



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

### Work/Life Balance, Teamwork, Unity

**Office Zen:** Creating Work/Life Balance by changing responses to life stressors, prioritizing work and life-related needs, time and life management skill-building, and understanding of the role stress plays in health. 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 resulting in an improved work environment and atmosphere, resolution of conflicts, enhanced sense of belonging (inclusion), positive conversations, and reduction of negative gossip.

**Orator:** Effective and engaging delivery of speeches, presentations, and meeting 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.

### Health & Well Being

**The Benefits of Physical Activity:** Being active brings benefits in so many ways including brain health, cardiovascular health, mood control, melatonin release (for sleep) and more. Participants learn the many benefits, discover what gets in the way, and design a personal plan for regular physical activity.

**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. Participants discover ways to create their own Blue-Zone Lifestyle

**Heart Health:** 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 the first line of defense against disease, building a robust immune system is vital and a step in being personally responsible for health. Participants learn how the immune system works and what they can do to improve theirs.

**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.

## Health & Well Being cont'd...

**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, skip meals, or eat lunch at the desk are reversed. Participants experiment with meal planning,

**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 specific techniques to induce The Relaxation Response.

**Seasonal: Managing the Holidays.** A Pre-Christmas presentation on managing the added pressures and stresses of the season. Attendees prioritize lists and set action steps to complete all on their list. They also discover how to manage extra holiday indulgences of food and drink.

## Mental Health – Emotional Well Being

**Mental Health:** Learning how the mind works, the structure of negative vs positive thoughts, and how thoughts form, equips attendees with skills to literally “change their minds”, creating new neural pathways that become permanent over time. Change your thinking, change your life.

**Mindfulness 101:** Mindfulness is a practice that centers in the present moment, bringing clarity and the ability to manage tasks and release tension and apprehension. Mindfulness is helpful in alleviating depression. In this presentation, participants partake in experiential meditation.

**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. Learn to navigate emotions & ending unhealthy behaviours.

**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, and they will learn healthier responses to fear-inducing situations resulting in an easing of anxiety.

**Guilt & Resentment:** Overcome these two common toxic patterns and health improves. Guilt is an emotion plaguing countless numbers of people. Resentment eats away at the soul and very fabric of being human. Participants learn why guilt is a wasted emotion and how to release resentment.

**She Thrives – The Emotional Component of Being a Female Entrepreneur:** Emotional wellbeing is inherent to success in business. We overcome the stigma of women being ‘too emotional’, discover how men & women process emotions differently, and help women thrive in an often-lonely place.

## Achievement & Success

**Successful Goal Achievement:** High achievers, successful people set goals. Attendees discover how landmark dates are important, the types of goals, how to strategically approach goals, how the brain gets involved for success, and 5 specific techniques to facilitate goal achievement.

**Inspiration & Motivation:** Participants learn the differing definitions of inspiration and motivation and identify “Their Why” for specific goals. Delivery of the 4 Cornerstones of Motivation increases their understanding of sustaining motivation followed by specific action steps for achievement.

**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 and how 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 & tension reduces.

## 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.

**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 popular presentation for February- Valentines Day

**Self-Image, Body Image, and Self-Confidence:** The value a person places on themselves flows over into every aspect of life. Attendees gain understanding of how & where self-worth develops, may be injured, and the effect of self-worth on a self-image, body image, and self-confidence.

### Note from Donna...

**Each presentation topic listed is additionally available in private & couples coaching.**

**Do you have specific needs for your employees and business? I am delighted to custom-design presentations, workshops, retreats, for your interests and requirements.**

**Participants always receive follow-up presentation notes. Power Point Presentations and/or Training Videos are an optional add-in for your group.**

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