



SkillBuilder Systems

Building Skills for a Satisfying Career and Excellent Life



**A Gift from Sharon O'Connor
Following up her guest segment on the
Friday Happy Hour with Annmarie Kelly**

Greeting to the Victorious Woman Community!

Welcome to **Sound Mind Sound Body Corporate Wellness Plan**, a new online program that encourages physical and emotional wellness. It allows simple, confidential access to **Guided Imagery (Hypnotherapy) recordings** that tap into power of the mind/body connection.

If you are experiencing an emotional or physical challenge such as PTSD, insomnia, stress, substance abuse issues, cancer or are facing surgery, Please:

1. Go to the Sound Mind Member website at <http://acmswellness.com/members/>
2. Sign in with your unique user ID **Annmarie** and password **quest**
3. Check any symptoms that you may be experiencing.
4. Click "Submit" at the bottom of the list
5. One or more CD's will appear. You can either:
 - listen on line or
 - download the CD to an I-Pod or blank CD and listen to one CD frequently (ideally each day)
6. You can also choose to view the entire CD library & choose the right CD for you.

It's important for you to know that these CD's are meant to **complement** traditional medical interventions. They are in no way meant to replace wise, appropriate or recommended medical or mental health care.

Please e-mail sharon@acmswellness.com if you have any questions.

Best wishes,
Sharon O'Connor

From Annmarie: This is a wonderful gift to the members of the Victorious Woman Community. For those who need it, your guided imagery will help many women make that "Victory Stretch" to their next goals. Thank you Sharon!