***Learn More***

**Please give to Jackie**

How to have less stress and more inner calm

&

Make positive changes in any area of your life

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email: Please print each letter and punctuation clearly in each box

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Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (if you’d like me to call you)

**Check as many as you want:**

\_\_ Yes, I’d like your ***free short audio for stress relief*** and ***any other free gift*** you are offering. This will also give me access to receiving tips and articles from “***Mind Matters*”** e-zine, as well as notification of any programs and workshops. **I can unsubscribe at any time.**

\_\_Yes, I want to learn more about your individual programs/private sessions.

\_\_Other: Specials, group trainings, online courses, audios.

\_\_I’d like you to speak at my organization’s meeting.

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Would love to know the value you received from this program. Check all that apply.

\_\_Yes, I found it very valuable and will be putting the tools to use.

\_\_I found it valuable, and would like to have this included: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_Would highly recommend to family, friends, other organizations.

\_\_It was ok 

Any additional comments/feedback, would **love to hear** all the positives as well as what didn’t work for you. Please **write on the back**.