

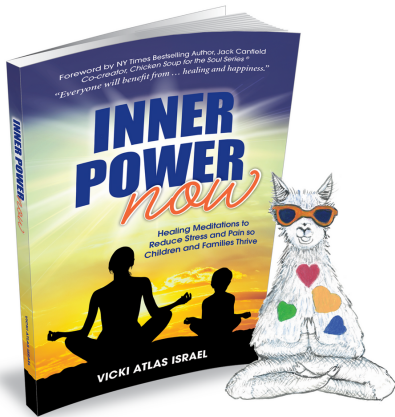
VICKI ATLAS ISRAEL

**SPEAKER & AUTHOR, *INNER POWER NOW*
MINDSET AND MEDITATION COACH
CERTIFIED IN GUIDED IMAGERY**



*Stress Less. Feel Better.
Unleash Your Inner Power!*

**AMAZON NATIONAL
BESTSELLING AUTHOR**



TESTIMONIALS

"Vicki is a dynamic speaker with great stories and research to share... I highly recommend Vicki for your organization."

– **Sandy Tomey, International Coaching Federation, St. Louis**

"I have had the pleasure of witnessing Vicki help parents of sick children at a local hospital cope with the stress, related to their child's illness & hospitalization. She always met families with a warm smile and showed them much respect. My adult daughter also went to Vicki for help with anxiety and panic attacks and gained many helpful techniques."

– **Kathy Keenoy, RN, Pediatric Hospital Care Coordinator**

STRESS RELIEF AND SELF-CARE FOR PROFESSIONALS AND FAMILIES

Help your team or members:

- Quickly relieve stress and pain
- Be calmer and more centered
- Feel more connected
- Be their best at work and at home
- Unleash imagination and creativity
- Ignite their *Inner Power* for peace

INNER PEACE TIME

- Listen to powerful meditation and guided imagery
- STOP and BE present
- Turn off your inner critic
- Discover your wise inner coach
- Feel better as you open your heart
- Unleash imagination and creativity
- Enjoy special programs for your kids and teens
- Experience "Breathe for Calm" and guided imagery geared for parents and adults
- Reduce stress and pain to thrive

CONTACT INFORMATION



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Healthcare Provider Training and Self-Care

Soothing Self-Care and Guided Imagery for Caregivers:

- SSM Health Cardinal Glennon Children's Hospital
Medical teams, caregivers, and Child Life Professionals
- St. Louis Children's Hospital: Child Life Professionals and medical caregivers
- Gateway to Wellness for Social Workers, Therapists, Counselors, and Holistic Practitioners
- National Coaching Federation of St. Louis

Teacher Training and Self-Care

Professional Development Mindfulness, Meditation, and Guided Imagery

- St. Louis Public School district
- Lindenwood University Stress Relief
- Missouri Teachers Association Gifted Teachers
- St. Louis Area and Missouri Pre-School Teachers
- Missouri State Montessori Teachers

Workshops and Coaching Sessions for Families and Patients

Relaxation Time: SSM Health Cardinal Glennon Children's Hospital

- Provided stress relief, guided imagery, meditation and mindfulness
- Improved the quality of life for parents and children facing cancer and other complex medical illnesses
- Developed program and met with families and children on a weekly basis
- Worked individually with pediatric patients (older teens)

Mindful Stress Relief and Guided Imagery Workshops for Individuals

- Rainbows for Kids (Cancer Thrivers) Butterfly Club for teens
- Cancer Support Community
- National Alliance for Mental Illness (NAMI), St. Louis Chapter
- Sierra Club Support Group for Mental Health Recovery
- Recovery of St. Louis
- National Jewish Book Festival
- Open Heart Expansion Project

"Vicki did a wonderful job, full of great information. She's very passionate about helping "everyone" reduce their stress level."

- Joyce Johnston

Director of Programs, NAMI St. Louis

"I would definitely recommend Vicki as a presenter. She has a captivating presence. I would enjoy listening to her guided imagery on a daily basis."

- Pam Wilson, MSW, LMSW

**Program Manager, Cancer Support
Community of Greater St. Louis**



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