

PHYSICAL - MENTAL - EMOTIONAL HEALTH AND WELL-BEING

A HEALTHY YOU

Create a **Blue Zone**
Lifestyle
Quality of Life & Longevity

FRESH START

Learn **What** to Eat
Lifestyles Food Guide &
Meal Planning Workshop

MINDFUL EATING

Discover **How**
to Eat

WHY MOVE MORE?

Exercise **Benefits**
for Body & Brain.
Create an Action Plan

MENTAL HEALTH

Discover Thoughts
Can be Controlled
Improve Brain Function

MINDFULNESS 101

**Experiential &
Interactive**
Mindfulness & Meditation

OVERCOME 2 TOXIC PATTERNS

**Guilt &
Resentment**
Processing Skill Building

YOUR EMOTIONAL YOU

The Emotional
Landscape & Health
Learn Helpful Techniques

END PEOPLE- PLEASING

Be Confident, Set
Healthy Boundaries

STRESS

MOTIVATION

LIFE

OFFICE ZEN

Skills for Achieving
Work/Life Balance

THE ART OF RELAXATION

Relearn How to
Unwind & Destress

HEART HEALTH

Stress Affects Heart
Rhythms

GOAL ACHIEVEMENT

Unleash the Power
of Goal Setting
Vision & Goal Setting

AFFIRMATIONS & VISUALIZATION

Proven Techniques
for Achieving Goals
Interactive & Fun

MOTIVATION & INSPIRATION

What's The
Difference? Use both!

TRANSFORMATION

Success in All Areas
of Life with
**The Success
Principles**

1/2 Day or
Full-Day Retreat

**What do you need
as a presentation?**