



Presentations, Lunch & Learns, ½ Day and Full Day Retreats

Work/Life Balance, Teamwork, Culture

Office Zen: Creating Work/Life balance by understanding the impact of stress on health, participants develop skills to change responses to life stressors, prioritize work and life-related needs, and manage time and life. Participants develop a personalized plan for self-care regulation.

T.E.A.M. Together We Achieve More: Fostering team unity with the #1 Success Principle and #3 of The Agreements results in a cohesive and positive work environment. Participants will engage in exercises for improved leadership, resolution of conflicts, enhance communication, and strengthening of team unity.

Bridging the Gaps: Generationally, Culturally, Personally: Understanding of similarities and differences fosters inclusion. This workshop (with interactive break-out groups) lays a foundation for bridging gaps between senior and junior staff, ex-pats and local Caymanians, as well as personality types. (Loud voices vs quiet). Attendees address & take responsibility for how they individually influence the workplace environment through attitude and conversations.

Health & Well Being

The Benefits of Physical Activity: An active lifestyle affords benefits in many ways including brain health, cardiovascular health, mood control, melatonin release (for sleep) and more. Participants identify relatable benefits, uncover what gets in the way of being active, and design a personalized plan for increasing movement (including at the desk).

Blue Zone Lifestyle: Blue Zones are specific places in the world where longevity extends to 100+ years, where dementia is rare, and people are thriving physically, mentally, emotionally. Dependency on pharmaceutical drugs is rare. Common identifiable factors between these zones are outlined, and participants discover how to create their own Blue-Zone Lifestyle.

Heart Health: This presentation focuses on How Stress Impacts Heart Rhythms. Not only diet and exercise affect heart health, stress and emotional imbalance have a profound effect on heart rhythms. Often timed for February, Heart Month, participants learn specific steps for healthy heart coherence.

The Role of Immunity: As the Immune System is our first line of defense against disease, building a robust immune system is vital. Covid 19 taught us this. Participants learn how the immune system works, and with this knowledge, become responsible for their own health.

Self-Care – A Responsibility: Juggling careers, families, traffic, and life in general, many people are living life exhausted. Challenging the stigma of self-care being selfish, participants develop specific self-care strategies to improve overall health and wellness, on all levels.

Your Healthy You: Healthy Living & Weight Management: Donna's signature program. Available as a presentation and in-house wellness course (12 weeks). Participants are motivated to embark on a journey to their personal best weight guided by Donna's successful, common-sense methodology. This course has 4 modules (12 Weeks per module).

Mindful Eating: It's not only what you eat, it's how you eat. Slowing down and enjoying food is a life skill worth developing. Digestion and metabolism improve. Tendencies to overeat in response to stress, skipping meals, eating lunch at the desk, and other poor habits, are reversed. Participants experiment with meal planning to reduce chaos and last-minute poor choices.

The Art of Relaxation: The damaging toll that stress takes on health is highly recognized medically. Stress is the #1 killer. People globally are losing the ability to relax, or are feeling guilty if they do. In this presentation, attendees discover how to reverse 'the stress loop' and specific techniques to induce The Relaxation Response.

Mental Health – Emotional Well Being

Mental Health: Learning how the mind works, the structure of negative & positive thoughts, and how thoughts form, equips attendees with skills to literally "change their minds", thereby creating new neural pathways that become permanent over time. We dissolve the stigma around mental health, enable participants to identify cognitive disorders, and partake in 5-10 minutes of meditation.

Mindfulness 101: Mindfulness and meditation are practices that center us in the present moment, bringing clarity, and release of tension and apprehension. With less presentation time, this workshop is experiential with 30 minutes of meditation and 10 minutes of guided visualization. Links to Donna's "Beachwalk Meditation" and audio Yoga CD may be included.

Your Emotional You: We hear so much about Mental Health, that often **Emotional Health** is left behind. Emotions are strong messengers, affect the biological body, and need to be respected, identified, processed, and managed. Attendees learn to understand and navigate emotions, identify triggers, and develop new coping skills.

Slaying the Fear Giant: Anxiety and fear are rampant globally, and locally, and are impacting lives dramatically. Understanding the nature of fear helps participants dissolve its power & control over their thoughts and lives. Participants develop healthier responses to fear-inducing situations resulting in an easing of anxiety.

Guilt & Resentment: Overcome these two common toxic patterns and all aspects of health (and relationships) improves. Guilt is a dead-end emotion plaguing countless people. Resentment eats away at the soul and very fabric of being human. Participants learn why guilt & resentment are wasted emotions and discover how to release them permanently.

Achievement & Success

Successful Goal Achievement: High achievers, successful people set goals. Attendees discover how landmark dates impact motivation, various types of goals, how to strategically set goals, and how the brain works on our behalf to help us be successful. They leave with 5 specific techniques to facilitate goal achievement.

Inspiration & Motivation: Participants learn the difference between inspiration and motivation and identify “Their Why” for specific goals. Presentation of “The 4 Cornerstones of Motivation” increases understanding of the building blocks for sustaining motivation. Attendees engage in outlining specific action steps in relation to their personal goals.

Visualizations & Affirmations for Success: Activate the brain for successful goal achievement (and lifestyle design) through the proven techniques of visualization and affirmations. Participants learn the power of the spoken word, how to disengage from negative self-talk, and to utilize external visual sources for inspiration.

Eliminating Procrastination: Delay and distraction create a recurring cycle of procrastination. In this experiential presentation, attendees uncover obstacles to taking action, develop discernment in prioritizing, and discover the liberating power of taking action to get things done.

Orator: This training enhances leadership skills. A practical training in the effective delivery of presentations and speeches. Participants develop self-confidence skills as well as discover tips for holding a captive audience. A 2-Session Course.

Relational – Self/Others

Healthy, Personal Boundaries: End People Pleasing. It’s self-sabotaging and has a significant impact on quality-of-life experiences. Participants discover why the people-pleasing tendency is so common and develop skills to communicate effectively in alignment with personal/professional boundaries. Participants also identify self-sabotaging beliefs that may invite bullying.

Identity? Am I Who I Appear to Be: The value a person places on themselves flows over into every aspect of life. Attendees gain understanding of how & where self-worth develops, how it is injured, and the effect of personal worth on self-image, body image, and self-confidence. Participants identify outdated negative beliefs, rewrite a new narrative, and step forward with possibility.

Seasonal – Special Themes

Christmas: Managing the Holidays. A Pre-Christmas presentation on managing the added pressures and stresses of the season, including year-end work-related demands. Attendees prioritize lists and set action steps to delegate. Additionally, a discuss ensues on how to manage extra holiday indulgences of food and drink without negatively impacting health.

February: Matters of the Heart: What Partners Want: There are 3 things that partners have in common. By understanding what these 3 things are, couples (and single people) are able to nurture positive and healthy relationships. This is a fun, popular presentation for **Valentines Day**.

Spring: Harnessing the Energy of Spring: Living in the Caribbean, we may miss the seasonal rhythms which are more dramatic in northern climates. Spring, a time of rebirth, renewal, and planting for the future, may well be a time of fatigue and loss of vision. In this workshop, attendees harness the energy of spring, reset, and are renewed with 3 energy-boosting techniques easily integrated into daily life.

Note from Donna...

Presentations include follow-up session notes for participants, and may include links to additional assets designed and produced by Donna:

Her **book**, *New Shoes, a Journey of Self-Discovery*, **Yoga CD**, *Travel & Transformational Yoga*, **Water Fitness DVD**, *Water Works Wonders*, and **recording** of *A Beachwalk Meditation*.

I am happy to custom-design presentations, workshops, and retreats, for your interests and requirements.

Lunch & Learns (1 – 1.5 hours) - \$550.00

Retreats require 60 days advance scheduling

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