

# Eleni

HEART LEADER, AWARD WINNING HYPNOTHERAPIST, AUTHOR,  
INTERNATIONAL SPEAKER, CERTIFIED SPEAKING PROFESSIONAL,  
FOUNDER OF HYPNOFIT®  
- THE WORLD'S FIRST GLOBAL HYPNOTHERAPY CLINIC

*"It's time for Heart Leadership  
- not Thought Leadership"*



INSPIRING YOU TO LEAD FROM THE

*heart*



# Manifesto

You've followed the path of those before you.  
You have everything you've ever wanted but you're starting to question.  
"Have I fallen into a life that others expect of me?"  
You can't help but think, "Is there more?"

These thoughts have left you feeling disenchanted and disconnected.  
Questioning.. "Perhaps there is a different path?"  
But you're not sure how to find it.  
You hear small whispers from your heart.  
And you know it's telling you there is more.

Many years ago, I was you.  
In the limbo of disenchantment and disconnection.  
Not knowing which way to turn.  
Waking up every day feeling uninspired and unfulfilled.  
I learnt that my ego had led me to the glass ceiling but it hadn't let me break through.

"It's possible to follow those whispers  
Break down the barriers  
Navigate through the discomfort  
And live a life that is truly aligned with your heart"

It might not look like how you'd imagined but it will be magical.  
I am Eleni, and I am here to inspire you to lead from the heart.

*Eleni*

Heart Leader



# Eleni's Story

I am Eleni but was known as Helen Mitas all my life until my 53rd birthday..

In my 53rd year, during lockdowns, I questioned who I was, what I stood for and what mattered to me most.

I went deep within and I decided to reclaim my birth name Eleni ('light'), as I realized that my birth name reflected the essence of my soul whilst Helen Mitas was the identity that I had created.

In 1997, I read an advertisement in the newspaper that spoke to me. It said "Are you feeling helpless, hopeless and unable to take control of your life? Does it seem that everyone has a say in your life except you?" This ad was a reflection of my life at that moment. I immediately contacted the Institution that placed that ad and my life changed forever, it set me on a path of leading from my heart.

From that course, I then did another, and then another, desperate to let go of my fears and anxieties and move towards becoming true to myself. I undertook a Diploma of Hypnotherapy, attended countless seminars and discovered mentors that I could align myself with.

Slowly and systematically I changed EVERY area of my life. Emotionally, it took me years to let go of my fears, realign to my values and leave an unhappy marriage into an unknown world as a single parent, responsible for the first time in my life for my own finances. Physically, I let go of my limiting beliefs, released nearly 14 kilos and became fitter in my 40's than I ever was in my 20's. I competed in running events, won medals and achieved what I originally thought was unachievable.

And finally, I let go of my highly paid corporate role and all of the security it offered to follow my life's passion to help other people release their fears, unlock their full potential and move towards a fulfilling life. Family and friends thought I was foolish for once again following my heart and not my head. Against all opposition, I surged forward knowing that I could change lives, just as so many other people had helped change mine.

During the journey of connecting to my heart, I have learnt and applied principles that have allowed me to take my life to a point that I never imagined possible.

One of the simplest and most powerful techniques that I learnt was how to overcome the perceived limitations that held me back. I believe that this is what I am here to share with people.

Today, I am the founder of the world's first global Hypnotherapy clinic, HypnoFit® with 18 Hypnotherapy clinics in Australia, New Zealand, U.K., U.S.A., & Canada. I am the author of the published book 'Mindset Dominance'. I was awarded 'Hypnotist of the Year 2018' by the Mid-America Conference in Chicago. I have presented and trained Therapists in the HypnoFit® Success System across the globe from New York to London. There are over 3,000 Hypnotherapists from over 30 countries who are now Certified HypnoFit® Practitioners, Partners and Trainers.

I have an unwavering determination to help you believe in yourself so that you can quantum leap into the highest version of yourself & make the greatest possible impact to humanity by just being realigned with the essence of you. Because I believe it's possible to follow the whispers that are calling you, break down the barriers, to navigate through the discomfort and live a life that is truly aligned with your heart.

I AM ELENI, AND I AM HERE TO INSPIRE YOU TO LEAD FROM THE HEART.





# Eleni's Bio

Eleni (born Helen Mitas) is the founder of the world's first global Hypnotherapy clinic, HypnoFit®, with 18 Hypnotherapy clinics in Australia, New Zealand, the U.K., U.S.A., and Canada.

Eleni is the author of several books and has been awarded the Hypnotist of the year 2018 by the mid-America Conference in Chicago.

In her 53rd year, Eleni reclaimed her birth name as she realised that her birth name reflected the essence of her soul. On a path of rediscovery and through combining her years of teaching, modalities and practising hypnotherapy, Eleni has now developed her framework called 'The Connected Heart'.

The Connected Heart framework takes people on a journey from working out what triggers them to being able to connect to their hearts each and every day. Eleni believes that this powerful framework can help anyone, anywhere in the world, to live a heart-centred life.

Rather than being referred to as a thought-leader, Eleni is starting a movement of heart leaders, those who dare to design the world from their heart centre.

# Awards & Honours



2018 – **Hypnotist of the Year**  
Mid-America Conference Chicago



2018 – **Outstanding Contribution Award**  
ICBCH



2020 – **Certified Speaking Professional**  
Professional Speakers Australia



# Topics

## KEY NOTES

- Heart Leadership for the Overwhelmed Business Owner
- Your Self Worth and You
- Bringing it Back to Love

## WORKSHOPS

- Drop the Limits
- Drop the Ego





# Heart Leadership

## FOR THE OVERWHELMED BUSINESS OWNER

Have you noticed the strategies that grew your business are no longer working?

Have you struggling with knowing which direction to take in this post-pandemic era?

Many business owners are experiencing this right now, and there's one main reason why.

### **Our world has shifted.**

Our shared experience over the last few years has created the opportunity for deep self-reflection. People are craving authenticity like never before — turned off by the old-school marketing techniques of yesteryear and seeking something real.

Our client's mindset has shifted. Which means, the way we do business needs to shift, too.

So, how do you shift with your client base to effortlessly expand your business?

The answer is in Heart Leadership. Marketing tools and techniques work best when they're aligned with your heart energy and you're filtering them through your own intuition.

In this key note, Eleni will demonstrate how heart leadership is the key to living the life you want to live. It's where people step into their full selves and are able to truly receive the magic of life.



### **Key Audience Take Aways:**

1. How to quieten the head chatter and gain clarity with decision making
2. How to expand your business by being aligned with the essence of who you really are.
3. How to shift from uncomfortable sales techniques into genuine heart-based sharing
4. Embracing the power of your resonance and intuition, to connect with why people really buy from you
5. How to release exhaustion and overwhelm from your life as a Business Owner

# Your Self Worth and You



What if I told you that you don't need to do anything to have it?  
What if I told you that you don't have to achieve anything to have it?  
What if I also told you that it's safe to feel and allow your feelings to come to the surface.  
What would you think?

In this keynote, Eleni will talk to you about the importance of self-worth and how feelings are not a weakness and that heart leadership is the solution.

## Key Audience Take Aways:

1. How to quieten the head chatter and gain clarity with Self worth is not about how regularly you have massages, it's at the core of all our experiences
2. How to embrace the parts of you that you are reluctant to reveal to the world
3. How to hold loving boundaries with yourselves and others
4. Self worth is not about doing - it's about being

**You are not your identity.** It's a big statement, isn't it? And something that most people don't understand.

In our Western World, the first question you are asked when someone meets you is "What do you do?" and from that vantage - we are all invested in that answer.

You might feel embarrassed or you may feel proud with the answer.

Either way - you are attached to holding the identity that gives you with external validation of your worth. So, if that identity disappears - there is a loss.

It is possible to detach from your identity and lead from the heart.

In the keynote, Eleni will take you through the journey of separating from the identity that you've created for yourself to find true peace, harmony & contentment in every area of your life.

## Key Audience Take Aways:

1. Distinguishing characteristics between false identity & true self
2. How to release the attachment to false identity
3. The release of overwhelm, exhaustion, drama, suffering and co-dependency from your life
4. How to make life choices with your true higher self to live your greatest unlimited potential



# Bringing it Back to Love

Everything in the world starts and ends with love. There is nothing else. Imagine if we all lived in a world where we all just loved each other. It sounds like nirvana doesn't it and perhaps not even possible.

In this keynote, Eleni will take you through what you need to do to continuously bring yourself back to a loving state.

## Key Audience Take Aways:

1. Dissolving relationship expectations and avoiding feeling 'hurt' or 'betrayed'
2. Healthy Boundaries held with love for yourself and others
3. How to hold the highest perspective in challenging situations
4. Releasing drama, suffering and co dependency from your life
5. Navigating external comparisons & validation towards peace and harmony



# Drop the Limits

The 'Drop the Limits' workshop is for Business Owners who want to know how to release the fear, self sabotages and belief systems that are keeping them limited.



## Key Audience Take Aways:

- 1.The 3 step process to let go of the subconscious limits
- 2.How to align and anchor in a new belief system that supports the new vision
- 3.How to learn to lead from the heart

I have an unwavering determination to help business owners step into their power and create the business of their dreams.



# Drop the Ego

The 'DropThe Ego' transformational Experience is for people who are ready to release any layer of fear, sabotages or belief systems that are still holding them back from surrendering completely to receiving a life of abundance, joy and peace.

This experience is for business owners who are ready learn the exact steps to truly 'own' and embrace the essence of who they really are and cultivate a personal & business life that embodies their highest calling.

## Key Audience Take Aways:

- 1.How to use triggered moments to truly master all areas of their life
- 2.How to release attachments that maintain co dependence to people & material pocessions
- 3.How to release the self sabotaging stories
- 4.How to create an abundant life without the effort & struggle
- 5.How to access divine guidance, intuition & resonance in every day life
- 6.How to become an energetic match for desires
- 7.How to integrate insights into everyday life
- 8.How to learn to lead from the heart

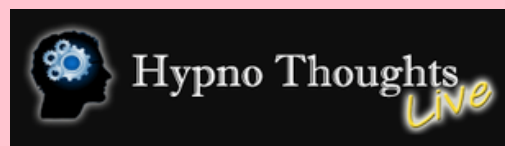
I have an unwavering determination to help business owners let go of the drama & the stories to embrace their life's purpose and create the life of their dreams.

Let's Do This





# Clients



"When I had a new team and we were embarking on a major project I asked Eleni to join our offsite for a Motivational Key Note for our Property Team. It's often difficult presenting to corporate teams, but Eleni was extremely energetic, had a creative style and tailored her presentation to the needs & culture of our company. We found Eleni to be inspirational with many insights and teachings that could be applied professionally & personally. My team was highly engaged throughout and feedback showed that they loved her presentation. I highly recommend Eleni to motivate & inspire your team."

Ben Smith  
General Manager - Property  
K-Mart & Target



I have observed Eleni since I first met her in 2017 in St Louis MO. USA. Eleni was a presenter from Australia. She arrived at the Heartland Hypnosis annual conference and impressed every attendee with her marketing skills and the ability to share openly her techniques and train each attendee who had a desire to lead. No one had a preconceived idea who she was. They all knew and Helen Mitas (aka Eleni) became a household word in the Hypnosis community after that day. She was a very powerful presenter with a gentleness in her presence. She presented me with her book. I was so impressed with what I read and I began to follow her endeavors until this day.

Larry Garrett  
Author  
"Hypnotizing the Devil"



William Mitchell  
25 April 2016 · 🌐

Helen Mitas from Melbourne, Australia was a BIG HIT at the Heartland Hypnosis Conference in St.Louis, Missouri, USA! What a dynamic and pragmatic business of hypnosis speaker! Thank you Helen Mitas for traveling to share your wonderful insights with us!

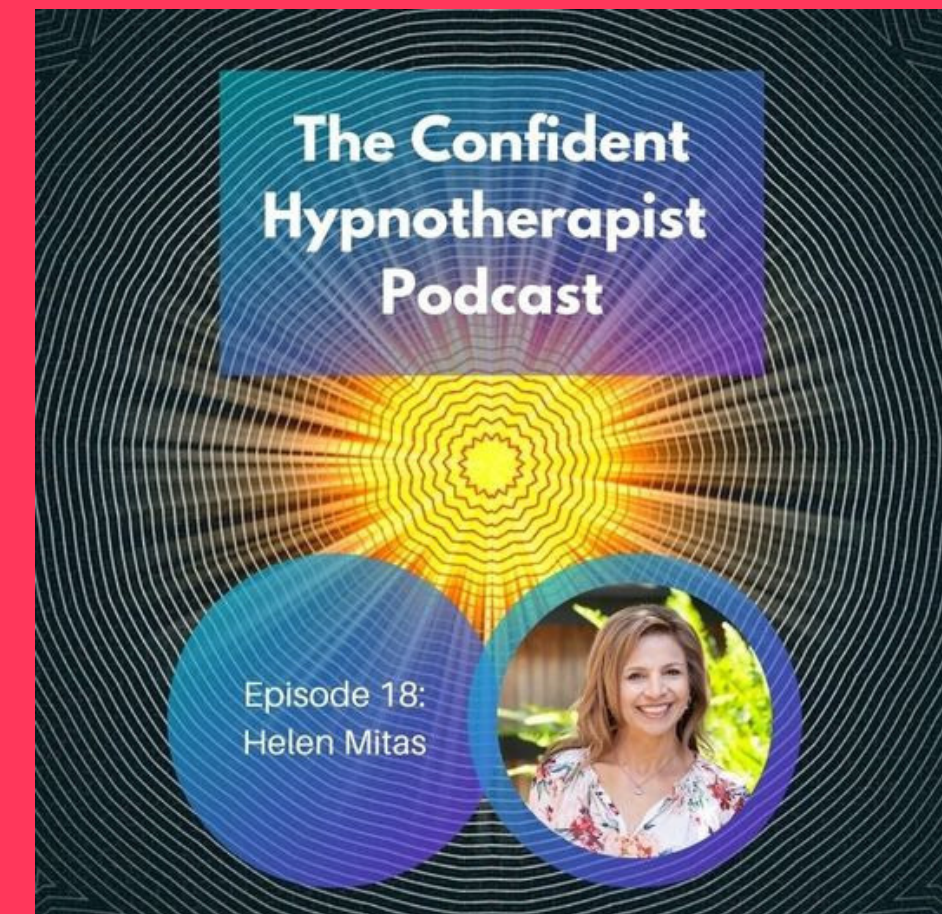
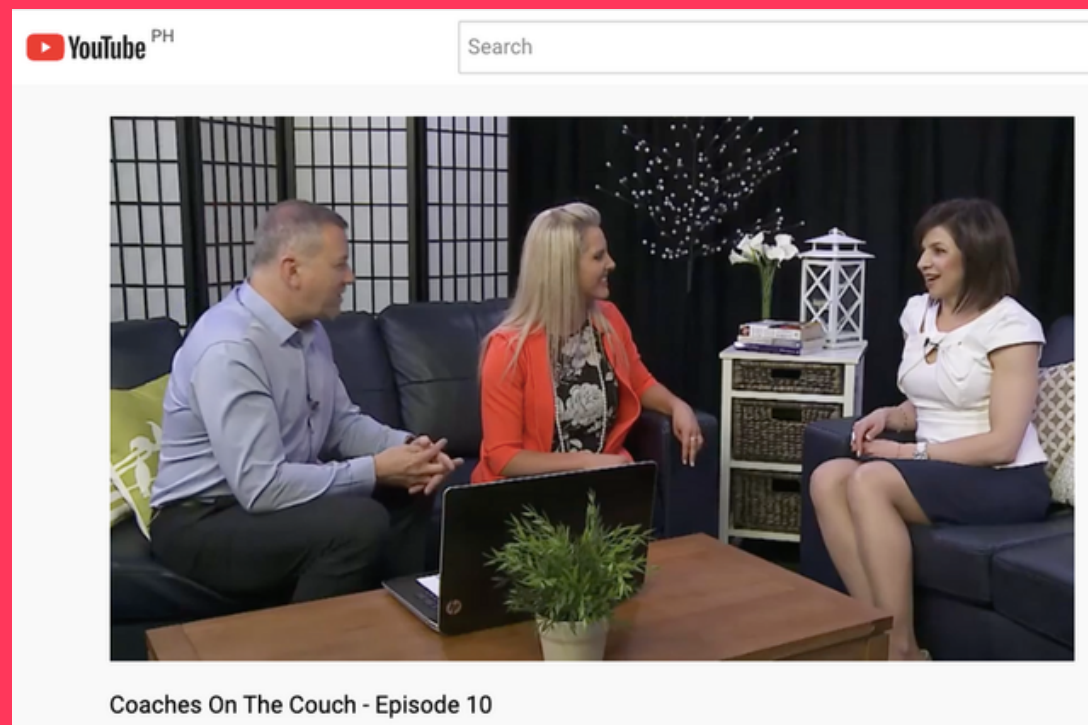
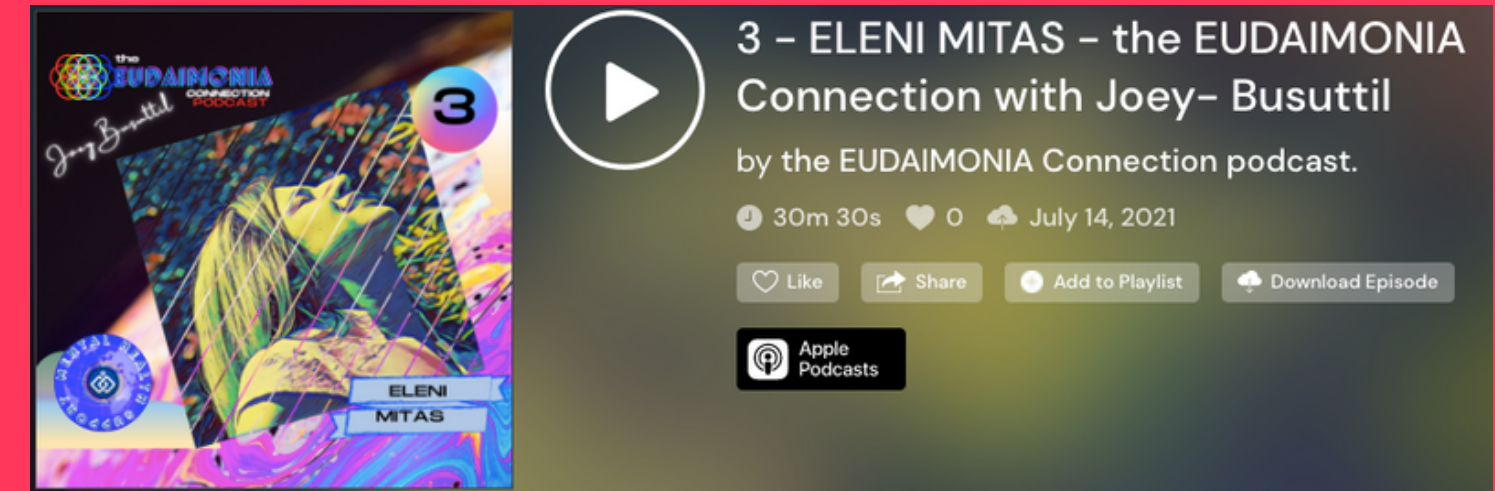
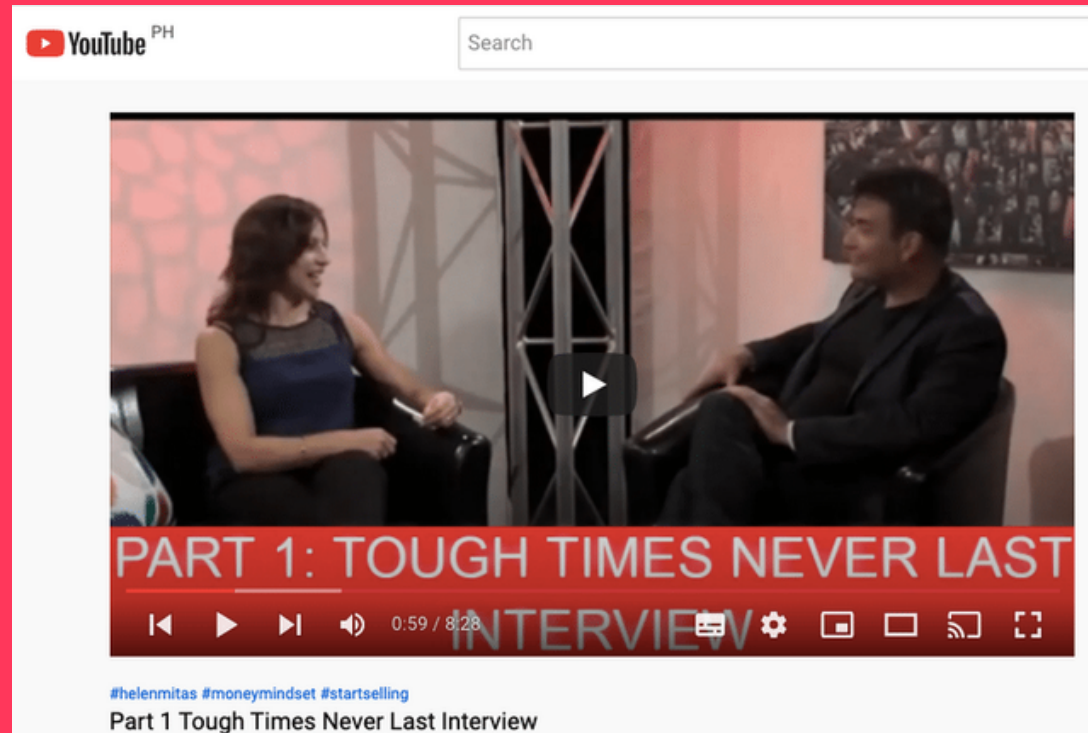


William Mitchell  
Founder  
Heartland Hypnosis Conference - Missouri, USA





# Media





# Elevate & Inspire your Audience

Connect with Eleni's team  
and book her for your next event

**CONTACT@ELENIHEARTLEADER.COM**

