

# PERSONAL DEVELOPMENT

Learn new tools, new skills , get unstuck, using evidence based techniques to resolve negativity and gain confidence.

# ACHIEVE ATHLETIC PEAK PERFORMANCE

This is an experience unlike any other. Stop anxiety, clear yips get the emotional edge! Get into the Zone!

# SPORTS TRAUMA RESOLUTION

Overcome injuries, setbacks and slumps. Gain confidence, focus and self control.

# MENTAL TOUGHNESS

Develop the latest mental techniques to be your personal best in any area of your life. Persevere and achieve!

PERSONAL DEVELOPMENT CONSULTING - Diane Ulicsni C.H.T. C.T.T.

www.dianeue.com • (503) 740-6614

## The Body Keeps Score!

Dr. Bessel Van Der Kolk

Any life event which causes physical injury, emotional distress or which causes a person to experience feeling overwhelmed or negative can become a stuck experience. This “stuckness” is held in the body and can be re-triggered by the nervous system.

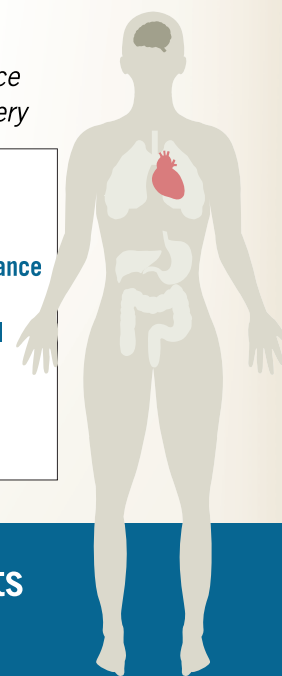
Diane uses a variety of science –based techniques to identify and resolve negative experiences, such as physical pain, injuries, surgeries that can cause anxiety , blocks, negative beliefs, or “stuckness”.

Athletes and non-athletes alike can become victim to their emotions and have high levels of performance anxieties. The stuck energies or traumas can play into a loss of confidence, anxiety, depression and possibly re-injury.

**“It’s very gratifying to see my clients recover quickly and go on to do their personal best in many areas of their lives and even score Gold Medals!”**

*Enhancing performance through sports performance coaching is an experience unlike any other. At every level of athletics the physical game gives way to the mental game. Elite athletes know its just as important if not more important to train in mental toughness to ensure they have the mental and emotional edge over competition.*

- ✓ **Mental Toughness**
- ✓ **Enhanced Performance**
- ✓ **Maximum Physical Capability**
- ✓ **Emotional Edge**



**This is a permanent change that gets to the root of the problem.**

## What is Mental Toughness?

Mental toughness has a broad range of characteristics such as getting coping skills, confidence, concentration and helping the athlete become more mentally tough. Mental toughness has been rated by coaches as the most important skill that determines success. Its having the developed psychological edge over your opponents.

## What is Visualization & Guided Imagery?

Visualization is a very important and effective personal development tool. It is the use of the imagination through pictures or mental imagery to create visions of what we want in our lives and how to make them happen. Visualization is a powerful creative tool. Used correctly it can bring about self-improvement and help one to accomplish their goals in life.

The major difference between guided imagery and visualization is that visualization is usually self-directed by the individual visualizing. Guided Imagery tends to refer to individuals following someone else’s imagery cues.

## What is Hypnosis?

In the scientific world hypnosis still cannot be easily or absolutely defined. We do have present day brain scans that can show that hypnosis is a very powerful “state” for healing. The changes in the brain show up in the nuclear imaging test.

There are many different explanations and theories about what hypnosis is and how it works. Dr. Milton Erickson referred to **hypnosis as a natural and everyday part of life** allowing clients to have greater potential for problem solving and creativity. Cheek and LaCron in their book, Clinical Hypnotherapy define hypnosis as “a state of having increased suggestibility, literalness of understanding to be a able to comply with optimistic suggestions. Hypnosis does encourage greater mental agility.

- **Personal and Professional Development**
- **Hypnosis, NLP, Mental Toughness**
- **Trainings**
- **Break Through Coaching**
- **Athletic Peak Performance**
- **Sports Trauma Resolution**
- **Anxiety, Depression, Stuckness Resolution**



## MISSION STATEMENT

Inspire, motivate and provide science-based tools to enhance personal, professional and sports performance.

**DIANE ULICSNI** lives her passion in life by helping others discover their inner strength. She believes that your outside world is the mirror image of your inside world. Diane has spent over twenty-five years helping people learn about their inside world (where your true power lies). Through powerful techniques such as Neuro-Linguistic Programming (NLP), Guided Imagery, Hypnosis, Brainspotting and HRV (Heart Rate Variability), Diane helps her clients to break through old behaviors and create new, more successful pathways in the brain for ongoing success.

As the founder of Success Technologies, Diane is trained in Sports Traumatic Stress, Brainspotting, NLP, Hypnosis, Guided Imagery, and EMDR, CRM (comprehensive resource model). Additionally, Diane trains and certifies others in NLP, Hypnosis, Guided Imagery, EMDR and CRM. She is an instructor for the largest Hypnosis school in the world, the National Guild of Hypnotists. Each year, Diane conducts trainings for large groups of new students, existing therapists, and large corporations.

Diane is also a published author on Web MD, Women’s World and the Gratitude Book, in which she has shared her work and insights on anxiety, trauma, sports performance, weight loss and smoking cessation. She is also author of “ I am a Super Being” a childrens book.

With continuing education and training Diane keeps herself on the cutting edge of the latest advancements in the field.

**Diane Ulicsni**

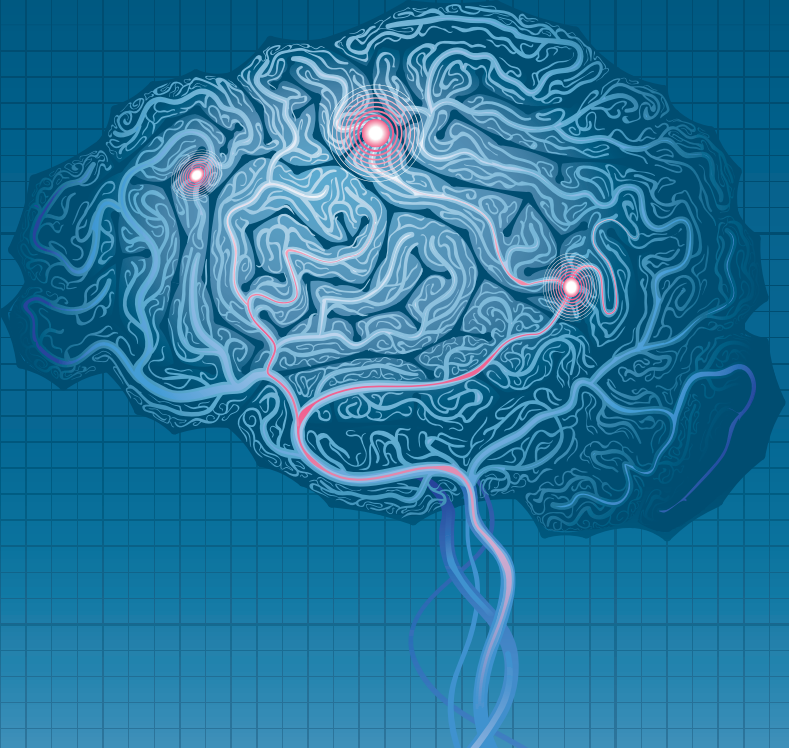
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# What is NLP? Neuro-Linguistic Psychology

WE all have patterns for everything we do. For example, how we learn, get motivated, exercise, procrastinate, think, EVERYTHING! NLP is known as the study of human excellence. Co-developer John Grinder defines NLP as a set of practical skills and insights you can use to improve communication with yourself and others, along with managing your moods and living a more rewarding life. It could be perceived as a science of personal excellence as it follows specific techniques. NLP is a powerful tool to understand how the language of our mind, creates and runs the patterns or habits we have in life. Once we have this understanding we can use NLP to enhance, change, or alter our thoughts, behaviors and emotions.

NLP is also known as a communication modeling tool. A set of coaching strategies , a universal map for understanding and charting human experience.....and a way of life.



# HEART RATE VARIABILITY

## HeartMath Techniques and HeartMath Concepts

The Institute of HeartMath (www.HeartMath.org) Has conducted leading edge research on stress and emotional heart –brain interactions since 1991. HeartMath developed some simple and proven techniques to assist us in regulating our heart rate patterns, which then enables us to manage stress and more effectively increase our performance in every area of our lives. The HeartMath techniques are widely used in the sports world.

Using HeartMath tools, you will regain vitality, stop energy drains, reduce stress, improve mental clarity, improve overall health and more.

## What is the CRM? Comprehensive Resource Model:

Developed by Lisa Schwarz M.ED.  
www.comprehensiveresourcemodel.com

**CRM:** To remember, re-process, and release traumatic material from the nervous system in order to provide the opportunity for re-connection to ones true-self. The meaning of the truth of ones life and the ability to embody love in ones actions.

- BENEFITS:** Reduce cortisol levels • Reduce anxiety  
• Reduce high blood pressure Increase mood  
• Improve physical stability • Improve cognitie and memory performance

# What is EMDR? Eyemovement Desensitization And Reprocessing.

www.EMDR.org  
Dr. Francine Shapiro

EMDR is considered a breakthrough tool because of its simplicity, speed and lasting outcomes for so many types of emotional distress. The process is believed to tap into the bodys natural healing mechanisms.

EMDR is remarkably effective and successful in helping people who suffer from trauma, such as PTSD, (post traumatic stress), life crisis, anxiety, negative emotions, stuckness, and accidents.

EMDR is a form of therapy that focuses on memory and the brain. There is 25 to 30 years of research of the effectiveness.

# What is Brainspotting?

www.Dr. David Grand  
Book: THIS IS YOUR BRAIN ON SPORTS

Brainspotting is a powerful, focused treatment method that works by identifying, processing and releasing core neurophysiological sources of emotional/body pain, trauma, dissociation and a variety of other challenging symptoms. Brainspotting is a simultaneous form of diagnosis and treatment, enhanced with Biolateral sound, which is deep, direct, and powerful yet focused and containing.

Brainspotting functions as a neurobiological tool to support the clinical healing relationship. There is no replacement for a mature, nurturing therapeutic presence and the ability to engage another suffering human in a safe and trusting relationship where they feel heard, accepted, and understood.



# CLIENT Testimonials

Diane changed my life. Actually, she gave me my life. My marriage is joyful and harmonious, my work life is rewarding and successful, and my relationships are healthy and balanced. I have control of my life. Her guided imagery went directly to the root of my issues, which were deeply in my subconscious. Once identified, there could be resolution. She removed incredible burdens that were stuffed in my memory and were negatively affecting my behavior and results. It's like a mental message. –Barbara K.

Hypnosis is a powerful tool and Diane Ulicsni takes it to a new level of effectiveness. Her technology and expertise will absolutely optimize your brain and your life! –Daniel G. Amen, MD

# SPORTS Testimonials

My own success in regards to the neuroscience associated with the “Better Golf” CD came through my experiences with Diane Ulicsni. Through guided imagery sessions and the use of audio tapes using repeated, positive suggestions and music, I nearly won the 2006 Oregon Open – after not having played a competitive round of golf in nearly a year. I shot 11-under par for 54 holes while using only nine clubs, finally succumbing on third hole of a playoff to finish runner-up.

I attribute my performance at this event not to ‘making everything I looked at,’ improved ball striking or superior course management, but rather to an overall mental state of well-being and a phenomenally upbeat attitude achieved through the use of the powerful positive phrasing and imaging techniques I learned from Diane. I was remarkably patient, tolerant and at ease, enjoying my time on the golf course and allowing good play to happen.

–Christopher S.

