

# Dawn Grant

Mental Trainer, Motivational Speaker & Hypnotherapist

[dawn@dawngrant.com](mailto:dawn@dawngrant.com)

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## Summary

Watching people go through the transitions of life- I find it fascinating to see how far they have come, what they have created and where they are going. This interest is the driving force behind my work. I have an obvious passion about what I do as a mental trainer and love the fact that my techniques help people make profound changes in their lives. The impact of my work has drawn people thousands of miles to experience my sessions and has earned me the opportunity to offer workshops to national corporations. I am honored to be credentialed by the PGA- giving me wonderful opportunities to go to PGA tournaments and work directly with the Pros. I am also thrilled to be working with Hank Haney International Junior Golf Academy; offering my teachings to the staff and students, assisting in creating an incredibly positive and successful environment for the serious junior golfers who attend from around the world. I am currently working on a self help book which will take the reader through the step-by-step process I have perfected over the years- the sequence I take clients through in session or during workshop/seminars.

## Specialties

### **SPORTS IMPROVEMENT:**

Clients include:

PGA & LPGA TOUR Professionals

Hank Haney International Junior Golf Academy

### **HEALTH & WELLNESS:**

Clients include:

Smoking Cessation, Weight Control, Depressed Mood,  
Fears, Anxiety, Sleep Issues

### **CHILD DEVELOPMENT:**

Workshop series in Positive Thinking, Power of the Mind;

Clients include:

Eating Issues, Test Anxiety, Fears, Stuttering, Self Image

### **CORPORATE:**

Motivational Speaking, Workshops, and Seminars;

Clients include:

Banking & Finance Industry

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## Experience

### **Credentialed Trainer for PGA TOUR**

March 2007 - Present

Provide private sessions to PGA TOUR Professionals at golf tournaments throughout the year. Assisting them in techniques which help them improve their mindset and game. Had privilege of assisting Vijay Singh on his positive mental attitude and putting that ultimately contributed to two playoff wins and his earning of the 2008 FedEx Cup Championship.

### **Mental Trainer, Motivational Speaker & Hypnotherapist at Dawn Grant**

June 2001 - Present

Mental Trainer & Hypnotherapist- private and group session directly serving people with specific concerns and needs.

Credentialed by the PGA and working with TOUR Professional Golfers. Working with Hank Haney International Junior Golf Academy students and staff.

Motivational Speaker & Instructor- teach proven series of techniques which bring about profound positive changes in a person's life.

Writer- author of monthly columns, and creator of product and workbooks teaching self empowerment techniques and tools.

### **Co-Founder, Vice President & Volunteer at Joy To The Children, Inc.**

November 1994 - Present

In 1994, with several other good hearted citizens, I co-founded Joy To the Children, Inc. A non-profit organization with the primary purpose of hosting a celebration on Christmas Day for children of economically disadvantaged families in Nassau County, FL; Joy to the Children, Inc. also actively champions other activities that assist children in need.

### **Motivational / Keynote Speaker, Workshop Instructor at American Home Mortgage**

November 2006 - August 2007 (10 months)

Motivational / Keynote Speaker at numerous meetings and events throughout Eastern United States along with the 2007 Marketing Summit

Workshop Instructor for regional office, offered a workshop series improving focus, productivity, drive, and commitment.

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## Experience Continued

### **Support Coordinator at The Columbus Organization**

2005 – 2009 (4 years)

Monitored the care and needs of 40 consumers diagnosed with developmental disabilities and mental health disorders, being sure they were being safely and properly cared for by providers. Regularly assessed their needs, assisted in setting yearly goals, and reviewed their progress. Facilitated meetings for treatment plans, support needs and funding budgets. Built rapport and earned the trust of consumers as to offer a person they could communicate their needs to.

### **Child Victim Advocate at Florida State Attorney's Office**

2000 - 2001 (1 year)

Advocated for child victims as they were going through the court process. Built rapport and supported the victims through the emotional difficulties related to their victimization. Communicated the court process so as to keep the child and family informed and educated throughout the process. Attended depositions with the child in order to offer support and assistance.

### **Case Manager at Big Brothers Big Sisters of Nassau County**

1997 - 2000 (3 years)

Responsible for a case load of up to 40 children from single-parent homes in need of a mentor. Interviewed and qualified potential children and their families for program; as well as interviewed and qualified potential mentors for program. Matched child with mentor based on common interests and monitored match. Set goals and objectives for child and match. Maintained regular contact with children, parent, and mentor. Organized quarterly outings and activities.

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## Experience Continued

### **Children's Case Manager at Sutton Place Behavioral Health Center**

1994 - 2000 (6 years)

Responsible for a case load of up to 30 children with varying diagnosis including mental retardation, assessing their needs and linking them with services. Advocated for their needs while monitoring their progress. Created goals and objectives for treatment plans. Maintained regular contacts and maintained proper record keeping.

### **Youth Development Counselor at Hillcrest Educational Centers**

1992 - 1994 (2 years)

Offered direct care and help to boys and girls with extreme psychiatric, emotional, and behavioral disorders; most whom had been physically and/or sexually abused and had become severely aggressive, sexually reactive, self injurious, or had engaged in fire setting. Taught the students appropriate social skills, how to set and maintain limits, and self-control using behavior modification techniques.

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## Education

### **Mindsight Consultants**

Forensic Hypnosis, 2003 - 2003

### **HypnoBirthing Institute**

Certified HypnoBirthing Practitioner, 2002 - 2002

### **Omni Hypnosis Training Center**

Certified Hypnotherapist, 2001 - 2001

### **Certified By:**

National Board of Hypnosis Education and Certification  
National Guild of Hypnotists

### **Westfield State College**

Bachelor of Arts, Psychology, 1992 - 1994

### **Berkshire Community College**

Associate of Arts, Selected Studies, 1990 - 1992

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## Honors and Awards

**Psi Chi- National Honor Society in Psychology**

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## Recommendations

### **SPORTS IMPROVEMENT:**

“This is the World’s Best Putter. What a week! Especially for me. I'm just thankful for what happened last week and I am grateful for the sessions we had. I was following instructions very well and it paid off. I am very, very positive at this moment of my life in every way and form. I do read all the info that you have given to me and it plays an important role in the way I think, so thank you for that.”

**-Vijay Singh, PGA TOUR Pro**

“Having worked with Vijay for almost 2 years, I witnessed on a daily basis some of the challenges he faced with putting and the mental aspect of his game. After working with Dawn, Vijay had an obvious and complete positive change in his confidence, demeanor, and putting. Vijay went from suffering anxiety with putting to calling himself ‘the best putter in the world,’ winning FedExCup tournaments stroking putts over 35 feet, and ultimately becoming the 2008 FedExCup Champion.”

**-Jeff Fronk, Fitness By Fronk, Personal Trainer to PGA TOUR Pro Vijay Singh**

"Dawn has taught me to think and say positive suggestions to myself while playing. These suggestions are reinforced by the hypnotherapy. Things have changed for me with very little effort.”

**-Cameron Beckman, PGA TOUR Pro**

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## Recommendations Continued

"Dawn has helped Ted with his whole game, really. I've seen Ted work with sports psychologists and the difference with Dawn was she put him in the hypnotic state, and was able to go back to things that were really deep-rooted in his mind about his confidence level ... that's really where she focused. I think what Dawn's really brought to the table is finding the root of the problem mentally, confidence-wise, and letting him go out and be able to perform at the best of his ability. She's helping him get to that level where he can keep his mind at peace and have confidence that his swing is where he wants it ... and taking that confidence to the course and maintaining it throughout a round ... and not only through a round but through an entire tournament."

**-Mark Winkley**, Golf Instructor to PGA TOUR Pro Ted Purdy

"Working with Dawn Grant was really eye opening and exciting for me. She taught me how to self hypnotize and get into a place where I could perform my best. I believe everyone can learn a lot about themselves from working with Dawn, I know that I did."

**-Laura Diaz**, LPGA TOUR Pro

## HEALTH & WELLNESS:

"Dawn Grant is doing great work. She goes directly to the part of the mind where the problem exists and corrects it; which leads to freedom."

**-Bob Proctor**, Author of "You Were Born Rich," As seen in the movie "The Secret"

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## Recommendations Continued

“Just wanted to drop you a line and tell you that I really enjoy your inspirational messages. Thank you; and by the way it has now been over 16 months of no alcohol for me thanks to you, AA and a new lease on life that I credit you for as well. Life is good! Thanks again.”

**-Vince, client**

“Thank you so much for the session -- really, thank you for your impressive talents! You are truly gifted in your art, and deserving of the many great things to come at your next level. Our session left me with clarity and confidence as I continue on the path to my next level.”

**-Stan, client**

“Dawn helped me to relax and take control of certain parts of my life that had gotten out of hand. Self hypnosis is a wonderful thing. You train yourself to look deep inside and finally let go of your worries and past and to be positive about your life and your surroundings and when you are positive, you receive positive. Dawn was able to get me to quit looking at things negatively and to enjoy life and all it has to offer. Her technique and understanding of what she does is unparalleled.”

**-Crystal Bennick, client**

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## Recommendations Continued

“Dawn saved my life. Dawn has an amazing and unique ability to listen to what you want and need, then helps you obtain those goals. She is professional and very knowledgeable in her field. After spending time with Dawn, I walked away a completely new, positive, and energized person. Dawn taught me to see what I want and how to go after it. I have no doubt that she can help anyone overcome their obstacles and fulfill their desires and wishes for an exciting, happy and prosperous life.”

**-Tracy Riley, MSW, Owner of The Adoption Authority**

### **CORPORATE:**

“Imagination, dedication, commitment and creativity are a few words that come to mind when I think of Dawn’s gift. She helps people remove the blocks enabling them to find their best self. Dawn does this by creating a safe place that opens you to the tools that empower you to accept success. Her creative approach adapts to the needs of her clients, Dawn helped us make the necessary paradigm shift needed for one of our organizations leadership groups. I highly recommend Dawn if you’re looking for a partner to help you and your organization be open to all the possibilities for growth.”

**-Ralph Massella, Senior Vice President of Sales**

"If you are searching for a unique speaker who can generate excitement and value for your employees or customers, I highly recommend Dawn Grant. Her presentation on self awareness and personal empowerment was one of the most unique speeches that we have ever heard. Our people could not stop talking about her ideas and concepts - they were clearly fired up and very appreciative of what Dawn shared with them. She is reasonably priced, personable, relevant and powerful."

**-Matthew D. Tully, Senior Vice President of Marketing**

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## Recommendations Continued

"I have complete confidence this will allow me to reach my full potential. The consistency and progression of the messages and information provided has created a tremendous amount of awareness- which has been instrumental in creating positive change- in me individually but most importantly as a group it has become magnified, reinforcing our acceptance of change. Dawn Rocks!!"

**-Kathy Crowder**, Sales Manager

"Dawn completed an enjoyable, informative presentation for my leadership team. Everyone was engaged, had fun, and learned a lot. She covered aspects of self hypnosis as they relate to improved performance and production. Both did improve afterwards. Dawn also formed lasting relationships with several people present and those continue today. I recommend Dawn."

**-Kathleen Heck**, Executive Vice President

"Dawn is very knowledgeable and professional and I would recommend her to everyone. Dawn changed my life by helping me open my mind to the power of positive thinking."

**-Sean McNeil**, Loan Consultant

[Contact Dawn on LinkedIn](#)