

Choose the Program that is right for you



The Best Me NOW™ -- Understand Yourself

Understand and appreciate how your mind is “hard-wired”. This affects how you think, feel and behave. We identify the best modes of operating in your world. It’s like getting the instruction manual for your unique brain. Many people tell us they are both relieved and thrilled to finally understand themselves.

The Best Partnership NOW™

Differences in personality type affect how we relate to the world and to each other. Understanding how you and your partner are “hard-wired” can dramatically improve every aspect of your relationship. Learn how to recognize triggers for conflict and act to dissolve them. Recognize and reverse negative thought patterns and behaviors. Remember that the differences that sometimes irritate you were often the things that once attracted you to each other.

The Best Parent NOW™

Understand how your children are hard-wired so you know how best to help them become happy and successful. Once you learn to recognize the types of personalities, you will begin to understand why they think and behave as they do. If they are teenagers or young adults they can even take the assessment and you will both be amazed at how much you learn about each other.

The Best Workplace NOW™

Most of us spend more time at work than we do at home. We can choose our friends but we usually can’t choose our co-workers. When the workplace is stressful because people seem to irritate each other, the MBTI is one of the best ways for improving interpersonal communication and relieving workplace stress. The result is a healthier, happier, and more productive environment for everyone.

*Helping you shift
from where you are to
where you want to be*

Hypnosis can help you with the following and more:

Weight Loss	Stop Smoking
Stress Reduction	Excessive Worrying
Self-confidence	Relationships
Self-esteem	Public Speaking
Test Anxiety	Anger Issues
Shyness	Stage Fright
Pain Management	Sports Improvement
Abuse Issues	Sexual Issues
Concentration	Procrastination
Drug Abuse	Alcohol Abuse
Fears	Relaxation
Motivation	Mood Improvement

Call or email to schedule your appointment.

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Healthy Relationships NOW™

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Relationships begin and end because of how we think about ourselves and each other.

Improve Every Relationship in Your Life!

Answer a few simple questions in our 20-minute, on-line assessment and open up a whole new world of understanding -- of yourself and everyone around you.

The *Myers-Briggs Type Indicator*® (MBTI®) is the most widely used personality assessment in the world. With a proven record of reliability spanning more than 50 years, it offers a foundation for understanding individual differences and applying that understanding to the ways people think, communicate, and interact.

We produce an extensive individualized report and use it to teach you about how your mind is "hard-wired". Our unique approach will give you information and strategies for reducing stress and conflict and improving your communication in all of your relationships.

It's easy and it works; we do it every day.



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What past clients have to say

I have been the primary caretaker for my elderly father for years. My sister just left it all up to me and I resented it. Now I realize that I am perfectly suited to care for him and that she has none of the skills needed. Now I feel grateful for all of us that I am able to step up and take care of him. I can now look forward to my time with him again. I also now recognize that my sister does many other things I am not equipped to do. -- JoAnn

I can't believe how much I learned about myself today. I had taken the Meyers-Briggs before at work and was not that impressed. What a difference David and Ruth make in understanding what it means and how I can actually use the information. -- Judy

The MBTI session saved my marriage! Now I remember why I love my husband. I had been so frustrated with him and nagging him to be more like me. Now I understand what we each do best. WOW! Thank you so much! -- Bonita

If only I had known this years ago, how different my daughter's life would have been. I had no idea that she was wired so differently from me. All these years I've been trying to teach her how to do things my way and she never seemed to catch on. Now I understand why! Every parent should understand what I learned here today. -- Jean

I never could understand why my husband wants to stay home all the time. Now I see that when he is tired he needs to be by himself to recharge. Instead of feeling neglected and hurt, I now just use the time to do other things. Penny

How Does the MBTI Help Me Build Better Relationships?

The first step to building, saving or rekindling a strong relationship is to understanding yourself and each other. It is not unusual for people to unknowingly turn other people off by their words and actions.

Your thoughts and behavior are driven by a personality type you are born with. Your personality type subconsciously affects your relationships. Understanding your type and how your thought patterns differ from others, forms a foundation for stronger, healthier relationships in every area of your life.

Understanding the 16 types is enlightening. You can readily begin to recognize why other people act the way they do. This is a very powerful tool for building relationships with spouses, partners, co-workers, family members and friends.

Every family suffers from some level of misunderstanding. When the various personalities are uncovered and named, things can change dramatically. The family is happier, healthier and more loving.

People who understand each other get along better, are more productive and experience less conflict. Every relationship is enhanced when individuals accept and embrace their diversity of thinking. Differences become opportunities to benefit from "two heads being better than one" rather than conflict laden misunderstandings and miscommunications.

Good Relationships are a building block for Happiness!