

# Stephanie Hessler

Thinking Into Results Program for Leaders  
Results Coach / Dynamic Speaker



*If we all did the things we are capable of, we would literally astound ourselves.*

*–Thomas Edison*

**Stephanie Hessler, MBA**, helps individuals and teams create and achieve their greatest success imaginable, including guiding clients through the powerful *Thinking Into Results* transformational program. Most recently, she was part of a team that launched a new model of Career Education at Wellesley College. Previously she worked in the investment industry for sixteen years, including on Wall Street with Merrill Lynch. Stephanie is also a Concord MA-based artist. She's a graduate of Wellesley College and earned her MBA at The Wharton School - University of Pennsylvania.

## Speaking Topics \* Presentations \* Workshops \* Classes

### **Setting and Achieving Worthy Goals**

Jumpstart your goals now! Regardless of where you are in life, having goals is vital in order to grow. You'll learn: 1) the real purpose of goals, 2) the importance of clear, bold, meaningful goals, and 3) how to use your mind in service of achieving your goals. In this dynamic and interactive class, you will be guided to establish bold, meaningful goals – something you really want – even though they may feel beyond your reach. You will learn time-tested strategies to stay motivated and take action. Come prepared to become very clear about your goals and achieving them.

### **Paradigm Shift - Multiply Your Personal Effectiveness**

Do you want to dramatically improve your results? Do you want to improve your habits, productivity and profits? Most people are getting the same results – year in, year out. That's because of paradigms. What are they? Paradigms are multitudes of habits at a subconscious level. They guide almost every move you make. You will learn why it's vital to understand your paradigms, how to reprogram your paradigms in service of your goals, and why it's important to have clarity around what you want to achieve. Come prepared to understand paradigms, learn how to change your paradigms and multiply your personal effectiveness in work and life.

*I choose to make the rest of my life the best of my life. -Louise Hay*

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Speaking Topics \* Presentations \* Workshops \* Classes

## **Create A Winning Self-Image**

Are you the star of your life or are you merely playing a supporting role? You have programmed into the deepest parts of your mind an inner image of who you are and what you are worth. It is like a control mechanism that determines your results and how well you do. In this class, you will build awareness around your current self-image and how this may be limiting you. Come prepared to learn techniques to create an empowered and winning self-image, and begin to experience improved results

## **Your Magnificent Life**

Are fears, doubts, and insecurities getting in the way of your success and achieving your dreams? As Joseph Campbell, American mythologist, writer, and lecturer wrote, "The cave you fear to enter holds the treasure you seek." In other words, when you courageously face your fears, you experience growth and move in the direction of what you want. That is not always so easily done, but during this dynamic and interactive class, you will learn about and practice five steps to overcoming those fears. Come learn the techniques for advancing in the direction of your dreams and make your life magnificent.

## **Maximize Your Productivity**

Are you overwhelmed by what needs to get done? Overloaded by all the information you receive and feel like you never have enough time? Getting everything done is especially difficult given all the demands and distractions in today's world. In this class you will learn mental skills and practical productivity tools so you are left feeling calm, in control and with a sense of accomplishment. You will also learn why it's vitally important to have goals and how focusing on your desired outcome improves your productivity. In addition, you will understand that the key to staying calm and in control is in building new habits and applying these tools consistently.

## **Change Your Thinking, Change Your Life**

Do you want to be more, do more and have more? In this dynamic and interactive class, you will be guided to identify habitual thought patterns and limiting beliefs that are holding you back. And you will develop clarity around your desires and goals, the first and most critical step toward creating the results you want. Come and learn techniques and time-tested principles to guide you toward greater awareness and achieving your goals. This class draws on Napoleon Hill's *Think and Grow Rich*, one of the world's best-selling success books of all times, as well as on other thinkers in the field of personal achievement. Come prepare to transform your goals and dreams into reality!