

Resilient – (adv)

Inclined to rebound and restore.

Performance – (n)

Act of deed; achievement, exhibition, entertainment staged for impromptu or with planned amusement or accomplishment

Hypnosis – (n)

Altered state of consciousness which the subconscious mind accepts suggestion.

Massage – (n)

Treatment of kneading, rubbing and applying pressure altering heat and cold to effect cure.

Training

*Northern Illinois University
New School for Massage
Leidecker Institute*

Credentials

*Member of National Guild
Illinois State Licensed
NCTMB Certified
ABMP Bonded*

Contact

Richard Finney

*1122 North Clark Street
Chicago, Illinois 60610
Telephone 312-545-3077*

richard@resilientperformance.com

Resilient Performance



*Hypnosis & Massage Therapy
For body mind & spirit*

*Out Call / On Site
Specialists*

BODY

Resilient Performance MASSAGE offers a winning combination of touch therapies integrated to your individual lifestyle. Whether you are a domestic sofa potato or an international athlete; we understand no two runners have the same gait, no two swimmers the same butterfly and no two cyclists the exact same ham strings. No two body types are ever identical! Therefore identical treatments are not apart of our bottom line success.

Modalities used for maximum performance may include but will not be limited to custom modifications of

- Swedish Massage
- Thai Massage
- Acupressure
- Reflexology
- Myofacial Release
- Reiki
- Trigger Point Therapy
- Rhythmic Breathing
- Cross Fiber Friction
- Oriental Medicine
- Polarity Therapy

MIND

Resilient Performance HYPNOSIS Imagination may be the focal point of creativity, but occasionally too much creativity is a recipe for disaster! At Resilient Performance Hypnosis, we believe in calming the mind, so that focus can be shifted 100% to the game.

If you're looking to improve a winning streak, increase your average, lower your handicap or simply get motivated with your training cycles, we can help. Once you've identified your obstacles, enlist your mind to achieve your goals.

Individual Sports Include:

- Golf
- Tennis
- Runners
- Swimmers
- Divers
- Cyclists
- Tri-Athletes
- Gymnasts

Team Sports Include:

- Water Polo
- Baseball
- Football

SPIRIT

Resilient Performance COACHING The causes behind any underlying fears can be subtle. Thankfully, once a client has identified the fear in any obstacle, Resilient Performance Coaching can assist in attaining the desired life style.

We have assisted Clients in dealing with the following freedoms of spirit.

- Alcohol Abuse
- Drug Abuse
- Court Appearances
- Bed Wetting
- Test Anxiety
- Fears
- Meeting Preparation
- Nail Biting
- Public Speaking
- Surgical Procedures
- Emotional Enhancement
- Improved Memory
- Event Planning
- Self-Confidence
- Self-Healing
- Sex Addiction
- Stop Smoking
- Insomnia

RESILIENT

PERFORMANCE

MASSAGE

Massage Menu

Initial Session Procedures

Medical history
Medical charting
ROM testing
2 hour treatment
Initial visit \$125

Hypnosis Menu

Initial Session Procedures

Initial interview
Establish Goals
Consent to Plan
2 ½ hours min
Addiction / Abuse Cases
Require 2 sessions
Initial visit \$125

Service	40 min	60 min	75 min	90 min
Massage	\$50	\$75	\$95	\$150
Hypnosis	n/a	\$95	\$125	\$225

Travel fee: \$40 in city \$75 to suburbs

***24 Hours Notice** – in the unlikely event an
Appointment cancels with less than 24 hour
Notice: Full payment is expected.