

Licensed Clinical Psychologist

Parenting Expert

Author

Professional Speaker



# TIMOTHY J. HAYES, PSY. D.

**Dr. Hayes is an expert at helping people identify and use their strengths to face and overcome challenges**

**Dr. Hayes is an engaging and entertaining speaker for anyone who...**

- wants to get more out of life
- feels they are *stuck*
- gets angry and frustrated with others
- is seeking a more harmonious home life
- wants to be a better parent

*Presentations can be tailored to the specific needs of each audience.*

**Dr. Hayes puts his 30 plus years of experience to work to help you...**

- build personal and professional credibility
- resolve the effects of past trauma
- create family rules and structure
- make life more safe, sane and gratifying

Basic tools  
for building  
the life you  
deserve

## Signature Presentations

### Power Struggles –

#### How to Define, Identify and Avoid Them

This presentation defines a *power struggle* and shows you how to identify when you're in one. It also teaches a system for resolving power struggles, and for making changes to help avoid them in the future.

### Your Key to a Better Life:

#### Your Mind-Body Connection

Neuroscientists estimate that we are only aware of 5% of our brain's cognitive activity. This means we're making decisions about our lives while unaware of 95% of what motivates us.

This presentation introduces a simple and effective technique for exploring the power of our unconscious thoughts, and includes demonstrations of how using this mind-body connection can improve our daily lives.

### Saying Goodbye to Good People without Saying Goodbye to Good Memories

When we avoid dealing with the pain of a lost relationship, we are prevented from experiencing the memories it created. This presentation discusses how to accept the end of a relationship - regardless of the way it ended - so we have access to the good memories and the life lessons it gave us.

### Healthy Vs. Toxic Relationships:

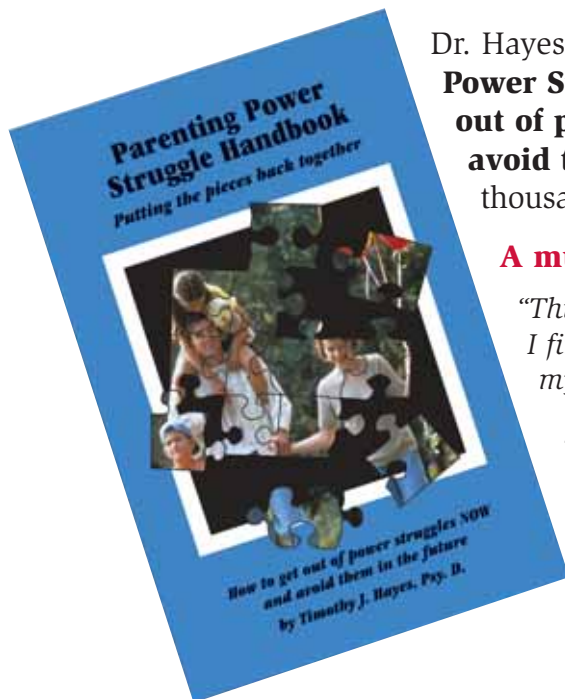
#### How to Know the Difference and Choose Wisely

This presentation teaches a process for assessing relationships for their enriching aspects as well as their toxic ones. It also provides tools for changing relationships when they can be changed, and eliminating relationships when they cannot be made nurturing.

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# Parenting Power Struggle Handbook



Dr. Hayes' latest book, the **Parenting Power Struggle Handbook: How to get out of power struggles NOW and avoid them in the future** has helped thousands of families.

## **A must have book for parents.**

*"This book is brilliant in its simplicity... I find ways to use it in every area of my life and relationships."*

*"I love the power of this system for evaluating any situation where I am feeling angry or frustrated. It lets me quickly identify what I am doing to keep myself stuck."*

## **Dr. Hayes has shared his expertise with organizations such as...**

Elgin Academy  
DuPage County Early Intervention Programs  
Simple Balance Holistic Health Center  
Relax 4 Life Holistic Learning Center  
The School of Intuitive Arts and Sciences  
International Association of Administrative Professionals  
Hanover Township Mental Health Board

***Dr. Hayes shows you how to have healthy relationships for a healthy life.***

Call now to schedule him to speak to your organization.



## **About Dr. Hayes**

With more than 30 years of clinical therapy experience and a specialist in post-traumatic stress, Dr. Hayes has helped countless individuals and families resolve the effects of severe trauma. He remains on the cutting edge of mental health services by integrating some of the newest and most effective approaches into a results-oriented therapy style.

In addition to his clinical work, Dr. Hayes has been teaching parenting skills for over 20 years.

As a therapist, author, speaker and father, he reaches out to families to lead them through challenging times and supports their journeys to becoming healthy and happy.

Dr. Hayes emphasizes that people possess within themselves the resources necessary to deal effectively with a wide variety of problems and challenges.

## **Passionate Professional**

Dr. Hayes is the Executive Director of Engaging Speakers, a network of individuals who are experts in their field and passionate about public speaking. The goal of member speakers is to educate and entertain their audiences.

**[www.EngagingSpeakers.com](http://www.EngagingSpeakers.com)**

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