

What if I told you I could help your company improve not only its profitability, but its efficiency.....

Would you be interested?

Shayn Cutino is a licensed, Clinical Hypnotherapist specializing in Corporate Wellness programs for employees of all levels. Shayn Cutino has always been a natural “corporate therapist” and has spent the last 26 years working with individuals and organizations, guiding them to achieve positive health and behavioral changes.



A company is the sum of many parts, and these parts are the individuals that we work with. The methodology is simple and can be applied anywhere within the corporate structure from directors, to production teams to the ancillary work force.

"I highly recommend Shayn's workshops/presentations to everyone interested in inspiring and uplifting their staff. Her presentation was very empowering and we all benefited from it. I admire her desire to help others and to share her gifts with them." Tracy, Eskaton Lodge

If you are an HR professional looking for wellness programs look no further! Ms. Cutino is able to offer assistance in the following areas:

- **SMOKING CESSATION WORKSHOP-** A one hour proven method that will have your employees throwing away their cigarettes for good.
- **WEIGHT LOSS MANAGEMENT WORKSHOP** – Get to the core of emotional eating and motivate those employees to “move their bodies” again. Create habits that are immediate and permanent!
- **STRESS MANAGEMENT WORKSHOP** - In these economic trying times, it's only natural for stress levels to increase among employees. Reduce your corporations stress level and the benefits will be increased productivity, motivation and improved health (which decreases medical costs long term).
- **OTHER WORKSHOPS INCLUDE:**
- **IMPROVE YOUR SELF CONFIDENCE, FINALLY SURPASS THE FEAR OF PUBLIC SPEAKING AND OVERCOME INSOMNIA.**
- Clinical Hypnotherapy is totally safe and very effective. Let me help you finally have those happy and productive employees. By utilizing hypnosis, you create positive thoughts. Couple that with positive actions and the outcome you achieve is predictable and positive results. **Call Today for an informative interview 925-516-2868 or email shayn@anjawellness.com.**

