas Manzione, Adams County SWAT



RESILIENCEBUILDER MASTERCLASS 1.0 with Career Resilience Coach, Ana-Christina Hicks. CONFIDENTIAL DOWNLOAD LINKS.

Thank you for respecting the proprietary nature of the training that you purchased.

MODULE 1 – STANCE - <https://youtu.be/E4a4Ufudtmo>

MODULE 2 – FOCUS - <https://youtu.be/GrsJptbei2w>

MODULE 3 – RELEASE WORK - https://youtu.be/T8wmtM_L_S0

MODULE 4 – VALUES - <https://youtu.be/Ce-CSjpXM3I>

MODULE 5 – PHYSICAL RESETS - <https://youtu.be/VXlucJSHzsM>

MODULE 6 – AIM - <https://youtu.be/KYeD560x9Fw>

MODULE 7 – MENTAL RESETS - <https://youtu.be/1NeH90Y8MWc>

MODULE 8 – PUTTING IT ALL TOGETHER - https://youtu.be/MeLXiwC_WI0

Bonus Video links on next page...

“Ana-Christina has the ability to connect with participants in a way that they feel she’s speaking personally to each participant. Her enthusiasm and passion for what she does is quite evident, and the information presented helped immediately as well as in the following weeks. A key ingredient of any speaker is the long-term impact upon the attendees, and I still receive positive feedback about Ana-Christina. Any organization will be well advised to have her speak to them.”

Barbra Russell, MA, LPC, Director, Counseling Ministry, Potters House Church of Denver

Bonus Videos –

enjoy this collection of some of my favorite videos. Some are not available publicly – but you now have the unlisted links!

Because Life? IT’S WORTH LIVING (Find your voice – at any age.) <https://youtu.be/A2UK52zK4DY>

What’s with my crappy-pattern cycle? (I.E. why is this happening AGAIN?) <https://youtu.be/l5UzKmXFZoE>

3 Tools to Powerful, Feminine Resilience – 3:51 <https://youtu.be/0z5oATcWyx4>

The VeryBigLearning Tool – 9:44 <https://youtu.be/GIAkHJtZQ84>

How to Stop the Meltdown – 4:31 https://youtu.be/EpUJO_9qV5Y

One Painless Way to Make Change Quicker – 2:53 <https://youtu.be/3yWhO8DexcA>

Quick Emotional Reset Come in Handy? – 3:36 <https://youtu.be/Mwdk0YsLful>

Press Into the Fear to Find Your Power – Part 1 – 6:17 <https://youtu.be/aJHp3eD1YyE>

Press Into Fear to Find Your Power – (here’s the rest of the secret) - Part 2 – 8:25 <https://youtu.be/uLV4xOWDk34>

3 Must Have Learnings - #LiveAlive – 5:12 https://youtu.be/Dcl9WuN_Wds

THE KEY TO RESILIENCE – what to do with the broken key) – 2:55 <https://youtu.be/pbdVRgUCMbQ>

Want more energy? How to take 1 baby resilience step – 1:26 <https://youtu.be/XZdinbea08o>

How to sound and BE MORE CONFIDENT – 2:55 <https://youtu.be/SAsqEjmvvd8>

Quick and Easy? YES!! Reduce Stress and PTSD symptoms –

Ana-Christina Hicks interview with Dr. Bob Bray <https://youtu.be/VBa68g5vVGE>

“The Aurora Police Department Victim Services Unit continues to call upon Ana Christina to assist in the training of victim advocates with “Tools of Hope”. Her workshops inspire us to be aware of our need to be resilient and take care of ourselves and each other as we are exposed to crisis and trauma on a daily basis.”

Carole O’Shea, Supervisor, Victim Services Unit, Aurora Police Department



Woot Woot!

Check out my newest new book – Burnout’s Kryptonite. 3 Simple Secrets to Stop Burnout before burnout stops you. <http://bit.ly/BKonAmazon>