

LifeSkills Training

Who am I? What do I need?

Why am I not happy?

Why can't I let go and move on?

Why can't I pull myself together?

Lonely, rejected, abandoned.

I can't stop the tapes running in my head.

Unworthy, undeserving, hopeless.

Why even try?

Check out LifeSkills Training groups.
A series of seven modules focusing on
lifeskills development, which include:

Mindfulness in Everyday Living

Learn Tools and Techniques for Everyday Problems

Intrapersonal Effectiveness

Build a Roadmap to Self-Discovery

Interpersonal Effectiveness

Enhance Communication and People Skills

Emotion Regulation and Well-Being

Manage Your Thoughts, Feelings, and Actions

Distress Tolerance and Clutter Clearing

Promote Health ~ Acceptance in Change

Balancing/Strengthening a Healthy LifeStyle

Find Your Path to Health and Resilience

Reflections of the Soul

Exploring Life Lessons and Spiritual Journey



A journey of a thousand miles
begins with a single step.

Therapy Services

HopeAllianz Inc offers an array of professional
services for individuals, couples, and families.

Your sessions are individualized to meet your
needs ... inspiring and empowering you to create
an authentic meaningful life ~ with knowledge
and wisdom ~ while promoting mental, physical
and spiritual health.

Mindfulness and Stress Management

anxiety, relaxation, letting go, acceptance, balance

Emotional Health

depression, anxiety, grief/loss, anger, assertiveness

Physical Health

sleep, self-care, weight issues, exercise, chronic pain

Relational Health

communication, conflict, parenting, people skills

Spiritual Health

awareness, nonjudgmental, meaning, purpose

Families Life Experiences with Mental Illness

needs, stressors, coping skills, perceptions, adaptation



Schedule an Appointment

Contact Dr Grande at
952 545 6966 or email
jodygrande@hopeallianz.com

LifeSkills Coaching

Achieve Your Goals and Life Dreams

Identify the obstacles, destructive thinking, and
self-imposed limitations that keep you stuck.

Develop a plan to create the results you
are seeking ~ who, what, and by when.

Discover happiness, purpose and passion with
a mindful attitude as you develop and grow.

Living a life that honors your values means
that you can wake up each morning
knowing that there is more to life and
each day is full of opportunity.

OnLine Resources

HopeAllianz Inc is committed to providing
quality and professional resources to
enhance your vitality, enthusiasm, mental health,
and wellness. Helping you build
lifeskills and mastery in attending to the
opportunity of daily living.

Presentations/Workshops

Personalized presentations/workshops can
be developed for your organization or
community event. All topics outlined in
this brochure are available. Call to discuss
your needs and schedule a date.



Dr Grande is committed to helping you on
your life journey ~ assisting and supporting you
in creating an authentic meaningful life that
reflects your beliefs, values, and priorities.

Professional Services

Therapy

Lifeskills Coaching

Dialectical Behavior Training

Psychoeducation Groups

Community Speaker

Online Services

Online Resource Center

Lifeskills™ Online Newsletter

HAI Blog

Therapeutic Modalities

MiCBT

Mindfulness-Integrated
Cognitive Behavior Therapy

DBT

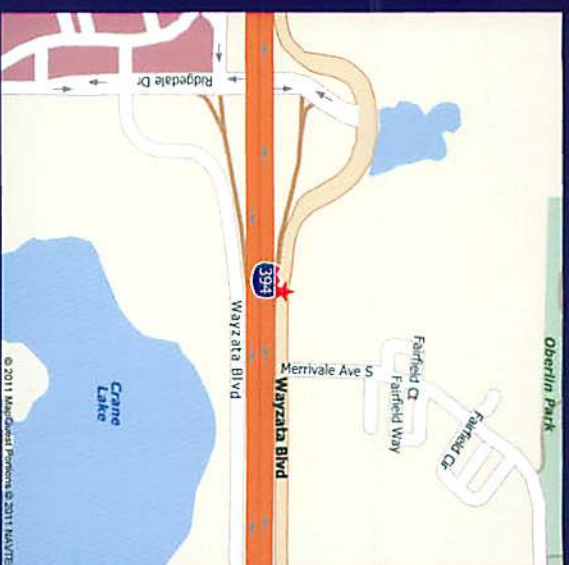
Dialectical Behavior Therapy

ACT

Acceptance Commitment Therapy

HUGS™

Helping You Gain Skills for Life



Inspiring and empowering you to
create an authentic meaningful life
~ with knowledge and wisdom ~
while promoting mental,
physical and spiritual health.



Embrace the present moment
and enjoy your day!



HopeAllianz Inc

Counseling and Wellness Center

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*Clinical Social WorkTherapist
Lifeskills Coach • Consultant*

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