

# SUZANNE VELASQUEZ-SHEEHY

## MY STORY.

As former teacher and school administrator, I have always strived to incorporate non-academic skills into the classroom such as visualization, quiet time (aka meditation), mindfulness and other social-emotional skills. I believed that these skills were important to reaching one's fullest potential, but it wasn't until 2014 — as I worked on my dissertation for my Doctorate in Education — that I came to fully understand why...

While doing my research, I discovered how the subconscious mind controls 95% of our thoughts, as well as what we do and how we behave — and it does so without us even realizing it.

The sub-conscious mind is where our negative programming and limiting self-beliefs are created and stored. The research supports that if the limiting self-beliefs aren't changed, then we will remain stuck and might actually sabotage whatever it is we have consciously been trying to accomplish.

Since completing my doctorate in 2015, I have been on a mission to help others learn the techniques to re-frame their negative thoughts and misconceptions about themselves so that they can begin to live up to their true potential.

Are you ready to live your fullest life? Let me know show you how.

***When you learn how to re-frame your self-limiting thoughts and beliefs, you discover your true potential.***

