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THOUGHT MANAGEMENT & MINDFULNESS

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*with
Lindsay Amico*

STAY INSPIRED WITH ME @PICTUREPERFECTMIND



My Approach

I create and deliver engaging and customizable presentations to professionals. My mission is to help people to understand that the way we think is directly linked to the way we feel. And the way we feel impacts the way we live and work.

Who Do I Work With?



- Businesses
 - Corporations
 - Nonprofits
 - Health Care Organizations
 - Small Businesses
 - Professional Networking Groups
 - Employee Assistance Programs
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Areas of Expertise

- Thought Management
- Mindfulness Based Stress Reduction
- Tools to Release Undesirable Energy & Emotions
- Fear Recognition, Reduction, and Reaction
- Meditation



Workshop Themes

- Your Thoughts Create Your Life
 - Simple Mindfulness Tools for Professionals
 - Intentionally Thinking New Thoughts to Form New Beliefs
 - Identifying, Releasing, and Replacing Undesirable Emotions
 - Releasing Anxiety and Returning to Peace in an Instant
 - Feeling in Control and Releasing the Outcome of External Circumstances
 - Releasing Judgment and Comparison Towards Self and Others
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About Lindsay

Lindsay Amico is a Mindset Coach in Buffalo NY. Her business, Picture Perfect Mind, focuses specifically on helping people to feel better on a day to day basis with mindfulness, motivational, and thought management tools. With an approach that goes beyond stress reduction, Lindsay provides people with the tools to release limiting beliefs and connect to their true purpose. Lindsay also facilitates mindfulness and self-development workshops for patients, caregivers, and employees at Roswell Park Comprehensive Cancer Center.

Her professional profile, which includes coaching certifications from the Health Coach Institute and the Spirit Junkies Level 2 training with her mentor, Gabrielle Bernstein, allows Lindsay to help her clients transform themselves through thought work, meditation, mindfulness and self-love practices. She works directly with businesses, nonprofits, and health-care focused organizations to identify their specific goals and customize thought management and mindfulness workshops.

What are people saying?

“Very thought provoking.”

“I often felt frightened or sick when I came to class. The meditations Lindsay provided helped to calm and center me.”

- Cancer Patient

ROSWELL PARK

As a person who has difficulty slowing down, Lindsay did an amazing job with her meditation as I actually did it! She provided the tools to quiet our minds, giving us the space to acknowledge and relieve our stress. I love that she has a podcast so you can take her soothing voice on the go. She gets high marks from me!

- Althea Luehrsen

CEO OF LEADERSHIP BUFFALO



Perspective is key.

“Lindsay has instilled in me a notion I carry with me every minute of every day: That everything I do, see or experience begins in my mind as a thought and that I have the choice to make it what I want. Here's the twist. I've spent the last 35 years buying and reading this same truism in gajillions of self-development books. But with Lindsay these are never just words or a mantra—it's her way of life. By watching her authentically live this “choose what you want to be and feel” life versus reading words on paper, I've learned to accept my anxiety as a helpful tool, as well as let go of some of the fears, limiting beliefs and negative self-talk that were holding me back.

- Gretchen Galley

ROSWELL PARK EMPLOYEE