



**LIFESTYLES**  
WITH DONNA

**Presentations      Trainings**

**Lunch & Learns**

**Webinars      Retreats**



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

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# **Section 1**

## **Personal and Professional Self-Development**

# **Personal & Professional Self-Development**

- 1. Be the CEO of Your Own Mind - Mind Management**
- 2. Team Building - T.E.A.M. - Unity at Work**
- 3. Drop Your Backpack: Transitioning from Work to Home**
- 4. Bridging the Gap - Diversity, Acceptance & Inclusion**
- 5. Office Zen - Work/Life Management**
- 6. Successful Goal Achievement - Personal & Professional**
- 7. The Uncommon Manager - Excellence in Leadership**
- 8. The Success Principles - with The Canfield Method**
- 9. Healthy Personal Boundaries - Self-Confidence**
- 10. Effective & Engaging Public Speaking**



# **Stress Management is Really About Mind Management**

**The benefits of Becoming the CEO of Your Mind:**

- less chaos, tension, anxiety, and feelings of being overwhelmed**
- a more positive attitude and outlook**
- improved memory recall**
- better sleep patterns and improved digestion**
- overall general wellness**
- enhanced quality of life - both at work and at home**
- increased ability to manage challenges with discernment**
- improved crisis-management skills**

# 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**

# Drop Your Backpack



## Lunch & Learn or Keynote Presentation

**Making the transition from work to home life is not easy.**

**Switch off for your health and sanity, convert work-related rumination to creative problem solving, and fine-tune scheduling to meet demands.**

**Schedule Your Presentation Today**

# 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

# 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*

A person is running on a rocky path at sunset. The background is a bright orange and yellow sky with a silhouette of a person running on the left side.

**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. Where Do You Want to Be?*

- **Self-Development**
  - **Get Clear on Your Purpose & Passion**
  - **Create a Vision for Your Life**
  - **Conquer Self-Doubt**
  - **Overcome Procrastination**
  - **Boost Confidence - Act As If  
Release The Brakes & Take Action  
Complete Tasks & Overcome  
Irritations**
- Plus More Success Principles...**

# Healthy Boundaries



## In Both Personal & Professional Life

Empowering People  
With Strategies To:

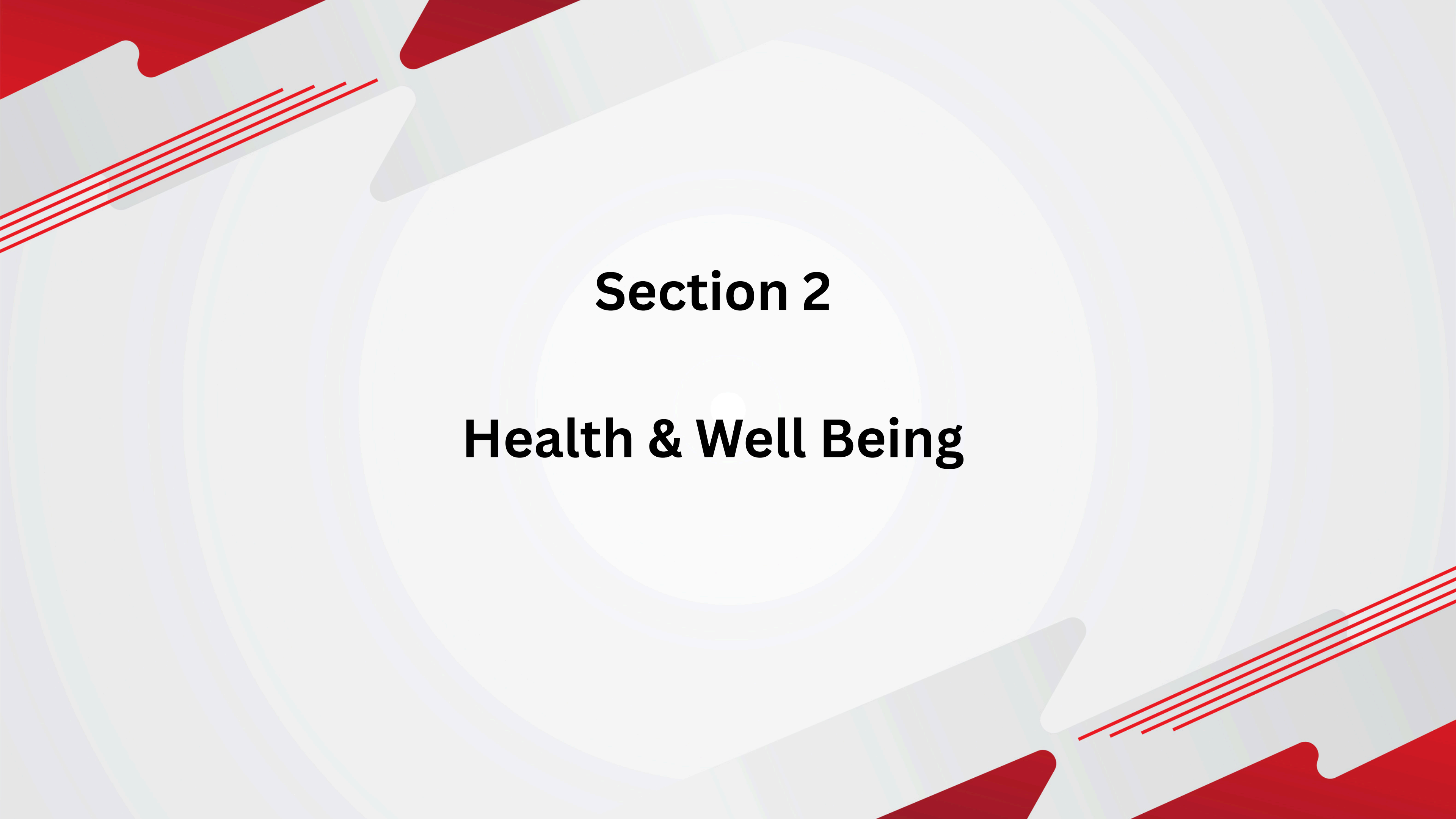
- **Uncover the Reasons Behind People-Pleasing Tendencies**
- **Excavate Out-Dated Negative Belief Patterns**
- **Restore Healthy Self-Esteem**
- **Speak Up**
- **Counter Bullying**
- **Gain Self-Confidence & Respect**
- **Feel Safe**

# Effective & Engaging Public Speaking

- Why It's an Important Skill
- Overcoming the Fear
- Preparation
- Presenting with Impact
- Audience Engagement
- Storytelling
- ...and more

Learn how to pitch an idea, chair a meeting, make your voice heard.





**Section 2**

**Health & Well Being**

# **Health & Wellness**

- 1. Mental Health & Wellness - Breaking the Stigma, and more**
- 2. Emotional Well Being - It's as Important as Mental Health**
- 3. The Big 3: Anxiety, High Blood Pressure, & Diabetes**
- 4. Blue Zone Lifestyle - Living Healthily at 100+ Years**
- 5. The Profound Benefits of Physical Activity for Brain & Body**
- 6. Healthy Eating - Get Savvy About What's on Your Plate**
- 7. The Lost Art of Relaxation - Even on Our Tropical Islands**
- 8. Self-Care & Self-Compassion - It's Not Selfish, It's Imperative**
- 9. After-Hours Yoga - Avoid Sitting in Traffic**
- 10. Chair Yoga - Flexibility, Ease Pain, Improve Energy - At Work**
- 11. *Your Healthy You* - At-Work Wellness & Weight Management Course**

# 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

# The Big 3

**Health Insurance Providers  
Identify 3 Major  
Health Concerns**

**ANXIETY  
HIGH BLOOD PRESSURE  
DIABETES**

**What do they have in common?  
What are the short & long-term risks?  
How does lifestyle play a critical role in both cause  
and restoration to health?**





**Create a  
Blue Zone Lifestyle!**

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

Residents of Blue Zones experience  
lower incidences of chronic diseases 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.

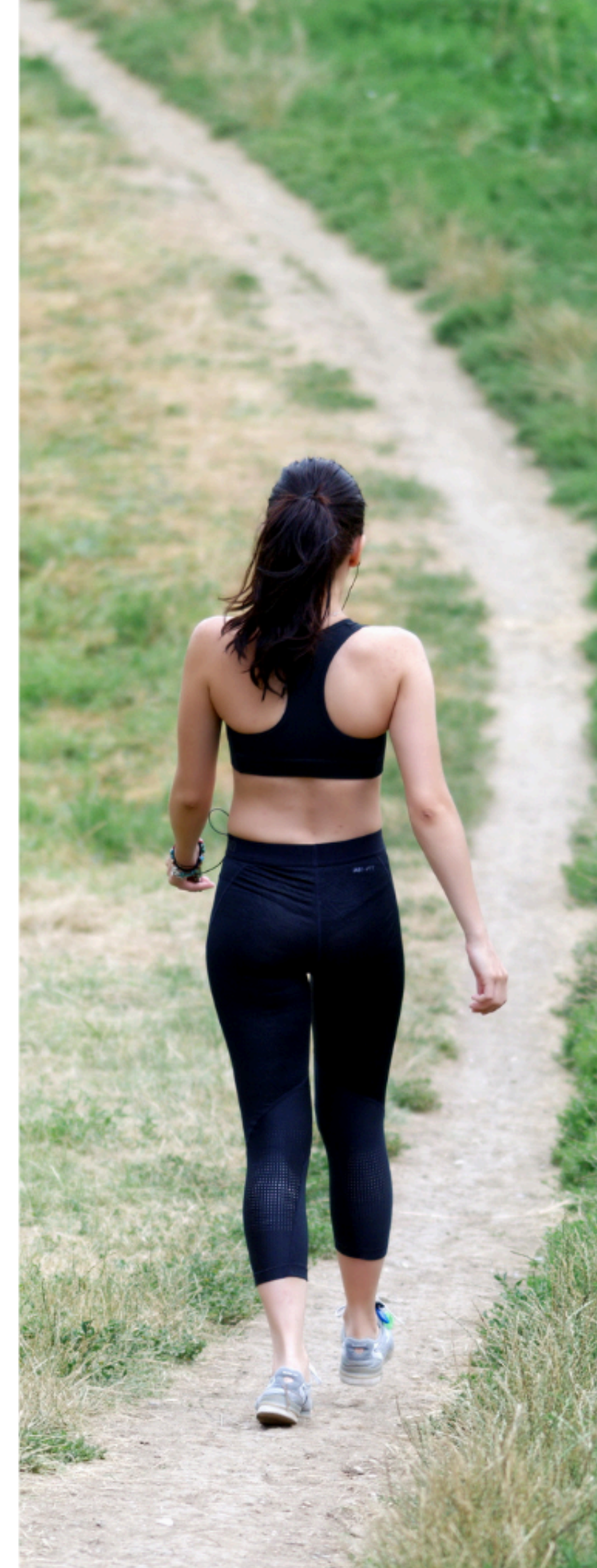
Let's Get Your Team  
Inspired.

# 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**

- **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**

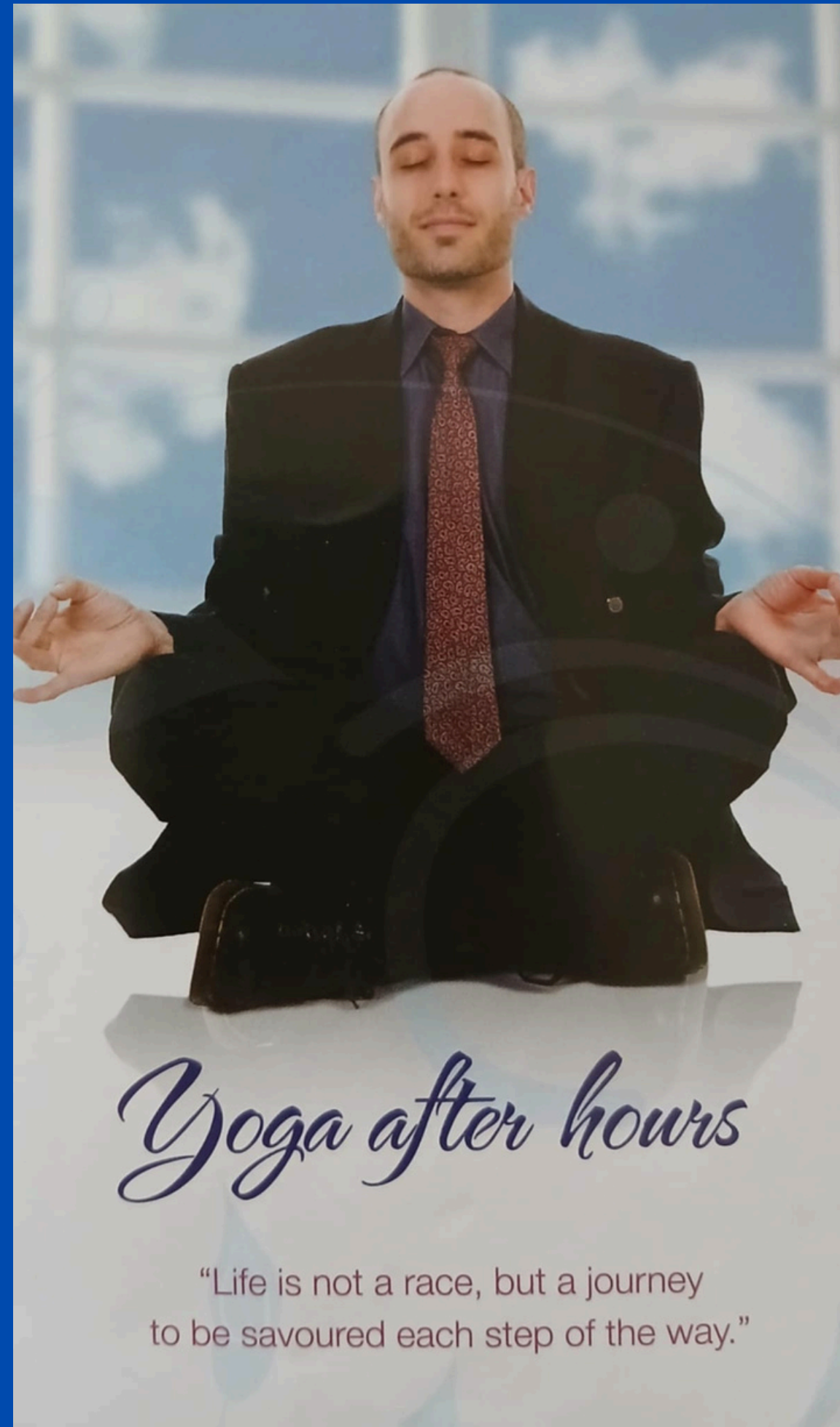


**SELF  
CARE**

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

Being Stuck in Traffic  
at the End of a Workday  
= Frustration

A Simple Lifestyle Shift with  
*Yoga After Hours*  
Avoids Traffic Frustration,  
Improves Mood, Releases  
Mental Overload, and Eases  
Physical Tension.



Let's Get  
Yoga After  
Hours  
Started For  
Your Team...

# Chair & Desk Yoga ➡



## **Working at a Desk Takes a Toll on Your Body**



# **Chair Yoga Training**

- **Improve Posture**
- **Learn Desk Stretches that Ease Pain & Discomfort**
- **Stimulate Circulation**
- **Increase Flexibility**
- **Build Core Strength**
- **Ease The Stress Response**
- **Improve Energy & Mood**
- **Enhance Mental Clarity & Work Performance**

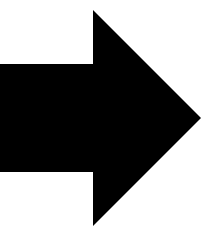


# Your Healthy You

**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**

# **Section 4**

**Laser-Coaching: Employee Wellness Day**

**Retreats**

# *Life Coaching Day- At-Work*

**Many people are struggling in silence, trying to cope.**

**Some feel as if they have nobody to talk to, and they don't.**



# **A Wellness Day... Mini-Laser Coaching**

## **30-Minute Mini-Laser-Coaching Session Per Employee**

1. Select a 1/2 day or full day for your Office Laser- Coaching (depending upon number of employees)
2. Arrange a private meeting space
3. Schedule a 30-minute session for each participant
4. Provide participants with a list of coaching topics (provided by Donna)
5. Send Donna participants name and their chosen area for coaching
6. A positive, welcoming, and confidential experience awaits each person
7. Each participant will receive an email with follow-up support materials and referral links where relevant

**Enroll 6 or More and Receive 20% Discount**

# 1/2 Day or Full Day Retreats

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## 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



Relaxation



fun & Beauty

# Let's Chat About Rates & Your Budget

Deposit Required  
for Venue Booking



fabulous food

The background features a large, light blue circle with several concentric, slightly offset circles inside it. The outermost circle is the most prominent. In the corners, there are red geometric shapes: a large red triangle in the top-left, a red shape in the top-right, and a red shape in the bottom-right. Three parallel red lines run diagonally from the top-left towards the center, and another set of three parallel red lines runs diagonally from the bottom-right towards the center.

# **Section 5**

# **Seasonal Themes**

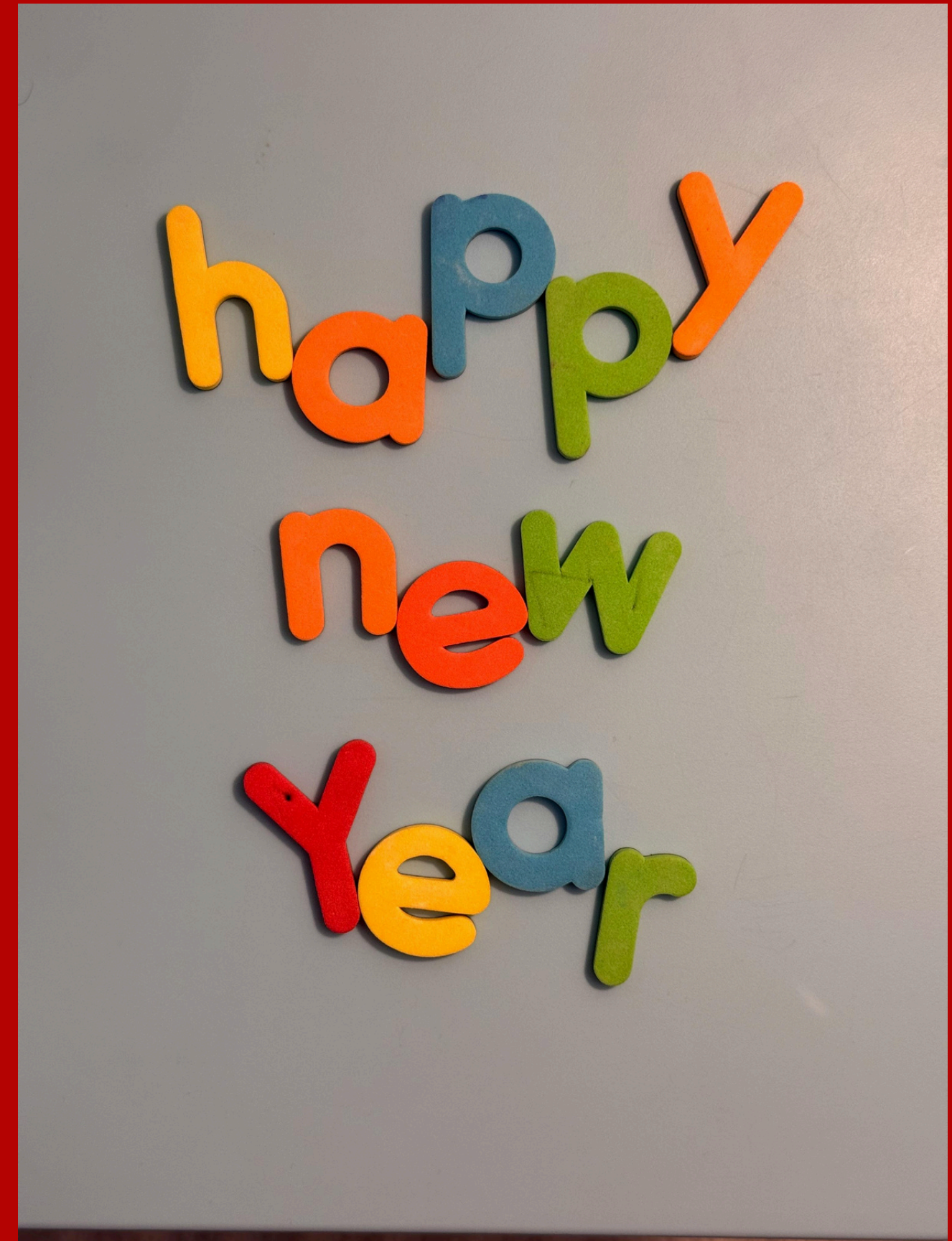
## Seasonal Themes

1. **January - Effective Goal Setting**
2. **February - Heart Health Month, Be Heart Healthy**
3. **February - Harmonious & Happy Relationships**
4. **March/April - Harness the Vitality of Spring: Refocus, Renew, Recommit. Optimal Time for “Your Healthy You” Course**
5. **April/July - Concerning Anxiety & Hurricane Season**
6. **October - December: The Little Black Dress - Pre-Christmas Weight Management Course)**
7. **November/December: Managing the Bustle of Pre-Holiday Stressors**

# Start the New Year

## With Intention & Purpose

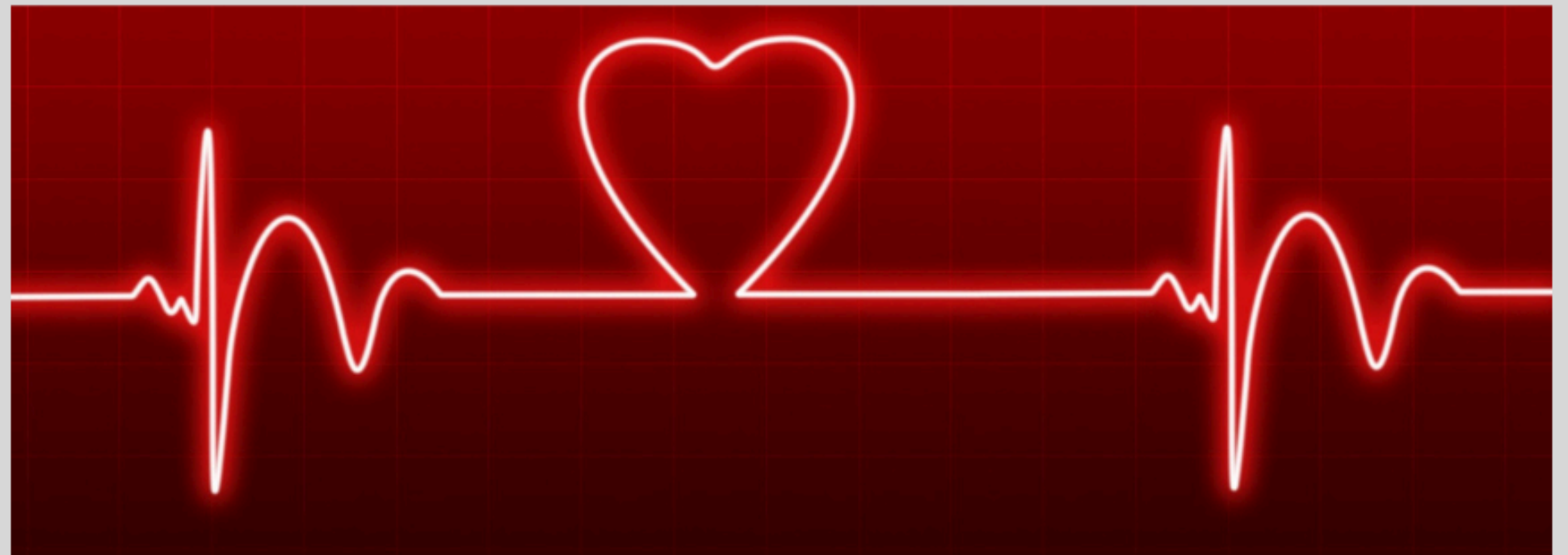
- Grasp the Power of this Landmark Date
- Get Clear on Vision
- Identify Types of Goals
- Learn Strategic Steps for Goal Achievement
- Activate The Brain for Success



# 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:

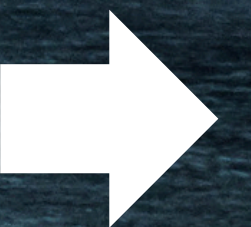
- Rejuvenate Energy
- Enhance Creativity
- Rededicate to Long-Term Objectives
- Foster the Development of Innovative Concepts
- Sow the Foundations for Future Achievements

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**



**The Little  
Black Dress  
A Pre-Christmas  
Healthy-Lifestyle  
Weight-Loss  
Course**

**Imagine How It Feels!  
Sliding into Smaller Sizes.**

**A Focused  
Course!!**



**6.**

**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!**

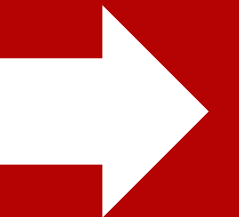


*This seasonal  
Lunch & Learn  
outlines  
steps to manage  
the extra  
stressors of the  
season.*

## *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



# **Fee Structure**

**Speaking Engagements**

**Lunch and Learns**

**Webinars**

**Retreats**

## **Presentation Costs & Fees**

**Donna is open to discussing your budget. Most presentations or Lunch & Learn sessions take between 10–16 hours to create, with retreats requiring more time.**

**Your package may also include follow-up recordings, highlight slides, and email support materials.**

**Pricing can be set per person or as a flat fee. Retreat quotes are based on specific needs.**

# 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

# Some of Donna's Clients

