



Sparks Hope

Tammy Workman-Lopez



TESTIMONIALS

Not only is Tammy talented, but she is unique in that she truly cares about your health and well-being. I would recommend her to anyone.

~ Justin K.

This was my first experience with a HypnoCoach and I have to say I was very pleased. [Tammy] helped me develop more confidence with understanding and creating boundaries with my family, trusting my intuition, and learning to love myself and apply more self-care.

~ Lorrain Castro, Entrepreneur

I've worked with multiple professionals that used traditional talk therapy, but I never felt any measurable results...Tammy's method leads to instant shifts and lasting results.

~ Kristan A. Braswell, MBA

WEBSITE:

www.sparkshope.life

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PHONE:

954-657-3407

CORE COMPETENCIES

Tammy Workman-Lopez provides strategic techniques, skill development, and brand-new awareness to individuals, couples, families, and small businesses with self-doubt, limiting beliefs, negative thinking or unknown blocks.

- Retraining the mind to heal from imposter syndrome and perfectionism
- Offering personal life and educational experience, as well as extensive personal development training to help save clients time, money, and frustration
- Developing confidence, intuition, originality, owning your worth, and stepping into your purpose
- Offer techniques to help manage stress and priorities
- Defining core values & levels of trust
- Negative thinking awareness & retraining
- Retraining the mind to overcome fear, anxiety and addiction
- Creating action plans with implementation accountability
- Creating tools to measure and keep in check balance of life and work harmony
- Training and implementing conflict resolution techniques; including setting healthy boundaries with self & others, until desired results are achieved
- Individual, family, and group sessions available.

DIFFERENTIATORS

- Established in 2012, providing wellness through massage, weight loss, lifestyle change, hypnotherapy, life coaching, and more to individuals, couples, groups, and businesses.
- Over 1,300 hours training & Continuing Education Units
- Focus on practical tips that are easily executed for profound results
- Certified Life Coach, Hypnotherapist, Personal Development & Life Skills Trainer
- Accessibility by offering virtual sessions to creating a safe space for clients to go deeper into their thought processes.

PAST PERFORMANCE

- Over 2,000 hours working with clients towards wellness
- Led hundreds of private & public seminars & speaking engagements on ways to release negative thinking & anxiety, improve communication skills, and shift into a new life changing perspective
- 97% successfully graduate from the program and return for future maintenance support and refer friends, family, and colleagues.



TESTIMONIALS

Tammy Workman is a long time acquaintance and colleague of mine. She is extremely bright, dependable and kind. I would not hesitate to recommend her for both Life Coaching and Hypnotherapy. She practices with integrity and is extremely committed to her clients.

~ Scott J. Winfield, LCSW, CBT

Today I reflect on how hopeless I was feeling having all sorts of negative, self-damaging thoughts. I am blessed to have met Tammy during a time in my life where I did not seem to be able to think clearly and was overwhelmed with negative scenarios in my head 24-7. Fear crippled me on so many levels, I was not me anymore.

Through these sessions with Tammy I learned how to have an active mind; she showed me the importance of mindful thinking, especially when life gets difficult. When it was almost impossible for me to replace negative thinking with positive thoughts, Tammy showed me a new path to learning new strategies to cope, accept and adapt.

I went to Tammy for help for my daughter and found a real connection as well as a life & HypnoCoach for myself. If you're looking for real life changing results you're on the right path with Tammy

~ CM

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SERVICES OFFERED

Mindset Reset Coaching in various areas:

If you are an individual or couple struggling with negative thinking causing health, relationship, or career/business limitations, halting your progress? Give me a call so we can set up an action plan to find and replace your limiting beliefs and bad habits, ways to open communication, and more.

- Anxiety & Depression
- Weight Loss
- Procrastination
- Smoking Cessation
- Trauma & PTSD
- ADHD
- Anger Management
- Grief
- Fears: Flying, Illness, Death, Heights, etc.
- Overeating / Stress Eating
- Boundary Setting
- Confidence
- Perfectionism
- Motivation
- Vocational Rehabilitation
- Social Skills
- Pain Management
- Test Anxiety
- Teeth Grinding
- Struggling with Sleep
- Body Image / Self-Esteem

PERSONAL NOTE

I want to share why I do what I do. My mission is two-fold — to help individuals find the freedom we as healers see possible for them. They may be struggling, feel they have lost hope, or are ready for a new path. Either way they are not giving up and I have tools and techniques for them that worked for me and so many clients.

My long-term mission is to help families stay together, creating connection, wellness, and thriving support. Keeping this possible even if the family does separate and allows for healthier relationships to be built. This mission comes from a deep passion of being a child who wanted this for all the families I encountered as a foster child, including my own. I have the tools, experience, education, and results from all of my past clients to offer and they reap amazing results!!

The results will show in their extended families, communities, and their businesses. It's a wonderful win-win. Doing this work with partners like yourself creates more of a wrap support and is even more fulfilling as we also support you as we support your clients, patients, residents in getting their results.

Thank you for your time and I look forward to speaking with you.

Tammy Workman-Lopez

Aka Coach TammyStar