



L I F E / S T Y L E S
WITH DONNA

Presentations Trainings
Coaching Courses
Retreats

Section 1

Personal & Professional Self-Development

- 1. Team Building - T.E.A.M.**
- 2. Bridging the Gap - Diversity, Acceptance & Inclusion**
- 3. Office Zen - Work/Life Balance & Stress Management**
- 4. Successful Goal Achievement - Personal & Professional**
- 5. The Uncommon Manager - Excellence in Leadership**
- 6. The Success Principles - with The Canfield Method**
- 7. Healthy Personal Boundaries - Self-Confidence**

T.E.A.M.

Our Strength Grows
When We Work
Together



**Together We
Achieve More**

Team Building

**With the #1 Success Principle.
Creating a Positive Work
Atmosphere Participants
Fine-Tune Skills for:**

- **Enhanced Communication**
- **Managing Conflict**
- **Irradicating Gossip**
- **Working With Integrity**
- **Fostering Relationships
Between Managers & Staff**

Bridging The Gaps

Generationally

Culturally

Personally

Fostering
Inclusion, Respect,
and Trust
in The Workplace

Overview

- ▶ What's Great About Where You Work
- ▶ Apples & Oranges & Diversity
- ▶ Bridging the Gaps
Generationally
Culturally
Personality Wise
- ▶ Listening & Learning
- ▶ Cultivating Belonging, Acceptance, Inclusion

*Monday
Thru Friday*

Cultivate

Peace,
Order
Harmony



Simplify

*Create Atmosphere
with Attitude*

Work with Integrity

***Be** At Lunch*

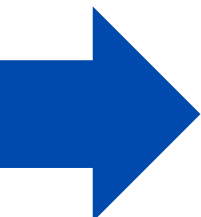
Stretch Often

Breathe

Office Zen

*Inspired
Meditations*

Work & Life Balance



Office Zen

Work Life Balance



Does this resonate with you?

Are you merely surviving or truly thriving? Finding it hard to juggle work and life? Office Zen provides a fresh outlook on stress and burnout. Participants will:

- Learn About the Stress Response & the Relaxation Response
- Address Irritations and Unfinished Tasks
- Adopt Success Principles for Effective Time & Task Management
- Take Away Twelve Self-Care Methods to Alleviate Burnout and Evoke *Office Zen*



TRANSFORMING PERSONAL & PROFESSIONAL GOALS INTO REALITY

SUCCESSFUL PEOPLE SET GOALS

**A 2-SESSION WORKSHOP
(FOLLOW-UP ACCOUNTABILITY SESSION
4-6 WEEKS LATER)**

**STATISTICS REVEAL THAT 80% OF PEOPLE FAIL TO
ACHIEVE THEIR GOALS
HELP YOUR EMPLOYEES
BE PART OF THE 20% THAT DO!**

Participants Will:

- **Discover The Importance of Landmark Dates**
- **Gain Clarity on Their Vision**
- **Identify Different Types of Goals**
- **Study Specifics Steps for Goal Achievement**
- **Activate The Brain for Success**
- **Utilize the Power of Visualization & Affirmations for Goal Achievement**

The Uncommon Manager



The Uncommon Manager-Leadership Training

Certain responses and skills are characteristic of successful individuals
in response to workplace events.

The *Uncommon Manager* manages:

- Mental Visualizations, Thoughts, Speech, Actions
- They Transcend Pettiness and Gossip
- Foster Understanding Where There Might be Confusion
- Promote Goodwill Where There May Be Animosity
- They Manage Difficult Situations with Wisdom and Respect for Others

The Uncommon Manager Prioritizes Personal Well-Being
in Order to Provide Positive and Robust Leadership.

Recommended 1/2 day or Full Day Retreat



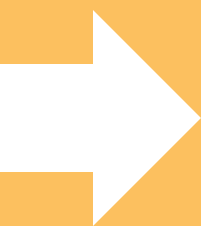
The Success Principles

**Have you heard of Jack Canfield,
America's #1 Self-Development Expert?**

**Jack is co-author of the *Chicken Soup for the Soul* series,
author of *The Success Principles*, & more.**



Donna Mitchell is a Certified Canfield Trainer.





The Success Principles **Transform Your Life** **with a Proven System of** **Success**

**Get From Where You Are to Where You
Want to Be**

Get Clear On Your Purpose
Create a Vision for Your Life
Conquer Self-Doubt
Overcome Procrastination
Boost Confidence
Release The Brakes & Take Action
...plus more

Healthy Boundaries



Personal & Professional

Empowering People With Strategies To:

- Uncover the Reasons Behind People-Pleasing Tendencies
- Excavate Out-Dated Negative Belief Patterns
- Restore Healthy Self-Esteem
- Speak Up
- Counter Bullying

Section 2

Health & Well Being

- 1. Mental Health & Wellness - Breaking the Stigma, and more**
- 2. Emotional Well Being - It's As Important as Mental Health**
- 3. Blue Zone Lifestyle - Living Healthily at 100+ Years**
- 4. The Profound Benefits of Physical Activity for Brain & Body**
- 5. Healthy Eating - Get Savvy About What's on Your Plate**
- 6. The Lost Art of Relaxation - Even on Our Tropical Islands**
- 7. Self-Care - Why It's Important, Identifying Your Needs, and more**
- 8. Chair Yoga - Flexibility, Ease Pain, Improve Energy - At Work**

Mental Health & Wellness

- **Develop an understanding of what Mental Health Is, and what it is not. Break the Stigma**
- **Identify common cognitive disorders**
- **Attendees take an experiential journey into their own minds**
- **Identify Stress Triggers**
- **Discover valuable tools that foster mental health**

Depression
Anxiety
Fear
Loneliness



INCLUDES
“A BEACHWALK
MEDITATION”
BY DONNA
& GUIDE TO
DEVELOPING A
MINDFULNESS
PRACTICE

EMOTIONAL WELL BEING

We focus so much
on mental health,
let's not forget
emotional well
being.

Emotions drive
behavior.

A Excellent Follow-Up

Presentation to

Mental Health & Well Being

- At What Age Does Emotional Control Begin?
- How Emotions Form
- Emotions as Chemical Messengers
- The Effects of Dangerous Emotions on Physiology
- Identifying Rational vs Irrational Emotions
- Circumnavigating Emotional Storms
- A Look at Guilt & Resentment
- Steps to Emotional Well Being

Create a Blue Zone Lifestyle!

Blue Zones are Specific
Places on the Planet
Where People Live
to 100+ Years.
Centenarians &
Still Thriving!

Residents of Blue Zones experience
lower incidences of chronic diseases like
cancer, diabetes, dementia, and heart
issues, and seldom require medication.

They lead active, social, and
independent lives. This presentation
uncovers their shared secrets.

Create your own Blue Zone Lifestyle.

Physical Activity

The Many, Many, Many
Benefits

Although most people
understand the value
of being active, many
remain inactive,
unable to drum up the
motivation &
discipline.

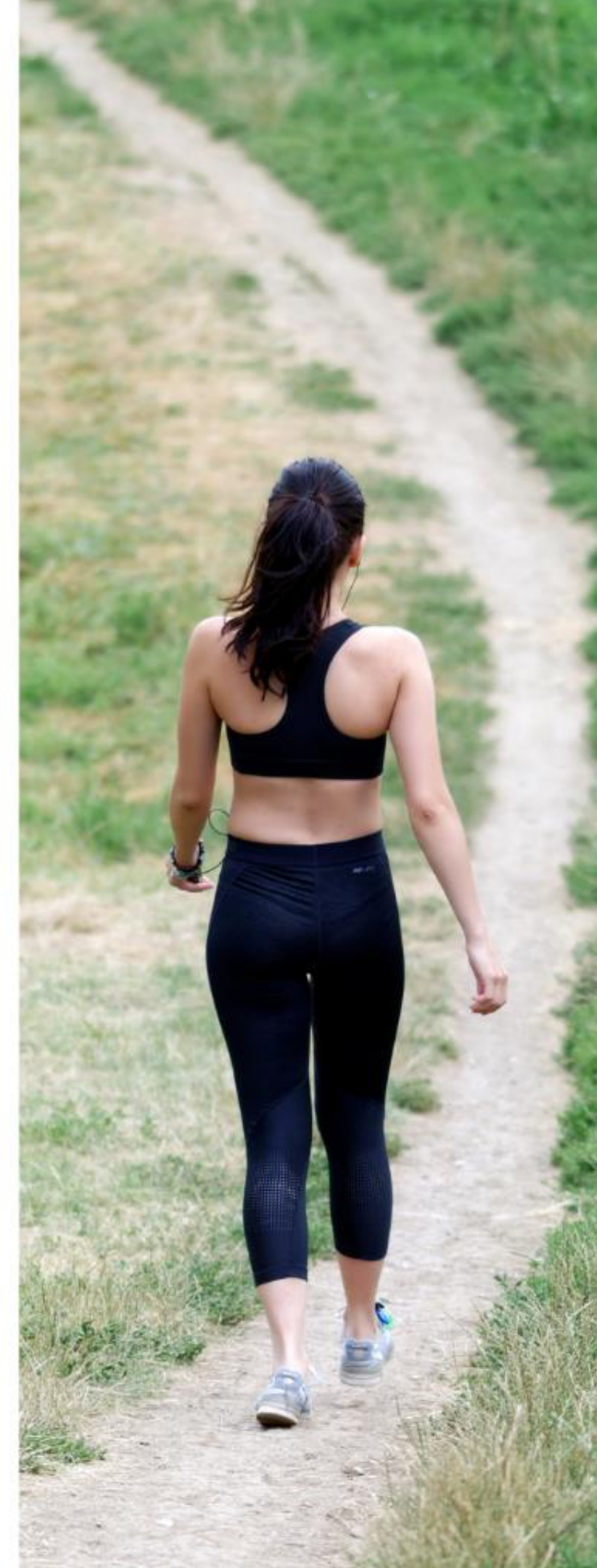
Let's Get Your Team
Inspired.

PHYSICAL ACTIVITY

Fitness & Success, Is There a Link?
The Many Benefits of Exercise
Does Terminology Get in the Way?
Motivation? Do You Have It?
Overcoming Internal Resistance
Goal Setting & Accountability

**Participants will
Create a Personalized
Activity Plan**

**Physical Activity
Enhances Well-Being**





Explore the impact of nutrition on physical well-being as well as on mental & emotional health.

Discover how to eat healthily on a budget.

Gain insights into the realities of the processed food industry.

Receive a copy of *Lifestyles' Healthy Food Guide* and design a meal and snack plan tailored to your lifestyle.

 **Healthy Eating**

The Lost Art of Relaxation





The Lost Art of Relaxation

- **Step Off the Treadmill**
- **Scientific Evidence on the Dangers of Oxidative Stress**
- **The Role of Meditation and Mindfulness in Today's Chaotic World**
- **Experiential Practice—20-30 minutes of Meditation Practice**
- **12 Effective Techniques to Promote Relaxation and Restoration**
- **..Plus Participants receive a digital download of Donna's Audio Yoga CD**

**Successful
People
Prioritize
Self-Care**



**SELF
CARE**

- **Breaking The *Selfish* Stigma**
- **5 Cornerstones of Self-Care**
- **Lifestyle Basics**
- **Guilt-Free Decision Making**
- **Gaining Support**
- **Identifying What You Need**

Chair Yoga

At Work



Ease back pain, maintain flexibility, release tension, improve posture,
improve mood, restore energy.

1-Hour Interactive/Instructional Session



Donna is a Certified Yoga & Mindfulness Teacher, Circa 2005

Section 3

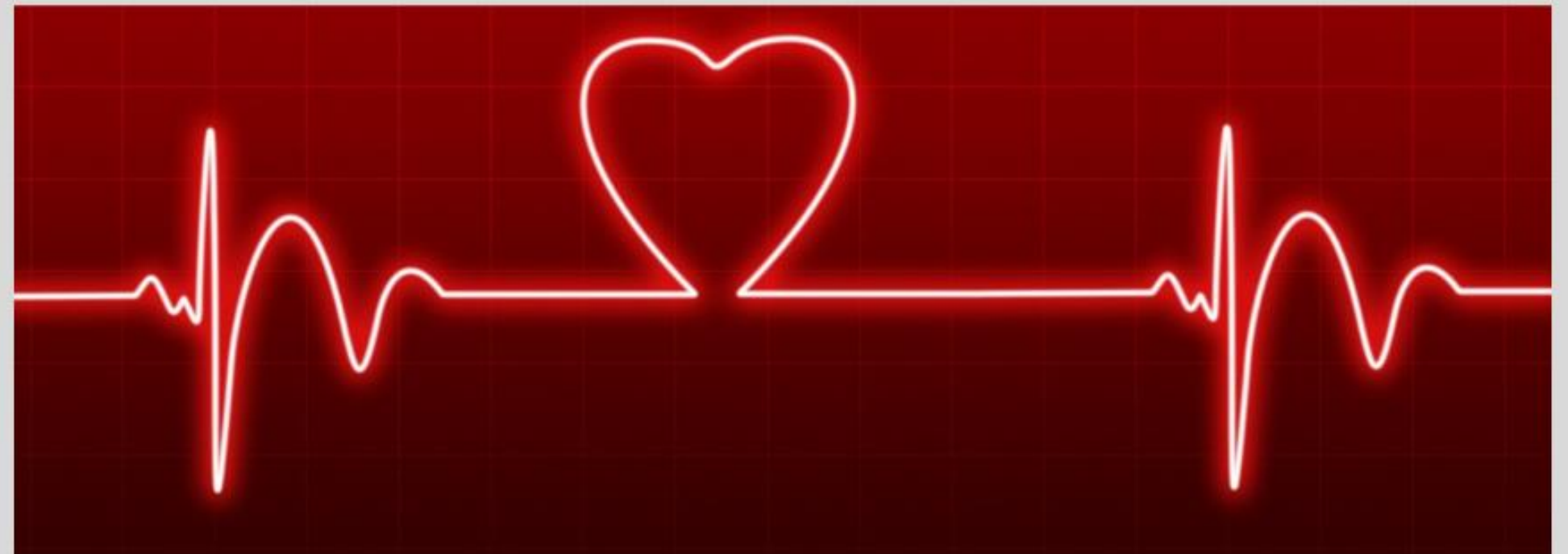
Seasonal Themes

1. February - Heart Health Month, Be Heart Healthy
2. Harmonious & Happy Relationships - Valentines Day
3. Harness the Vitality of Spring: Refocus, Renew, Recommit
4. Concerning Anxiety & Hurricane Season: June-November
5. Handling the Bustle and Pre-Holiday Stressors of Christmas
6. The Little Black Dress - (9-week Pre-Christmas Course)

How to Take Care of Your Heart

Popular Presentation
for February -
Heart Month

Heart Health



How Stress Affects Your Heart
Life Management Steps for
Heart Health

**HEALTHY & HARMONIOUS
"RELATIONSHIPS"**
FOR COUPLES & FOR SINGLES



**A fun & engaging
presentation for enhancing
romantic & family
relationships.**

**Popular during February for a
Valentine's Day theme.**



Spring...
a time to Renew,
Recommit, Re-Focus

Inspired
LIFESTYLES
WITH DONNA



Capturing the Vitality of Spring

A quarter of the way into the year, motivation and enthusiasm may begin to lag and diminish.

Life and work may have become routine, resulting in a drop in interest and performance as compared to the New Year beginning.

The Season of Spring offers an opportunity to:

- Rejuvenate Energy
- Enhance Creativity
- Rededicate to Long-Term Objectives
- Foster the Development of Innovative Concepts
- Sow the Foundations for Future Achievements

Help your team Reset at Springtime

Concerning Anxiety And Hurricanes

Enduring Hurricane Season can strain
mental, physical, emotional, and financial
fortitude

Memories may lead to
Post-Traumatic Stress Disorder



Concerning Anxiety & Hurricanes

What's Covered:

- **Fear: Real or Imagined?**
- **The Anatomy of Anxiety**
- **The Life Principle that Immediately Enhances an Optimistic Mindset**
- **Intervention Strategies for Heightened Anxiety (for yourself or others)**
- **Coping: Before, During, and After a Storm**
- **Sharpening Decision-Making Skills**

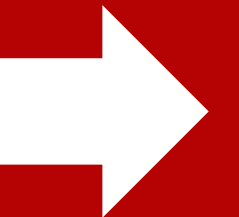


*This seasonal
Lunch & Learn
outlines
steps to manage
the extra
stressors of the
season.*

The Holidays...

As the holiday season approaches, many people are already feeling overwhelmed. There just seems to be so much to do.

Add to that, budgeting constraints, end-of-year pressures, and perhaps sadness as Christmas brings memories of loved ones no longer here.



Even Santa Enjoys That Feeling of Being Prepared and Relaxed!

Participants Will:

- Prioritize Their Lists
- End Procrastination
- Avoid That End-of-Year Burnout
- Maintain Healthy Practices Without Compromising on Enjoyment
- Take Care of Emotions of Sadness and Missing Loved Ones
- Return to Work Rejuvenated Rather Than Exhausted





The Little Black Dress

A Pre-Christmas
Healthy-Lifestyle
Weight-Loss
Course

Imagine How It Feels!
Sliding into Smaller Sizes.
A Focused
Course!!



For Guys & Gals

**Slide into that
Little Black
Dress
or
Skinny Jeans**

**Adding 10 extra pounds between Nov & Jan
is the norm for many people. But...**

***Imagine being 10-lbs less for the Holidays
this year! How does that feel for you?***



**Develop the mindset and skills for navigating
the holiday season in this pre-Christmas,
focused 9-Week course.**

Let's Get it Started at YOUR WORKPLACE!

Section 4

Special Courses & Retreats

Your Healthy You - Donna's Signature Program

Retreats - 1/2 Day and Full Day

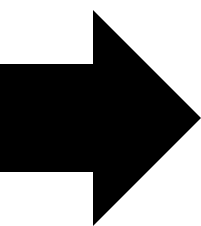


Your Healthy You

At-Work Wellness Initiative designed to foster a community of individuals united by shared goals for health & wellness, and sliding into smaller sizes.

**Embark on a
lifestyle transformation,
achieve your healthiest weight,
and maintain there with ease
for a lifetime.**

Donna's Signature Course!



Your Healthy You

The adventure starts with Module 1: Fresh Start, The Basics

The course includes:

- Weekly in-person (or virtual) presentation/workshop
- Follow-up session notes
- Strategic motivational and educational videos
- PDF excerpts from Donna's book: "*New Shoes, A Journey of Self-Discovery*"
- Food Journal Review and Meal Planning Guides
- Group chat sessions for problem-solving
- Between-session motivational boosts
- Optional *Walk & Talk* session
- Support & solutions for every lifestyle-related challenge
- ...and much more

Minimum Six Participants

15% Savings on 10+

Participants

1/2 Day or Full Day Retreats

Choose a Retreat Theme

**Personalized For
Your Requirements
& Interests**



Team Building

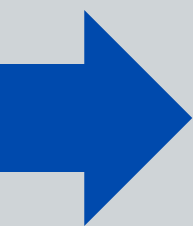
**Good Vibes
Enhancing**

**Educational &
Inspirational
Trainings**

**Motivational
Presentations**

Fun Activities

Great Food!





Team Building



fun & Beauty

Let's Chat About Rates & Your Budget

Deposit Required
for Venue Booking



Relaxation



fabulous food

Costs & Fees

1. Presentations, Lunch & Learns
2. Lunch & Learn and Additional Webinar
3. Lunch & Learn Package Plan

Donna is always ready to discuss your budget, specific goals, and workplace challenges. Her follow-up recordings and PowerPoint presentations assist attendees in absorbing the information and taking action to apply the principles to their daily lives.

Presentations

Lunch & Learn - 60-90 minutes

Starting at KYD \$550.00

Webinar

60- 75 minutes - KYD \$400.00

Lunch & Learn Package Plan

**Schedule 3 presentations and
save \$100.00 on each**

**All attendees receive follow-up session notes
and recording featuring presentation highlights
and links to resources.**

TRAININGS & PRESENTATIONS

Select a Theme

from Donna's List
of
Presentations

It's Then
Personalized For You

Starting at:
KYD
\$550.00

Request a Customized Presentation

(Average Design Time:
14-16 Hours)

Starting at:
\$1,500.00

Lunch & Learn Package

Schedule 3
Presentations
Within a Year of
Your First, and Save
\$100.00 on Each

#1: ~~\$550.00~~ - \$450.00
#2: ~~\$550.00~~ - \$450.00
#3: ~~\$550.00~~ - \$450.00



Donna Mitchell, Lifestyles, Ltd.

Health, Wellness & Success Coach, Author, Certified Canfield Trainer, Speaker,
Lifestyle Consultant Specializing in Weight Management, Certified Yoga &
Mindfulness Instructor, Certified Water Conditioning Therapist In
The Burdenko Method, Entrepreneur, Adventurer

Contact

Email: Info@InspiredwithDonna.com

www.InspiredwithDonna.com



[lifestylescayman](https://www.facebook.com/lifestylescayman)



[LinkedIN](https://www.linkedin.com/company/lifestylescayman)

929-7512