



Mindfulness, Self-Care & Personal Resilience

Calm, Focus, Nervous System Support, Sustainability

Back to School, Back to Self-Care

Practice Simple Steps Every Day

Sit back, relax and look forward to getting back to self-care! Whether you are navigating the back-to-school craziness or not, a new season brings the perfect opportunity to fall into new and better habits. This self-care session explores four domains of wellness – mind, body, spirit and environment.

Look forward to exploring several self-care practices within each domain and experiencing the big benefits of layering more self-care moments into your day.

Cultivate Calm

Four Wellness Practices to Increase Peace & Steadiness

In a time when life may seem overwhelmingly uncertain, let's shift the focus to cultivating a sense of calm. This session focuses on applying personal agency to develop four supportive wellness practices. Look forward to exploring why each practice is beneficial followed by how to continually nurture each day-over-day. Wellness is a process, and by staying committed to that process, the physical, mental and emotional well-being benefits are many.

Grounded in Wellness

Strategies to Move Toward Mindfulness at Work & Home

Life's turbulence can understandably amplify feelings of uncertainty, overwhelm, fatigue and much, much more. Given resounding evidence around mind/body connection, these feelings manifest in the body in a variety of ways. Join us for discussion and discovery of tactics known to support grounding the mind and body. These practices can be layered directly into the workday for personal and professional well-being. Look forward to a session that's both inspirational and experiential for maximum benefit.

Meditation 101: An Introduction to Meditation

Five Meditation Practices to Revitalize & Refocus Your Day

Meditation is an accessible mind/body practice that supports improved health, mindfulness, self-awareness, peace, clarity and much, much more. Despite these big benefits, it's understandable that beginning a meditation practice could feel both unfamiliar and overwhelming.

This session supports a simple exploration of meditation basics in a safe and encouraging environment.



Mindfulness, Self-Care & Personal Resilience

Calm, Focus, Nervous System
Support, Sustainability

Moving Toward Mindfulness

Understand the Difference between Mindful & Mind Full

Days are busy and many working adults are pulled in multiple directions. Layer in multi-tasking, electronic devices and social interactions, and the brain is on chronic overload. By moving toward a daily mindfulness practice, you have the power to improve focus, quality, self-regulation and safety through daily self-awareness (at work, at home and all the spaces in between). Join us for a discussion on mindfulness and how it can positively impact you and those around you.

Self-Care Support

Assess & Plan for Action

Self-care is just as important as health care, but where do you begin? This session explores 12 areas of life that contribute to self-care, while integrating activities for self-awareness and self-assessment. By reflecting on where you are today, and your vision for the future, a personal wellness plan comes to light. This activity uses the “Circle of Life” to support you in identifying a focus area followed by a clear goal and daily action items. Progress, not perfection, is key to powerful and sustainable lifestyle shifts.

Thankful 365

Why & How to Cultivate an Attitude of Gratitude

The mind and body benefits of gratitude are many! This inspiring session focuses on cultivating an attitude of gratitude through self-discovery of current habits, shifting into a growth mindset and using gratitude as an essential part of your self-care practice. Look forward to being guided through weekly activities and simple daily practices. Trust that adoption of a consistent gratitude practice will, in turn support your physical, mental, emotional and spiritual well-being.

The 12 Days of Wellness

Support Self-Care this Holiday & Beyond

Sometimes the holidays are a whirlwind or are compounded by personal challenges, making it difficult to prioritize self-care. Stay festive and focused on your health and well-being with simple action items for enjoying your happiest and healthiest holiday yet!