

Professional Speaker and Physiotherapist

# Gillian Tews

Learn Fluency in Congruency



## Are you Successful with Health, Energy and Time?

“You can learn how to orient every fibre of your being toward healing and health instead of fighting against your injuries and setbacks. When you become congruent with healing, you open up the path of least resistance for your recovery.” says professional speaker and physiotherapist, Gillian Tews. Gillian’s fun and inspiring workshops empower you to transform your body into a ‘healing machine’, and use your challenges to boost you to greater levels of achievement. You will be empowered with practical tools and knowledge about how to heal well.

## Lunch n Learns, Keynotes, Workshops, Retreats and Seminars

*Gillian will seamlessly tailor her presentations to fit your groups’ needs*

### KEYNOTE & SIGNATURE SERIES

#### Fluency in Congruency: Find the Path of Least Resistance to Healing

-Are you tired of struggling with muscle and joint injuries? Is pain holding you back from being as effective as you can be in your career or sport? Stop fighting and get moving ‘on all cylinders’ to the healing you want. You will turn your injury from being your adversary into your greatest ally to boost you to feel better and be better.

### POWER MODULES

#### The Eye of the Storm: Find Calm in the Midst of the Noise

- Learn how to counteract the harmful effects of stress by using the relaxation response. Stay focused and powerful.

#### Break the Pain Chain: Freedom to Feel Better

-Learn about the nervous system and how you can train it to help you relieve pain and move easier.

### INTERACTIVE WORKSHOPS (FUN!)

#### Office Yoga

-Mindful exercises you can do at your desk

#### Stress Relief: Relax, Restore and Recharge (limit 15 participants)

- Fully supported relaxation techniques to enjoy active rest in the middle of the day. \*\*\*wear comfortable clothing\*\*\*

To book Gillian for your speaking event, call **604-314-1139** or email her at [gillianspeak@gmail.com](mailto:gillianspeak@gmail.com)

Visit her website and join her on linkedin and facebook

[www.gillianspeak.com](http://www.gillianspeak.com)

[www.linkedin.com/in/gilliantews](http://www.linkedin.com/in/gilliantews)

[www.facebook.com/gillianspeak](http://www.facebook.com/gillianspeak)

Some companies/ groups who have booked Wellness Programs:

- Surrey Tax Centre (Canada Revenue Agency)
- Fraser Arthritis Centre (Fibromyalgia Support Group)
- Langley Seniors Centre
- Surrey Public Libraries

"Dear Gillian, it was such a pleasure to work with you at Hollyhock. I thank you so much for everything you did for our group to help enrich their experience." *Evelyn Neaman - Tikkun Yoga Centre (Women's Restorative Yoga Retreat at Hollyhock 2008*

"Loved Gillian and the Pain Talk." *Hollyhock Participant*

" Dear Gillian, thank-you for participating in the Terasen Gas Wellness Fair this year. Your services were very beneficial and a wonderful addition to this year's successful fair...The objective of our wellness fair is to engage our employees in activities that motivate them to improve their health and wellness. Thank-you for your involvement." *Joan Churchill, Environment, Health and Safety Coordinator, Terasen Gas 2007*

"Wow, did we learn a lot about simple ways to get rid of stress! Thanks Gillian, you were great, and the CDs are so good to end the day with!" *Jenny M.*

## Meet Gillian Tews

Gillian is an accomplished physiotherapist, consultant and a highly respected speaker. She holds an internationally recognized certification in manipulative therapy and has a special interest in the treatment of chronic pain. Gillian is a yoga therapist and has developed a holistic physiotherapy treatment approach which incorporates yoga.

Gillian is passionate for quality of life enhancement, personal development and success. She uses the power of words and inspiring stories to integrate wellness into corporate culture.

As a motivational speaker, Gillian empowers clients to be victorious over their health challenges by offering her message of hope, self-efficacy and success.

### Best Fit Audiences

Professional Associations

Corporate Groups and Organizations

Health Support Groups (Arthritis Society, Fibromyalgia, MS Society and others)



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