



Sylvia Plester-Silk, RSW, is an Energy Psychotherapist who integrates traditional therapy with Akashic Readings and energy work. Her unique process enables clients to transform their lives to one that is fully On Purpose.

Way back in ancient history, in 1998, she graduated from the Social Work program at Ryerson University. While working for multiple community agencies, she has assisted thousands of individuals through addictions, mental health and trauma to find their way. While she was powerful in this work, her results became exponential when she added energy therapies to her work.

In addition, Sylvia is a sought-after engaging speaker for her expertise in human behaviour. Her audiences include women's groups, businesses, and associations.

She is a graduate of the Improvisation Program at Second City, Toronto. She is a Registered Social Worker, and is the President of the Southwestern Ontario Chapter of the Canadian Association of Professional Speakers.

She lives in Guelph, Ontario with her husband, and her dog, Josee.

Client Raves:

"Sylvia is inspirational, personable, energetic, positive and presents eye-opening content."

"100% of participants indicated they will use her content."
CEO, Happens Inc.

"She delivers a unique learning environment while generating participation and momentum within the group. We received great feedback from her session and I highly recommend her for your conference."
Professional Convention Management Association (PCMA) Canada East Chapter's Canadian Innovation Conference Co-Chair

Teachings from the Akasha: A Once in a Lifetime Experience!

The Akasha is a "virtual database" that records all human thoughts, deeds, words, feelings, and intent. By accessing the records, people become more conscious and proactive in creating positive changes in their lives.

Based on a pre-determined, event specific topic Sylvia will access the Akashic Records of the group and channel the relevant insights and learnings. Participants will have the opportunity to ask questions to clarify, deepen and confirm their understanding of the teaching.

During this session participants will receive:

- ✓ Validation that they are or are not on their right path
- ✓ How to discern their next steps
- ✓ Clarity on how to make better life decisions

Sample Topics: Life Purpose, Forgiveness, Commitment, or a theme more relevant to your event.

This session is ideal for audiences seeking an alternative, unconventional, and unique encounter.

Energetic Stress Management

Not your average Stress Management Course

Everyday work life brings about stressful events. It's not the events, but how we react that determines the impact on our mind, body and soul.

During this highly interactive session, we will explore:

- How stress impacts the mind, body and soul
- What your Driving Needs are and how these can increase or decrease your stress levels, and lead to Burnout
- Energy Techniques for stress reduction that can easily be used on a daily basis

Participants will walk away with a variety of techniques that they can use immediately.

This workshop is ideal for teams in the helping professions who are open to unconventional solutions to everyday challenges.

"Sylvia is a **knowledgeable, energetic and engaging** presenter" *CEO Alzheimer Society of Ontario*

"**Transformational, grounding, enlightening.** Because it was interactive; you demonstrating and the participants learning the techniques, I'm confident that I'll integrate the concepts into my professional and personal practices." *Director of Conventions, Tourism London*

"Sylvia engages her audiences with **humour, motivation and practical information.**" *Program Coordinator, Toronto Public Library*

"Sylvia is a seasoned professional with a wealth of knowledge ... and a **dedicated and passionate presenter**" *Director of Operations, Renascent*

"Energizing and collaborative, and was one of the **best training sessions we've had!** Encouraged an atmosphere of participation, creativity, and optimism." *Associate Director Guelph Humane Society*

Yes! No! Maybe So!

Learn How to Trust your Intuition to Enhance your Results

Our inner knowing is a gift that we all possess. The goal of this session is to learn how to "find the answer within". When you learn to use your instincts effectively, you will make even better decisions.

Our intuition is an important business skill. If Oprah, Richard Branson, Warren Buffet and Bill Gates have relied on it and create great success through their choices why wouldn't you?

Participants will walk away with:

- ✓ A clear understanding of your intuitive nature and how it *talks* to you.
- ✓ Techniques to quiet your inner critic and stop the "flip flop" decision making process
- ✓ How to be grounded with your chosen direction

This workshop is ideal for those...

- Looking to build more confidence in the decision-making process
- Who rely excessively on outside opinions to determine their choices.
- Who wish to take their career to the next level.