



Educational Seminars

Catalog with Descriptions

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WHAT ARE GOOMI EDUCATIONAL SEMINARS?

Educational Seminars are an easy way to increase knowledge and information while motivating employees. These sessions can take place **VIRTUALLY** anywhere, anytime and can even be scheduled at recurring intervals to build upon topic content and enhance deployment of what's learned. Our interactive seminars deep-dive into topics attendees can apply immediately to their daily lives. From ergonomics to integrating self-care into jam-packed schedules, our presenters are ready to share their insights and expertise! Don't see what you are looking for, just ask and we'll do our best to secure the topic. Special curated topics may cost more depending on the topic and company integration.

Seminars are \$1,000 (60 mins) unless specifically mentioned in this guide. On-site seminars are available in most areas, travel fees may apply.



Educational Seminars

Standard Operating Procedures

HOW DO THE EDUCATIONAL SEMINARS WORK?

- Browse our catalog to find all of our topics.
- We ask for a 3 week lead time for booking our virtual seminars.
- ***Our educational seminars can be held on-site, but in some cases travel fees may apply. Please note we need a 4 week lead time for on-site seminars.***
- Virtual seminars will be hosted on Zoom and can include a chat feature where your teams will be interacting with each other. Clients may host the seminars on their platform as well.
- At least two weeks prior to your virtual session your individual zoom link will be emailed to you with marketing materials.
- Virtual seminars can be set up as Meeting or Webinars
 - **Meeting Style** - All participants can turn their cameras on and unmute themselves. Registration is required.
 - **Webinar Style** - Speaker is the only one on camera and questions are asked through chat room or Q&A area.
- Virtual seminars can be set up as click to join or registration
 - **Click to join** - includes post seminar attendance reporting
 - **Registration** - includes branded registration page, seminar reminder emails to registrants, ability to add event to their calendars and detailed post seminar reporting that includes the emails of those that attended.
- Did someone miss the seminar? Don't worry - an edited recording of the seminar will be sent to you approximately 1 week after the event so that your team can re-watch on their own time.





Physical Education Seminars.

Multiple Presenters

THESE SEMINARS MAY REQUIRE SOME MOVEMENT

BENEFITS OF PHYSICAL ACTIVITY

Adults who sit less and do any amount of moderate-to-vigorous physical activity gain some health benefits. Only a few lifestyle choices have as large an impact on your health as physical activity. Everyone can experience the health benefits of physical activity – age, abilities, ethnicity, shape, or size do not matter.

FOUR TYPES OF EXERCISE CAN IMPROVE YOUR HEALTH AND PHYSICAL ABILITY

Research has shown that it's important to get all four types of exercise: endurance, strength, balance, and flexibility. Each one has different benefits. Most people tend to focus on one type of exercise or activity and think they're doing enough. No matter your age, you can find activities that meet your fitness level and needs!

12 SIMPLE HEALTHY HABITS FOR HEALTHY LIFE

Focusing on these repetitive acts, preferably turning them into healthy ones, is a cornerstone of leading to improvements in many aspects of one's life. Aristotle once said that excellence is not an act, but a habit and healthy habits are the one that will reflect on the state of your body and mind many years in the future.





Physical Education Seminars

E3 Consulting - Manhattan Beach, CA



E3 Consulting Corporation, established in 1996 by Joy K. Boese, is an industry consulting leader in office ergonomics, design, health, and wellness programs. Their mission is embedded in their name—Ergonomics Equals Excellence (E3). They work with clients to help them improve their work environment with our ergonomic evaluation and information seminars.

AVOID EYE STRAIN AND IMPROVE WORK PERFORMANCE

All of the ways we view monitors can impact our health and overall work performance. Learn how the effects of high resolution, curved monitors, 3D and blue light filter displays can cause fatigue instead of make you more productive. Learn best practices for your favorite screen enhancements.

BACK CARE

Practicing sound ergonomic principles through stretching, exercise and proper lifting mechanics creates a healthy body. Learn how taking care of your back can lead to long term productivity and wellness.

HOW TO FIX TECH NECK

Proper posture when using cell phones, laptops, and tablets can improve your overall health and productivity. Learn proper exercises and stretching techniques to relieve neck fatigue while promoting a healthy lifestyle.

WORK FROM HOME FITNESS (DESKERCISING)

No equipment? No problem! Learn functional exercises that can be performed around your desk with minimal to no equipment, keeping you strong and free from injury.





Physical Education Seminars

Paul McCarthy - Los Angeles, CA



Paul "The British Ninja" McCarthy began his martial arts career in Lincoln, England, where he gained rank in Western Kickboxing. He believes in a collaborative approach to learning where the importance of understanding of concepts that can be applied is just as important as learning the techniques and drills.

SELF DEFENSE 101

Learn how to increase your awareness, how to avoid potential situations, how to de-escalate and prepare both body and mind for any situation. Practice defensive positions and movements and how to go on the offensive to protect yourself and others. Learn strategies on how to deal with specific grabs, holds, strikes and weapons.

HOME WELLNESS

Learn how to stay strong and healthy without the need for expensive equipment or gym memberships. Using body weight for strength and functional mobility movements for cardio, this class gives you the step up to get started on your own. This class shows you the basics of how to use simple everyday spaces to stretch, mobilize and keep your joints healthy.

TRACKING YOUR WELLNESS

Understanding where you are and where you need to be is integral on your health and wellness journey. This class explains the gold standards of Fitness Testing and how to do them at home. From heart rate and exercise intensities to blood pressure and body fat percentages, this class simplifies how to monitor yourself without needing expensive equipment.





Physical Education Seminars

Paul McCarthy - Los Angeles, CA

BRAIN HEALTH THROUGH MOVEMENT

Whether it is to stay sharp at work, gain an edge in sports or improve creativity for a project, brain health is essential. This seminar class is based in emerging neuroscientific research which uses exercise and movement to enhance cognitive functions. Improvements in working memory, impulsiveness, adapting to fast paced environments and thinking outside the box are all associated with executive functions housed in the pre-frontal cortex. Tap into these essential functions using exercise for accelerated mind and body wellness.

NINJA YOGA

Yoga has been used by ancient warriors for millennia as a means to prepare their bodies for combat. Ninja Yoga combines the wellness benefits of Yoga with the defense benefits of martial arts to create an applicable movement practice. From moving around on the ground to functional movements standing up this class will challenge both body and mind.

PERFORMANCE SKILLS

Enhance your performance in whatever physical vocation you do! This class focuses on the measurement and improvement of the 5 skill related components of fitness:

- Agility - Balance - Coordination - Speed - Reaction Time

By using scientific principles from kinesiology and neuroscience this class will show you how to up your game fast!

ADVANCED SELF DEFENSE

Master the steps necessary to identify a dangerous situation and ward off an attacker. Practice defensive positions and movements and how to go on the offensive to protect yourself and others. If you're ready to learn how to assess your surroundings, identify danger, and know what to do when confronted with a threat, we've got you covered.





Physical Education Seminars

VerticAlign - Orange County, CA



Zeena Dhalla is a premier Postural Alignment Specialist, Personal Trainer and Pilates Instructor in the Orange County Area and is the founder of VerticAlign Posture Coaching. Her company provides pain relief solutions in the form of postural alignment therapy for both individuals and corporations.

POSTURE, PAIN, & PRODUCTIVITY

Learn about the impact of how poor posture can cause a variety of musculoskeletal disorders such as hip, back, neck, shoulder and knee pain. Learn different exercises that are effective for these postural deviations. This interactive seminar can include on camera posture corrections for sitting at your desk and doing the exercises.

FIX TECH NECK

Posture, Pain & Productivity must be offered first

Builds on the Posture, Pain and Productivity Workshop and expands specifically on how to combat Tech Neck. Exercises that will be performed in a CHAIR, STANDING and on the FLOOR. A mat, two yoga blocks and a strap are recommended for participation. A towel, 2 pillows and a belt can be used as a substitute.

EMPOWERED ERGONOMICS - VIRTUAL ERGONOMICS WORKSHOP

Learn how to sit and stand in good posture. How to select and position ergonomic tools and furniture like keyboards, mice, chairs and standing desks. Learn ergonomic hacks for the home office and how to recognize poor posture by participating in a sitting posture assessment on a volunteer.

POSTURE, PAIN & PRODUCTIVITY FOLLOW UP CLASS SERIES

COST: \$850/SESSION

It is a series of (7) - 30 minute classes where each class includes a follow up document with written description of the exercises. Sales sheet available upon request.





Nutritional Education Seminars

Multiple Presenters

BOOSTING YOUR IMMUNE SYSTEM NATURALLY

Discuss proper digestion and why it matters. Maintaining the balance and health of your digestive system is important to protect your immune system and overall health. Come learn the top immune boosting foods and ways to get you through tough times.

FOUNDATIONS OF NUTRITION

Explore the relationships between diet, exercise, nutrition and chronic disease. Build your awareness of ways to preserve optimal lifetime health through nutrition.

HOW TO MEAL PREP LIKE A PRO

Wouldn't be wonderful if we had all our meals taken care of? We will teach you how to cook smarter, not harder. Learn time-saving shopping strategies, batch prepping and budgeting tips. Putting it all together for lasting success!

TIPS FOR STAYING HEALTHY AT WORK OR HOME

We discuss the tips/tricks you can implement into your daily routine to stay mentally focused, mindfully sane and beautifully balanced! There are so many ways to support your body and your immune system just by changing the way you eat and eliminating toxins. Plus our favorite healthy hacks and why they work.

HOLISTIC NUTRITION

Holistic nutrition is the modern natural approach to developing a healthy balanced diet while taking into account the person as whole. Holistic nutrition is considered to be part of holistic health. Holistic health is an approach to treating a person's well being by taking into consideration all aspects of life.





Nutritional Education Seminars

Nurse Alice - Orange County, CA



Nurse Alice Benjamin is a board certified Cardiac Clinical Nurse Specialist, Family Nurse Specialist and emergency room nurse specializing in critical care with over 22 years of experience, affectionately known as America's favorite nurse for her tremendous community health outreach and reoccurring health expert media presence as the medical correspondent for NBC and has made appearances on Dr. Oz, The Doctors, Dr. Drew, FOX, CNN, HLN, BBC, and KTLA.

IS MY CHILD OVERWEIGHT/OBESE?

About 1 in 5 American children is obese. Children that are overweight or obese are at a higher risk for health problems. We will define and discuss the prevalence of obesity vs overweight. Identify factors that contribute to weight gain. Explain how being overweight impacts other aspects of health and development.

HEALTHY HABITS FOR A NEW YOU

Don't wait until the New Year to celebrate a new you! Incorporating healthy habits into your lifestyle can help you to live a happier, healthier and longer life and ward off health problems like obesity and diabetes. Nourish your mind and body with positive thoughts. With the perfect balance of these healthy habits you can create a mindset of wellness that manifests good health.

NATURAL HOME REMEDIES FOR COMMON ILLNESSES

A one-hour health presentation that will highlight the power of natural home remedies for common illnesses by embracing natural alternatives, such as herbal remedies, kitchen pantry ingredients, and essential oils. Learn how we can effectively address various health conditions and promote overall wellness.





Nutritional Education Seminars

Nurse Alice - Orange County, CA

THE POWER OF HEALTHY FOOD - FOOD AS MEDICINE

Learn the benefits of eating healthy and the potential of food as medicine. By recognizing the impact of nutrition on our overall health, preventing and managing chronic diseases, supporting mental well-being, and adopting practical strategies for healthy eating, we can harness the transformative power of food to optimize our well-being.





Nutritional Education Seminars

Carly Wertheim - Northern, CA



Carly Wertheim is a nutritionist, health-supportive chef, and food educator. She is the founder of Carly's Wellness Kitchen, which offers nutrition counseling, hands-on culinary training, food-as-medicine workshops, and personal-chef services in the Bay Area. Her food philosophy is guided by vibrant colors, inspired by nature's bounty, and most importantly, driven by what your body needs to feel its best and find balance.

BOOSTING THE IMMUNE SYSTEM

Learn to strengthen the body's natural defense system and cultivate resilience using the Foundational Five Immune Boosters. Participants will assess their own lives, leave with tangible take-aways to build their immune systems, and learn about immune-boosting supplements.

QUITTING SUGAR

Forget about fad diets or an all-or-nothing mentality! This workshop offers a sustainable approach to reduce your sugar intake and find balance, health, and vitality through food. Plus, learn the recipe for nourishing chocolate walnut truffles!

PANTRY MAKEOVER

Learn to read ingredient labels and switch to better-for-you alternatives. Participants will leave ready to take stock of their own pantry items and understand packaged foods on the basis of their ingredients and nutritional value. Plus, learn how to create a nourishing meal from pantry staples.

EATING FOR BONE HEALTH

Discover the foods that support a strong and healthy skeletal system. We'll go beyond calcium, discuss about the many synergistic nutrients needed for bone health, and explore delicious ways to eat for bone health on a daily basis.





Nutritional Education Seminars

Carly Wertheim - Northern, CA

NUTRITION FOR MENTAL WELLNESS

Want to cultivate create calm, clarity, and emotional wellbeing? Learn how food, herbs, and supplements can play a foundational role in mitigating stress, increasing resilience to life's challenges, and promoting mental balance.

THE WHOLE FOODS CLEANSE

Forget trendy cleansing regimes and discover how a diet full of nutrient-rich, whole foods supports the body's natural detoxification processes. You'll leave with knowledge, tools, and recipes to optimize this innate cleaning ability.

LONGEVITY POWER FOODS

What do broccoli, blueberries, and tomatoes have in common? Get inspired with recipes and cooking techniques that feature foods with longevity-promoting phytonutrients.

BATCH COOKING AND MEAL PREP BASICS

Batch cooking is a time-saving, economical way to eat healthfully all week long. Learn how to plan ahead to reduce waste, spend less time in the kitchen, and have nourishing food available for you to enjoy.

NUTRITION FOR PREGNANCY 101

Wondering what to eat during pregnancy? We'll cover the foods to feature and ways to prepare them, foods to limit and avoid, and how to choose a high-quality prenatal supplement. Learn how to manage nausea and what your food cravings really mean. You'll leave feeling empowered and knowledgeable about how to best support your pregnant body and growing baby.





Nutritional Education Seminars

Elise Harlow - Orange County, CA



Elise Harlow a Registered Dietitian Nutritionist based in Newport Beach, CA with a love for all things food. She provides virtual nutrition coaching, quick consults, and personalized meal planning services. Her goal is to help you integrate nutritious food into your busy lifestyle so you can feel your best from the inside out.

STRATEGIC HEALTHY SNACKING AT WORK

You spend the majority of your time at work so making sure that the work environment supports your health goals is important. In this presentation you will learn how to use healthy snacking at work to support instead of sabotage your goals.

WEIGHT LOSS WITHOUT DEPRIVATION

So many weight loss diets result in deprivation, which is a strong predictor of binge eating and fuels the weight loss/gain cycle. Learn how to lose weight without deprivation so you can have sustainable long term weight loss.

DITCH THE "ALL OR NOTHING MENTALITY" - CONSISTENT HEALTHY EATING ROUTINE

The "all or nothing" mentality can make you feel like a failure when you have a slip up with your nutrition goals. The reality is that we are all human and not meant to be perfect. Learning how to give yourself permission to not be perfect can help you create lasting nutrition changes.

BLOOD SUGAR BASICS

Whether you are pre diabetic, diabetic, have hormonal issues, struggle with low energy, or are trying to lose weight, balancing your blood sugar can have a profound impact on your health.





Nutritional Education Seminars

Elise Harlow - Orange County, CA

MASTER YOUR METABOLISM

Learn the factors that can both negatively and positively impact your metabolism.

HOW TO STAY HEALTHY DURING THE HOLIDAYS

Learn how to enjoy the holidays without completely giving up on your goals to eat healthier.

GUT HEALTH BASICS

The gut is now known as our second brain and can impact several areas of our health from weight to mental health. Learn how to eat to maximize your gut health.

HOW TO EAT MORE PLANT BASED

Eating more plants can have a beneficial impact on your health. Learn how to incorporate more plants into your diet without having to go vegetarian or vegan.

HOW TO BUILD A HEALTHY & SATISFYING PLATE

Learn what foods to combine for healthy energizing meals.

HEALTHY CHOICES SERIES

(4) part series (30 mins each) covering the essentials of how to make food work toward a better and healthier you:

- Eating for all day energy
- Food and mood
- Reducing cholesterol through food
- Superfoods

Ask about the available Healthy Choices Pillar Package!





Nutritional Education Seminars

Jennifer Sweeney - New York, NY



Jennifer Sweeney is a certified Nutritional Therapy Practitioner and Health-Supportive Chef. She is the owner of Heart & Belly Functional Nutrition (www.heartandbelly.com) and works one-on-one with clients to help them meet their health and wellness goals through dietary and lifestyle modifications. She specializes in Paleo and Keto cooking and helps clients detox from sugar through her five-week RESTART group program.

LEARNING TO MEAL PREP

Meal prep has had its time in the spotlight as a top #trend for quite some time now, but what exactly is it and how do you get started? And more importantly, why should you give it a try?! We cover the different types of meal prepping and the pros and cons of each, how to build a healthy meal, kitchen supplies you'll need, plus tips & tricks, and more. You'll be a pro in no time!

HOW TO QUIT SUGAR

Learn what sugar REALLY does in your body and actionable steps you can take to beat the sugar monster! This webinar covers how blood sugar works, the stages of blood sugar dysregulation, how to read labels and spot hidden sugars, and how to squash cravings.

HOW TO BOOST FOCUS & ENERGY WITH DIET

Learn how to beat the post-lunch sleepiness and that 3:00pm sugar/caffeine attack by fueling their body properly throughout the day. Find out how to transition from being a sugar burner to a fat burner and how to balance macronutrients (protein/fats/carbs) for sustainable energy.

HEALTHY SNACKING TO COMBAT OFFICE MUNCHIES

Learn about the healthiest snack products on the market and where to find them. Find out how to build a healthy snack with the right balance of fat, protein, and carbs.





Nutritional Education Seminars

Jennifer Sweenie - New York, NY

GUT HEALTH

Why is gut health is so important? How does it affect everything from immunity to mental health? We cover what can damage gut flora and how to improve yours; prebiotics and probiotics, the “buddies in your belly”; food sensitivities, allergies and leaky gut; how to optimize your digestion, and more.

HEALTHY HABITS

A habit is defined as a learned behavior that becomes reflexive over time. While some habits, such as brushing your teeth every morning, are so ingrained and take little effort, others, such as following a healthy diet or getting in exercise, can be a little harder to come by. In this webinar we will cover 10 healthy habits ranging from physical to mental to spiritual, to implement into your life and how to make them stick with a self-care checklist.

HEALTHY EATING WHILE TRAVELING

It’s possible to stick to your healthy eating habits while traveling. In this session we will cover how to build a healthy plate, what to look out for on restaurant menus, tips and tricks you can ask of your waiter, the healthiest convenient foods to grab and how to read a nutrition label, plus more to keep you covered on the road!

FOUNDATIONS OF NUTRITION SERIES

COST: \$3,400

(4) part series (30 mins each) covering the essentials of nutrition and how to implement best practices in your life:

- All About Digestion and How to Optimize Yours
- Sugar: The Science Behind Blood Sugar Regulation and How to Balance it
- Fats: What’s Healthy and What’s Not
- All About Macros

Ask about the available Foundations of Nutrition Pillar Package!





Nutritional Education Seminars

Robin Wilner - Napa, CA



Robin Wilner is a holistic nutritionist, yoga teacher, and wellness coach with a passion for using natural remedies for optimal health. After years of suffering from various h. Her mission is to help individuals reduce overwhelm and burnout and shift to a thriving state of joy and well-being!

Robin holds a Master of Science in Holistic Nutrition, E-RYT 500 status with the Yoga Alliance, and was featured in Yoga Journal Magazine.

EATING FOR IMMUNITY

Reduce the need for sick days while maintaining a happier and healthier team! Learn how to boost your immune system through making good food choices and implementing positive lifestyle practices.

HOW TO QUIT SUGAR NATURALLY

Sugar isn't so sweet when it causes discomfort and health issues. Learn where it hides and how to avoid eating too much so you regain vibrance and energy and lower your risk of diabetes.

5 PILLARS OF HOLISTIC LIVING

Balance is key to longevity and healing. Discover the five essential components of a holistic lifestyle that can bring you back into balance and optimal health.





Nutritional Education Seminars

Dr. Yeral Patel - Orange County, CA (On Leave May - Aug 2023)



Dr. Yearl Patel is a functional medicine practicing physician who is board certified in anti-aging/regenerative medicine and family medicine. Dr. Patel has been treating and educating her local community for years through group lectures. The mission of Dr. Patel's practice is simply to provide the highest quality and compassionate care to her patients and the public by helping them achieve and maintain their optimal health, wellness, and beauty

EATING THE RAINBOW

Did you know at any age micronutrients matter for the growth and function of the cells in the body? As we get older, we need those same micronutrients for optimal cell function. What is best way to ensure we get all the micronutrients? Eat the colors of the rainbow!

GUT HEALTH - THE 4 R'S PROTOCOL

Gut health and it's importance in immune system strength, mental health, stress management and hormone balance. The 4 R's protocol to restoring your gut health: Remove, Replace, Reinoculate, Repair.

IMPROVING YOUR IMMUNE SYSTEM

This seminar will discuss how to improve your immune system with lifestyle changes. We will discuss exercise, meditation, stress, food, supplements & gratitude.





Mental Education Seminars

Multiple Presenters

MINDFULNESS: THE ANTIDOTE TO STRESS

In our busy and distracting world, it's easier than ever to get stressed out/burned out. Mindfulness can help manage and mitigate the effects of stress on your mind, body, and nervous system. We'll discuss the neurological effects of stress, and how Mindfulness and Meditation help, and how easy these techniques fit into your daily life.

MEDITATION 101

Meditation is an approach to training the mind, similar to the way that fitness is an approach to training the body. But many meditation techniques exist — so how do you learn how to meditate? Meditation 101: A Beginners Guide With The Tips, Benefits, & Techniques You Need To Know





Mental Education Seminars

Dr. Deena Brown - New Orleans, LA



Dr. Deena Brown has worked in Organizational Development, Change & Transformation, Executive Coaching, and Leadership Effectiveness for over 20 years. She is a keynote speaker, author, and trusted strategic advisor for C-Suite leaders. She teaches leaders how to shift from confusion to clarity, from cowardice to confidence, and chaos to consistency to inform, influence, and make a global impact while navigating uncertainty. She will help you embrace "The Shift" as a natural progression to lead a life of significance.

IMPROVED EMOTIONAL INTELLIGENCE

COST: \$3,000

Emotional Intelligence (or "EQ") is critical in times of uncertainty, ambiguity, and change. EQ impacts our decision-making process and our subconscious triggers impact on our conscious relationships. Learn the Foundational 4 Quadrants of Emotional and Social Intelligence (ESI), how to identify patterns and attitudes, and how stress can impact the application of emotional and social intelligence skills.

MANAGING YOUR MINDSET IN THE MIDST OF UNCERTAINTY

COST: \$3,000

The right attitude & mindset can help see opportunities in the midst of adversities. Guidance on how to deal with fear & uncertainty is critical. Learn to activate your growth-mindset and see possibilities instead of obstacles. Use current challenges to create creative solutions & develop a tool-kit of go-to activities to de-stress.

MINDFULNESS 101: SELF-CARE IS NOT SELFISH

COST: \$3,000

Mindfulness is the ability to live fully in the present moment. Being present and aware is a powerful counter to the common tendencies to relive past events or worry about potential events. Mindfulness starts with you. No one will ever take care of you as well as you can take care of yourself. MINDFULNESS IS CRITICAL TO BEING PRESENT FOR ANOTHER.





Mental Education Seminars

Erin Johnson - San Diego, CA



Erin Johnson focuses on teaching meditation and mindful nourishment to professionals in private practice. Erin has a certification in mind-body healing. She also holds a BA in economics and international relations from the University of Pennsylvania and an MBA from Stern School at NYU where she specialized in marketing and entrepreneurship.

STRESS MANAGEMENT & REDUCTION

Focus on how stress affects our minds and bodies and how meditation helps to shift the way we respond to stress. Includes studies that substantiate the efficacy of mindfulness training in helping people manage and reduce stress. Includes a guided mindfulness based meditation with take away tools to help people establish a daily mindfulness practice.

BETTER SLEEP

Helping employees understand how a daily meditation practice can lead to better sleep. Includes scientific research demonstrating how a daily practice can help people fall asleep and stay asleep so they wake up feeling more rested. Also includes breathing exercises and a deeper meditation that employees can easily practice before bed to help them fall asleep and stay asleep.

HEIGHTENED FOCUS & CONCENTRATION

Highlights the research that shows how a daily meditation practice can heighten focus and concentration and lead to increased productivity. We show the data on how a daily practice can start to rewire parts of the brain to improve concentration. Includes a guided meditation that has been designed to support increased focus.

IMPROVED EMOTIONAL INTELLIGENCE

Learn how daily meditation practice can improve Emotional Intelligence by helping us manage & regulate emotions to support effective leadership and communication. The guided mindfulness based meditation is been designed to help you learn how to understand the way they relate to and respond to their emotions.





Mental Education Seminars

Jamie Wozny - Los Angeles, CA



Jamie Wozny is a modern day seer of divine, loving truth through the spirit of lightness and play. She serves to awaken light workers, divinely gifted souls and healers, to freely express their soul's authentic truth in the world, which allows for a higher experience of life. She works with a wide variety of private clients, celebrity clients, and private corporate clients. She lead retreats worldwide and has a popular self love course with thousands of happy students on Insight Timer.

ANXIETY REDUCING WORKSHOP

In this seminar we will move from scattered, overwhelmed and anxious to centered, grounded and at peace with the moment. Spiritual teacher, Jamie Wozny will teach us a variety of somatic tools that send a signal to the body to relax. We will learn how to pull the nervous system out of an activated state into a state of rest and digest where it can repair and our emotions can settle so we can gain clarity and have a sense of calm while going about our day.

RESILIENCE & SELF CARE IN THE WORKPLACE

What is resilience and where does it come from? We'll discuss what our thinking actually is and how to understand. Understanding helps us to override it and access our own natural state of well being where resilience is our default. The meditation portion will provide relaxation and connect with the inner voice "True Resilient Self."

THE HEALING POWER OF RECOGNITION

A talk and a reflective journaling on the power of really truly seeing others. Recognizing other's goodness and offering them the kindness they deserve is powerfully healing. On a metaphysical level, we cannot give through our own minds and bodies without first experiencing it. Learn how this concept can be life changing for all.





Mental Education Seminars

Dr. Michael Winters - Houston, TX



Dr. Michael Winters is a psychologist in practice as a counselor, professional coach, and educator. President of the Houston Psychological Association and former director of the Rice University Counseling Center. Michael has taught at Purdue University, Rice University, the Jung Center of Houston and at many other locations.

CARING FOR MENTAL HEALTH: YOURS AND OTHERS

Mental health is as vital as physical health. How can I assess my mental health? How can I engage in psychological and emotional self-care? How can I help others in mental health crises? How can I find appropriate professional mental health assistance? This program will help you answer these and other questions.

STABILIZING WORK-LIFE BALANCE:

As the COVID Pandemic diminishes, there is a move to return more fully to work outside the home. During this time of transition, we need to review work-life balance. What does that balance look like for me? If I need to adjust, what can I do? This workshop will help you complete a personal action plan for stabilizing your work-life balance.

SUICIDE AWARENESS: KNOWLEDGE THAT MIGHT SAVE A LIFE

Though suicide is often preventable, it remains prevalent in the US. Suicide prevention is everyone's job, not just professionals. How can we be alert to the warning signs of suicide and take quick and appropriate action to intervene? This interactive workshop will provide information and discussion about how to intervene.





Mental Education Seminars

Misha von Bechtolsheim - San Luis Obispo, CA



Misha von Bechtolsheim is a Brian Grant Parkinson's Certified trainer providing intelligent application of movement for clinical rehab to athletic performance with a neurological lens. Misha has been honored by Silicon Valley Business Journal's 2018 Top 40 Under 40 and her studio received Metro Magazine's Best of Silicon Valley 5 years consecutively. Her expertise in kinesiology & dedication to brain-based exercise innovation provide benefits to all, both in person and virtually.

COMBAT VISUAL FATIGUE

From staring at a screen to driving in traffic to playing sports - we need our vision. Learn easy drills to not only save your eyes and improve your vision, but reduce pain, improve productivity, and increase joint mobility!

MORNING DRILLS TO HELP WAKE UP

Brain based movement drills to help you wake up, be alert, and feel better at the start of the day!

SECRETS TO IMPROVED POSTURE

A healthy balance of muscular activation and pointed neuro drills can improve your posture and walking pattern for hip and back issues in minutes!

BREATHE BETTER AND FEEL BETTER

It only takes 3-4days to alter the way we breathe autonomically! Thus means if we have ever broken a rib, had respiratory issues, had the flue, or mouth breathe- you likely have not restored optimal functionality for your brain and body's needs. Learn breathing techniques to improve cognitive function, posture, balance, blood pressure, and more!





Mental Education Seminars

Misha von Bechtolsheim - San Luis Obispo, CA

STRESS BUSTERS: BREATH, BODY, AND BRAIN

In this workshop, we will focus on the breath, body and brain to reduce cortisol levels, improve health, and balance the central nervous system.

IMPROVING MOOD AND ENERGY LEVELS

In this workshop, we will provide quick tips, tricks, and exercises from the moment you wake up to the time you go to sleep, to help improve mental clarity, productivity, energy, and mood.





Mental Education Seminars

Richelle Futch - Greater Seattle Area, WA



Richelle Futch, LICSW, is a licensed clinical social worker specializing in Providing Workshops, Coaching, and Quality Resources for Military, First Responder, and other high performing professionals and their families. A Marine Corps veteran and special operations spouse Richelle has been recognized by the DOD and White House for her work with military families.

UNPACKING MENTAL HEALTH IN THE WORKPLACE

Each day employees carry around invisible weight and the stress is spilling over into work and families. Richelle Futch refers to this as our emotional backpack or ruck. This workshop helps company leaders understand and implement key strategies for supporting mental health initiatives in the workplace.

BARRIERS THAT GET IN THE WAY OF BEING EFFECTIVE

Uncover what you might be doing that is essentially stopping you from being most effective. Learn thinking traps and other factors that is getting in the way of your success.

UNDERSTANDING EMOTIONS

Have you ever felt like people aren't responding to your emotional needs? Our emotions serve a purpose. This workshop helps you uncover where you might be struggling in your emotion cycle and how to fix it.

UNPACKING YOUR EMOTIONAL RUCK

This workshop teaches evidence based Dialectical Behavior Therapy (DBT) Skills to help identify stress, reduce vulnerabilities, build and maintain relationships, and manage emotions. DBT is the gold standard therapy modality for reducing suicide and building a life worth living. This seminar is great for Military, Military Families, First Responders, and High Stress Professionals





Mental Education Seminars

Robin Wilner - Napa, CA



Robin Wilner is a holistic nutritionist, yoga teacher, and wellness coach with a passion for using natural remedies for optimal health. Her mission is to help individuals reduce overwhelm and burnout and shift to a thriving state of joy and well-being!

Robin holds a Master of Science in Holistic Nutrition, E-RYT 500 status with the Yoga Alliance, and was featured in Yoga Journal Magazine.

MINDSET MASTERY

With the help of some basic (yet powerful!) meditation and mindfulness practices, learn to create a healthy mindset no matter the circumstances. Robin will share valuable insights on how to move past roadblocks and shift to an empowered state, effective paths for finding motivation and staying relentless when executing a plan, as well as strategies for staying positive when you feel derailed. In addition, Robin will reveal a secret healing formula to help you recover from mental fatigue and feel energized and refreshed. Finally, you will learn how to create proactive mindfulness habits that can be practiced in just 5 minutes a day, helping you to maintain a positive and focused mindset.

BYE BYE BURNOUT: 3 STEPS TO REBOOT YOUR SYSTEM

Leave overwhelm and burnout at the curb and learn to create a life filled with more balance and ease.

CREATING RITUALS THAT STICK

Don't just change your habits...learn why the change matters and how to stick to it! With intention and accountability, start choosing holistic lifestyle practices that support your longterm health.





Mental Education Seminars

Robin Wilner - Napa, CA

TIPS FOR STAYING HEALTHY

Trouble finding work-life balance? Feeling overwhelmed, depleted, or stressed, with little time for self-care? Holistic nutritionist Robin will guide you towards creating powerful rituals and healthy habits at home and in the workplace. Using food and mindfulness as remedies. Learn tips and tricks for feeling vibrant & energized without adding more to your already full plate.





Mental Education Seminars

SEEK - Newport Beach, CA



Colleen Rivers, MD - is the founder and CEO of Seek, a health and wellness platform that empowers people to take back ownership of their own health. Colleen graduated from the NYU School of Medicine. She has fifteen years experience practicing clinical emergency medicine at both academic medical centers and community hospitals. A mother of four and a breast cancer survivor. She brings together her cumulative professional and life experiences in presentation that is packed with medical evidence, humor, and inspiration.

TAKING OWNERSHIP OF OUR HEALTH AND HAPPINESS

Former ER Doctor and current speaker, Colleen Rivers teaches a roadmap to vitality backed by medical evidence and infused with inspiration. You will find yourself both fascinated by the medical data she presents and moved to action by the soul-searching she incites. You will leave the talk feeling empowered and armed with simple steps that you can implement immediately.

SCIENCE OF HABITS: FROM NEW YEAR'S RESOLUTIONS TO PERSONAL TRANSFORMATIONS

In this one hour session, physician and thought leader Colleen Rivers, MD, will take you through her six key areas of health (movement, nutrition, sleep, gratitude, connections, and intention). You will assess your current practice in each category and set clear goals to improve your life today. You will then learn the science of habits and how to implement these changes in a simple and sustainable way. You will leave this session empowered to begin transforming your health and happiness immediately.

LIFESTYLE: THE KEY TO OPTIMIZING PHYSICAL AND MENTAL HEALTH

Presenting the science of very small changes that yield big results in improving both our physical and mental health. She will take you through her six key areas of lifestyle (movement, nutrition, sleep, gratitude, connections, and intention) highlighting pertinent research and simple tools we can all implement. Participants will leave this session armed with a roadmap that leads from a life of stress and anxiety to one of joy and vitality.





Mental Education Seminars

Simone Tai - Los Angeles, CA



Simone Tai is a British meditation teacher and graduate of the 'Mindful Based Self Compassion' program. She first turned to meditation to help with work related anxiety. It completely turned her life around. Simone now loves to combine all of her training and personal experience to help guide others to thrive in the workplace and beyond. She brings kindness, warmth and humor to her sessions making a healthy mindset accessible to everyone.

MINDFULNESS

An introduction to mindfulness and how we can use this powerful tool to help reduce stress and increase well-being - especially during times of change and uncertainty. In this seminar you learn a few mindfulness techniques and takeaway some simple but effective tips to incorporate in your day to day life.

NAVIGATING CHANGE AND STRESS

Uncertainty and change can often cause stress, fear or doubt. It can be hard to focus and feel secure when our thoughts project into a list of future what-ifs? Learn to use mindfulness tools to bring awareness to the thoughts that cause this type of anxiety and instead of reacting from fear we will learn how to respond with greater wisdom and ease. Followed by a calming guided meditation.

ANXIETY REDUCING WORKSHOP

Simone offers proven tips and techniques to help bring in more calm and increase a sense of connection (even when in isolation) plus a 20 minute guided meditation.

DECREASING STRESS

Designed to give everyone more tools for stress reduction and to increase well-being, creativity and resilience especially during times of change. Simone will cover the science behind mindfulness and include short practices to help navigate anxiety and refresh your mind.





Mental Education Seminars

Simone Tai - Los Angeles, CA

ATTITUDE OF GRATITUDE

In this seminar you will discover what gratitude practice is, how it impacts the brain and some common misconceptions.

We will discuss the key benefits, specifically how it can improve your health, well-being and relationships.

And finally, we will end on a guided gratitude meditation as you learn how to easily implement this powerful practice into your life (even if you have very little time).





Mental Education Seminars

Other Presenters

MINDFULNESS WITH PAULETTE V. (ORANGE COUNTY, CA)

Be. Here. Now. Learn about the neuroscience of Mindfulness, the proven benefits of Mindfulness, and small changes you can make to be more mindful. Learn to improve your mental work performance and energy levels through simple lifestyle changes.

TAPPING FOR A PRODUCTIVE WORKDAY WITH MELISSA B. (SAN DIEGO, CA)

EFT, also called Tapping, is a stress-reduction technique which involves gentle tapping on acupressure points to reduce cortisol levels and calm the nervous system. Melissa guides clients through a soothing tapping session and helps them feel more focused and have greater clarity for the workday.

MANAGING STRESS: MIND-BODY WELLNESS IN THE WORKPLACE WITH NURSE VERNELL (BROOKHAVEN, GA)

This seminar will explore the impact of stress on both the mind and body. Gain a deeper understanding of the signs and symptoms of workplace stress and discover effective strategies to take ownership of stress reduction. Learn practical tools and techniques to manage stress, including mindfulness practices and effective time management strategies.





Financial Education Seminars

Financial Wellness Group - Parker, CO



The Financial Wellness Group makes it easy to integrate four life changing principles into daily habits to ignite a financial health transformation that changes everything. For more than a decade, our 4 Laws principles, training, and tools have helped hundreds of thousands of individuals, families, business owners, and companies elevate financial health and enhance quality of life.

LOAD BEARING PRINCIPLES FOR A LIFETIME OF FINANCIAL WELLNESS

Develop healthy behaviors, a solid foundation with a budget, savings, debt management and credit. We will discuss - Behavioral Finance; Budgets, Savings & Emergency; Cash Reserves; Debt and Credit

DEVELOP A STRONG FOUNDATION FOR YOUR CORE INVESTMENT PHILOSOPHY

Protecting your hard-earned dollars and designing your savings path for nest-egg growth. We will discuss types of Risks; Beneficiaries; Investing

GET CLEAR, MAKE DECISIONS AND TAKE ACTION!

Assessing retirement needs/wants, planning, preparing, and spending your retirement money while keeping Uncle Sam at bay. We will discuss Laying the Groundwork for Building Wealth; Identifying Key Financial Targets; Identify & Manage Risk

RETIREMENT AND TAXES - KEEPING UNCLE SAM OFF YOUR RETIREMENT PAYROLL

Making healthy decisions that prevent unnecessary tax impacts and leverage taxes to your advantage during retirement. We will discuss Taxes- Gaining Perspective; Lifetime Tax Stages; Leveraging Taxes to our Advantage





Financial Education Seminars

Financial Wellness Group - Parker, CO.

CREATING LEGACY - BEING VALUES-DRIVEN FOR YOUR MOST MEANINGFUL IMPACT

Preparing for your retirement transition, developing your estate plan, providing for family and legacy, and sharing with others. We will discuss the Transition into Retirement; Developing your Estate Plan; Creating Legacy

OTHER TOPICS AVAILABLE:

Descriptions upon request

Life Phase: Start and Save

- Financial Wellness: Thought & Behaviors Around Money
- Successful Savings: Creating a Confident Tomorrow
- Using Credit: An Important Part of Your Financial Plan
- Budgets, Emergency Cash & Debt Elimination
- Busting Budget Myths & Building a Savings Plan

Life Phase: Grow & Protect

- Invest 1st, Grow 2nd
- Maximize Your Investments
- Managing Risk: Identify, Assess and Prevent Financial Loss
- Investing: A Confusing World Made Simple

Life Phase: Retirement - Enjoy & Preserve

- Retirement: Plan & Save
- Retirement: Plan & Prevent Excess Taxes
- Retirement: Prevent & Manage Risk
- Retirement: Harnessing Tax Advantages
- Preparing for Transition: Moving into Tomorrow • Retire with Confidence

Life Phase: Legacy - Share with Others

- Introduction to Estate Planning: Laying the Foundation
- Estate Planning: Being an Executor
- Executor Boot Camp: Being an Estate Executor





Personal Education Seminars

Multiple Presenters

ALL YOU NEED IS SLEEP

Sleep is an essential function that allows your body and mind to recharge, leaving you refreshed and alert when you wake up. Healthy sleep also helps the body remain healthy and stave off diseases. Without enough sleep, the brain cannot function properly. Learn tips on how to get a better nights sleep.

PRESSURE POINTS/SELF MASSAGE

Pressure point or “self” massage is the technique of locating the trigger points on the body, then gently pressing or stimulating them, to cause them to relax. The gentle pressure of trigger point massage allows the muscle to stop its spasm and release, thus relieving the pain.

MEN'S HEALTH

This workshop focuses on men’s health and nutritional needs. Stress and poor diet, for one, are key factors in all life-threatening diseases, many auto-immune conditions, men’s reproductive health and more. This workshop discusses how to manage stress, anxiety, cardiovascular health, and unhealthy habits with nutrition, lifestyle and environment.

WOMEN'S HEALTH

Women living longer today than in the past and they are enjoying a better quality of life. However, it is essential that women take charge of their own bodies and understand how to maximize their personal health and fitness. It is important that every woman has access to knowledge related to the spectrum of women's health issues, not only about her reproductive system, but about all aspects of her body.





Personal Education Seminars

Nurse Alice - Orange County, CA



Nurse Alice Benjamin is a board certified Cardiac Clinical Nurse Specialist, Family Nurse Specialist and emergency room nurse specializing in critical care with over 22 years of experience, affectionately known as America's favorite nurse for her tremendous community health outreach and reoccurring health expert media presence as the medical correspondent for NBC and has made appearances on Dr. Oz, The Doctors, Dr. Drew, FOX, CNN, HLN, BBC, and KTLA.

HEART HEALTHY

Learn the signs and symptoms of common heart diseases. The relationship between our lifestyle choices and heart disease. Coping strategies and tips you can use at home to reduce your risk for heart disease.

BREAST CANCER AWARENESS

One in 8 women in the US will develop Breast cancer over their lifetime. But did you know that Breast cancer death rates declined 40% from 1989 to 2016 among women? This progress is attributed to improvements in early detection. We discuss risk factors and how to reduce them, learn the signs symptoms and discuss screening options and diagnostic tests for Breast Cancer.

HOW TO TRAVEL SAFELY

Whether it's for business, pleasure or some other necessity of life - we all have to get from point A to point B using either a plane, train or automobile. Here are 10 things you should do and keep in mind when you travel so you can do so safely.

EMPOWERING WOMEN'S HEALTH

we will explore the realm of women's health, focusing on common illnesses, preventive measures, and strategies for overall well-being. Our goal is to empower women with knowledge and tools to make informed decisions about their health and promote a proactive approach to wellness.





Personal Education Seminars

Nurse Alice - Orange County, CA

OUCH THAT HURTS: HOW TO MANAGE YOUR PAIN

Why is it that some pains come and go, and others are constant and stick around? We identify some of the most common causes of acute and chronic pain. Explain why it hurts so much and how pain impacts other parts of your life, and much much more.

MANAGING SICKLE

Sickle cell disease impacts millions of people around the world of many ethnic backgrounds, especially African Americans. Learn about the genetics, epidemiology, pathophysiology and screening to diagnose and monitor Sickle Cell Disease. Identify common complications of SCD. Discuss management, treatment options and healthy while living with sickle cell.

EVERYTHING TRUE ABOUT COUGH, COLD & FLUS

In this presentation we will identify and discuss all the things people should know as we prepare for cough, cold and flu season. Is it Covid? Is it the Flu? Is it a Common Cold? What are the signs, symptoms and treatments for each? And how to best protect yourself.

WHAT IS IT & HOW DOES IT SPREAD?

In this presentation we will discuss and explore the current state of recent infectious diseases in the United States. First Covid, then Monkeypox, and now Polio? How is this happening? In this presentation we will discuss communicable diseases, common modes of disease transmission (airborne, droplet, contact and ingestion), and how to protect yourself.

SLEEP WELL, LIVE WELL

Delve into the realm of sleep health and sleep hygiene, exploring the vital role sleep plays in our overall well-being. We will discuss the impact of sleep on physical and mental health, and provide practical tips for improving sleep quality and establishing healthy sleep habits.





Personal Education Seminars

Dr. Deena Brown - New Orleans, LA



Dr. Deena C. Brown has worked in Organizational Development, Change & Transformation, Executive Coaching, and Leadership Effectiveness for over 20 years. She is a keynote speaker, author, and trusted strategic advisor for C-Suite leaders. She teaches leaders how to shift from confusion to clarity, from cowardice to confidence, and chaos to consistency to inform, influence, and make a global impact while navigating uncertainty. She will help you embrace "The Shift" as a natural progression to lead a life of significance.

RESILIENCE & SELF-CARE IN THE WORKPLACE

COST: \$3,000

The more resilient and adaptable your people are, the better equipped the business will be to weather change and new challenges. What does a resilient organization look like? How do you build a resilient workforce? Learn the benefits of building a resilient workplace, & tips for building personal resilience across the organization.

EQUITY IN THE WORKPLACE: ACTIVATE, ELEVATE, & AMPLIFY

COST: \$3,000

Explore the three strategies to Activate, Elevate and Amplify your voice to achieve parity for self and other women that gives rise to confidence and trust.

GOAL SETTING

COST: \$3,000

Goal setting is a process. Goal setting is a purposeful and explicit process that starts with identifying a new objective, skill, or project you want to achieve. Then, you make a plan for achieving it, and you work to complete it. This session will cover How to set goals in 5 steps.

BE BOLD: HOW TO HAVE COURAGEOUS CONVERSATIONS

COST: \$3,000

Effective communication is the cornerstone of great relationships. Whether you're communicating with friends, family, coworkers, your partner, or even strangers, everything goes smoother with effective communication. Even difficult conversations – when handled with grace and composure – can benefit your relationships.





Personal Education Seminars

Dr. Deena Brown - New Orleans, LA

THE POWER OF WE: COLLABORATION OVER COMPETITION PERSONAL

COST: \$3,000

Whether you're the person in charge of the group or simply one of the key people that help make the wheel turn, you're in a position critical to making everything work smoothly in a team. When it comes to teamwork, there are times when things can quickly get out of control. Dealing with others can sometimes frustrate you, no matter the setting.

THREE WAYS TO REDUCE STRESS, BANISH GUILT, AND EXPERIENCE JOY PARENTS CARRY AN ENORMOUS BURDEN IN LIFE

COST: \$3,000

They value their children above everything, but they also make mistakes, buy fast food, and get overwhelmed. In some circles, discussions about work-life balance have shifted to talking about work-life integration. Whatever you call it, many people are searching for a way to juggle their personal and professional roles.





Personal Education Seminars

Dr. Paulette Evans - Raleigh, NC



Dr. Paulette J. Evans, is an improvement/project management expert who utilizes proven methodologies to effectively and efficiently solve problems at work, home, and everywhere in between. She launched Evans Efficiency Experts, a process engineering consultancy focused on helping people and organizations solve complex problems, implement lasting changes, and increase the efficiency in their lives. She was featured as one of 25 Coaches and Masterminds and is proud to be the CEOs of Black Women-Owned Business.

THE NEW NORMS FOR NON-TRADITIONAL TEAMS AND TEAMWORK

Ensuring that employers are not caught up on "the way things used to be" while they are working to increase/maintain their teams in a post-COVID era. Employers are then able to promote effectiveness through teamwork across all teams.

USING THE S.T.A.R. METHOD TO SHINE YOUR LIGHT

Explaining the S.T.A.R. (Situation, Task, Action, Result) method in detail and walking groups through examples so they are able to capture their successes in an effective manner.





Personal Education Seminars

Simone Tai - Los Angeles, CA



Simone Tai is a British meditation teacher and graduate of the 'Mindful Based Self Compassion' program. She first turned to meditation to help with work related anxiety. It completely turned her life around. Simone now loves to combine all of her training and personal experience to help guide others to thrive in the workplace and beyond. She brings kindness, warmth and humor to her sessions making a healthy mindset accessible to everyone.

JOURNALING FOR SELF CARE & CLARITY

Research shows this practice can help manage our emotions and wellbeing especially during uncertain times. In this workshop, you will be led through 3 key journaling exercises and prompts to help you increase a sense of self awareness, clarity and focus.

VISION BOARDING FOR GOAL SETTING

Digital version available

In this hands-on creative workshop I introduce the science behind vision boarding and how they help us envision our goals and bring them to life. All you need is a few magazines, scissors, glue and an open mind.

SPEAK LIKE A BOSS

An introduction to public speaking and communication skills. You will discover: The 3 secrets all great speakers use to turn nerves into confidence. How to create & deliver a clear and engaging presentation, pitch or seminar. How to truly connect and communicate effectively with your team, colleagues or audience.

WORK-LIFE BALANCE FOR PARENTS (THROUGH THE LENS OF MINDFULNESS)

Many working parents experience feelings of guilt when it comes to the amount of time they spend with their child, especially if they are going through a difficult time. Mindful Self Compassion (MSC) is the antidote to parental guilt. Simone will briefly explain the science behind MSC before guiding a powerful 4 step practice to finally release the unhelpful guilt cycle - and avoid parent burnout. She shares some key practical tools to become more a present, connected and fulfilled parent.





Personal Education Seminars

Dr. Susan Lovelle - Raleigh, NC



Dr. Susan Lovelle is a former professional ballerina, a plastic surgeon for 22 years, and a life-long health nut. It took combining the lessons she learned from one particular liposuction patient with her own personal health challenges to understand and develop just what was needed - an integrated, personalized approach to wellness that went beyond the standard “eat less, exercise more, think positive thoughts” advice that pervades the internet.

INTEGRATING SELF-CARE INTO JAM-PACKED SCHEDULES

Self-care is a critical part of a fulfilled, productive life. Yet your day is already crammed full. How do you find the time to adopt the practices you know are valuable for your well-being without feeling like you’re just trying to fit one more thing into an already jam-packed day?

BREAST CANCER: A PROACTIVE APPROACH

In 2020, a woman was diagnosed with breast cancer every two minutes and 42,170 are estimated to die this year from the condition. We can change the expression of our genes by changing our lifestyle and environment, dramatically lowering our risk of developing breast cancer.

WORK-LIFE BALANCE: REALITY OR FANTASY?

Depending on the source you ask, attaining balance between work and home life is either an absolute necessity for continued success or a pie-in-the-sky fantasy. Whichever camp you’re in, overwork and burnout is real, especially with women. Understand how “Listen, Let Go, and Live” can guide you through any adversity, decision, or question in the future.





Personal Education Seminars

Dr. Susan Lovelle - Raleigh, NC

HAPPY HORMONES FOR WOMEN THROUGH THE DECADES

Hormones are not one-size-fits-all. Especially not for women and not over the course of their lives. There is a natural flow to hormones that allows us to live in harmony with our selves and our lives. will show how to identify & then move towards hormonal balance (often without hormone replacement therapy)!

"SNAX" OUR PLANET, OUR HEALTH

Bring some of the health-promoting practices of the longest living people around the world into our lives? During this interactive session, we'll experience the top three as recommended by the Blue Zones®: Movement, Purpose, and Downshift

WORK-LIFE BALANCE FOR PARENTS: BRINGING PIE-IN-THE-SKY DOWN TO EARTH

If you're a working parent, you have always walked the tightrope of caring for and connecting with your children while also honoring your commitments to your work and self. But how do you manage to maintain that balance when WFH has blurred the distinction between home and work, personal and business? Walk away with clear action steps you can begin immediately to start bringing balance back into your life.

RESILIENCE & SELF CARE IN THE WORKPLACE

Stress and adversity are an inescapable part of life. Rather than collapsing under pressure, being able to bounce back after trauma is an important aspect of thriving. Understand resilience and how to recognize it in ourselves and others. Become aware of unhealthy activities and actions that secretly drain our ability to recover. Learn the most valuable tool for building strength and resilience in our lives

EQUALITY IN THE WORKPLACE

Many corporations talk a good equality game, but it's clear that women are still not equal to men in many workplaces. Explore the stages that a corporation must travel if they want to achieve parity for women and earn the confidence/trust of their women leaders and employees.





Personal Education Seminars

Nurse Vernell Davis - Brookhaven, GA



Nurse Vernell has over 25 years healthcare experience with a focus in surgery, injury prevention, healthcare education, team building and leadership development. She is currently a Nurse Director of Endoscopy and Robotic Pulmonary Lab Emory Saint Joseph's Hospital. She's been a Guest Speaker for the Association of Perioperative Nurses and Nurse.Org It's my journey is to guide others to success.

FIRST AID

First aid empowers people to save lives each day. First aid is described as performing emergency or immediate care you provide when a person is injured or ill until full medical treatment is available. The course will be designed for non-medical personnel (non medical, no CE's or CEU's offered) which will cover the following: Asthma emergencies, Anaphylaxis, Burns, Choking, Diabetic emergencies, External bleeding, Environmental emergencies, Heart Attack, Poisoning, Neck, head and spinal injuries, Stroke, and Seizure.

WALKING FOR HEART HEALTH

Discover the benefits of walking for heart health. In this seminar, you will learn how regular walking improves cardiovascular fitness, reduces the risk of heart disease, and promotes weight management. Explore the positive impact of walking on cholesterol levels and stress reduction. Join us to uncover the power of walking and take simple steps towards a healthier heart.

HOW TO MANAGE AND PREVENT COMMON MINOR INJURIES

This seminar helps to identify 6 common minor injuries. You will learn how to assess the injury and differentiate between minor vs major injury. You will learn how to implement care using basic first aid supplies for minor procedures. Ends with evaluating the effectiveness of care.





Personal Education Seminars

Nurse Vernell Davis - Brookhaven,GA

NURTURING YOUR SKIN AT EVERY STAGE

During this seminar you will discover the secrets to maintaining healthy, radiant skin throughout every stage of life. Explore the significance of the skin, our body's largest organ, and its role in preserving overall well-being. Learn age-specific skincare practices, external factors affecting the skin, such as sun exposure, environmental pollution, weather conditions, lifestyle habits, stress, and harsh skincare products. Then, unlock the key to personalized skincare routines and professional advice, empowering you to embrace lifelong skincare practices that enhance your self-confidence and reveal a youthful, vibrant complexion.

CONTROLLING BLOOD SUGAR, ENHANCING HEALTH

Discover the benefits of walking for heart health. In this seminar, you will learn how regular walking improves cardiovascular fitness, reduces the risk of heart disease, and promotes weight management. Explore the positive impact of walking on cholesterol levels and stress reduction. Join us to uncover the power of walking and take simple steps towards a healthier heart.





Personal Education Seminars

Dr. Yeral Patel - Orange County, CA (On Leave May - Aug 2023)



Dr. Yeral Patel is a functional medicine practicing physician who is board certified in anti-aging/regenerative medicine and family medicine. Dr. Patel has been treating and educating her local community for years through group lectures. The mission of Dr. Patel's practice is simply to provide the highest quality and compassionate care to her patients and the public by helping them achieve and maintain their optimal health, wellness, and beauty

BREAST CANCER AWARENESS

Did you know that 1 in 8 women in the US develop invasive breast cancer during their life and 1 in 1,000 men in the US will also experience breast cancer in their lifetime. Breast Cancer awareness is important for both women and men. In this presentation, we will discuss the risk factors and how to reduce your risk of developing breast cancer.

SITTING CAN BE CAUSING YOU PAIN!

Dr. Patel will provide us with statistics and background on back pain and then go over our anatomy to help us understand the importance of posture. Also learn about the causes of low back pain from poor posture and prolonged sitting. Learn simple ways to prevent low back pain with early prevention and early initiation of lifestyle changes.

STRESS AND THE NEGATIVE EFFECTS IT HAS ON THE BODY

Learn about what stress is and where it comes from, which stresses are positive and which are negative and what is happening to your body when you are stressed. You will learn about the 3 stages of stress your body reacts in, the longterm effects of stress on the body and how to best combat stress in your life.

IMPROVING MENTAL PERFORMANCE & ENERGY LEVELS

The brain and the vital organs help us with our mental performance and energy levels. Learn about the causes of declined energy levels and mental work performance. Learn simple lifestyle changes to help increase your energy levels and mental work performance.





Personal Education Seminars

Other Presenters

HEADACHES & MIGRAINES - DR. ANGEL MORENO (HOLLYWOOD, CA)

Has a headache ever kept you from doing what you want to do? When you have a headache, are lights and sounds extra bothersome? Do you get sick to your stomach when the headache gets bad? If you answered yes to two or more of these questions, you likely have migraine headaches. Learn about migraines, how to prevent them, what to do when they occur and treatments.

INTEGRATING SELF-CARE - ANGELA B. (SNOHOMISH, WA)

Where do we find most of the stress lies in our lives? Everyone's stresses are different. Learn about acknowledging the stresses and developing resolutions to those stresses. Learn about the effects stress and anxiety have on the body: depression, sleep issues, poor nutrition, high blood pressure, fatigue, emotional imbalances (mood swings) and low energy.

HOW TO CREATE UNSHAKEABLE CONFIDENCE - CHRISTINA K. (PHOENIX, AZ)

Confidence comes from clarity. Find your unique gifts that add value to your organization. Learn how the most confident version of yourself. How does this person carry themselves? How do they handle conflict? We will paint a vivid picture to help each person embrace their confidence.





Social Education Seminars

Liberty Worth - Los Angeles, CA



Liberty Worth is a native of Los Angeles- a city of grit, diversity and great natural beauty. Influenced by the power of art and nature to soothe trauma and bring peace, she creates works that reflect natural wonder and quiet beauty from both new and discarded or repurposed materials. For Liberty, art and creating are a way of life - helping us make sense of the world - its beauty and pain - and enabling us to take part in the act of creation.

MIXED MEDIA ART

Using household materials, starting small, working at creating art and moving into a state of flow as skills and complexity increase. Materials needed: scissors, glue stick, index cards and 1-2 magazines or catalogs.

ART: WHERE WE HAVE BEEN & WHERE WE HOPE TO BE

Using the art of simple triangles, participants are encouraged to explore placement of a limited number of shapes to create first simple layouts and then to explore personal narratives of origin, hopes and dreams. Materials needed: scissors, glue stick, printouts of the provided pdfs.

ART & COLLAGE MOSAICS

Using magazines and catalog images as paint, we will create an image by using scissors and glue sticks. Concepts discussed are: color and pattern. Materials needed: scissors, glue stick, and magazines or catalogs.

PAPER QUILT AS A WAY TO EXPRESS DEEPER THOUGHTS

Quilts are a part of American history. But they are not only historically applicable. Learn a little bit about how simple shapes arranged together can not only create modern art, but can tackle big questions and lead to new answers. Learn from a modern artist who uses this technique and use what you've learned to make your own work of art.





Social Education Seminars

Multiple Presenters

SOCIAL HOUR - COOKING DEMOS

Employers who support social connections in the workplace and help employees form strong relationships with one another, help build a successful workforce. Strong social connections make people happier and physically healthier, which can translate into work performance.

AVAILABLE THEMES:

- Happy Hour Cocktails or Mocktails
- Build a Better Butter Board
- Pinterest Worthy Charcuterie Board
- Beer or Wine Tasting/Pairing - *this varies by area and needs at least 4 weeks to plan*

Your ideas are welcome!

DANCE PARTIES

Great dance party themes are a decades theme (the 1920s, 1950s, 1960s, 1970s, and 1980s are all easy options), a tribute night where you play all the best hits from one prolific artist (Britney night, Beyonce night, etc.) a regional music theme like Latin night, Broadway night, or even a classic dance movie theme (Step Up, Dirty Dancing, Footloose, and Saturday Night Fever).

You choose the theme and we'll set your team up with one of our amazing Dance Instructors to help you dance the night away while you learn some new dances step or choreographed dance for the theme.





DE&I Education Seminars

Dr. Brown - New Orleans, LA



Dr. Deena C. Brown has worked in Organizational Development, Change & Transformation, Executive Coaching, and Leadership Effectiveness for over 20 years. She is a keynote speaker, author, and trusted strategic advisor for C-Suite leaders. She teaches leaders how to shift from confusion to clarity, from cowardice to confidence, and chaos to consistency to inform, influence, and make a global impact while navigating uncertainty. She will help you embrace "The Shift" as a natural progression to lead a life of significance.

BIAS & MICROAGGRESSION

COST: \$3,000+

Whether verbal or nonverbal, microaggressions communicate negative, harmful, or derogatory messages about someone's race, ethnicity, religion, gender, age, sexual orientation, disability, or other characteristics. The first step in addressing microaggressions is to recognize when a microaggression has occurred and what message it may send. In this seminar we will: Define microaggression, identify types and forms of microaggressions, discuss the seven common themes and examples, learn about bystander intervention and learn how leaders can address microaggressions at work





DE&I Education Seminars

Dr. Susan Lovelle - Raleigh, NC



Dr. Susan Lovelle is a former professional ballerina, a plastic surgeon for 22 years, and a life-long health nut. It took combining the lessons she learned from one particular liposuction patient with her own personal health challenges to understand and develop just what was needed - an integrated, personalized approach to wellness that went beyond the standard “eat less, exercise more, think positive thoughts” advice that pervades the internet.

ADVANCING THE MINDSET OF DEI: HEIGHTENED AWARENESS, INFORMED ACTION, INTENTIONAL BEING

Diversity, Equity and Inclusion are not just buzz words. Each represents the state and quality of intention and classifies the outcome. Through the lens of diverse lived experiences, will share insights on becoming the change you want to see in your world.

ACTIVATING THE DEI MINDSET: APPLYING AWARENESS, ACTION AND BEING

How do you take the initial steps to activate your DEI journey? This hands (and hearts) on session provides tools and tips that will focus your mindset, strengthen emotional intelligence, and outline behaviors that will elevate how you show up, ultimately impacting your ability to be a change agent for DEI. Come prepared to discover how you can be an instrumental influence in your business and community by activating the DEI mindset.





DE&I Education Seminars

Wendy Ryan - San Jose, CA



Wendy Ryan (she/her/hers), MHROD, is the CEO of Kadabra. She has over 25 years of combined experience in human resources, organizational development, non-profit leadership and executive coaching. Wendy is an active mentor, strategic advisor and angel investor in early stage, BIPOC, LGBTQ++ and women-led companies and an advocate for expanding diversity, equity, inclusion and accessibility in the investor and business ecosystem.

LEARN - LEAD - LIFT: HOW TO THINK, ACT AND INSPIRE YOUR WAY TO GREATNESS

COST: \$3,500

- Be introduced to the mindsets, skillsets and behaviors that define great leadership.
- Identify the barriers or derailers that are holding them back from being a great leader and learn how to overcome them.
- Create an action plan to elevate their leadership and identify the resources they will need to execute it.

SELF-AWARENESS: STEP ONE TO OWNING YOUR IMPACT

COST: \$3,500

Strengths, Blind spots, Areas of Opportunity - we know we have them, but how do we figure out which ones really matter and how to deal with them? Guiding us through the maze of online assessments, self-help books, classes and coaching programs is leadership development expert, Wendy Ryan. Whether their ultimate goal is to become a better leader, co-worker, citizen, family member or all of the above, participants will experience a unique approach to strengthening their self-awareness in this eye-opening and highly interactive session. Your audience will:

- Learn to identify their goals for increasing self-awareness and create a personal action plan to achieve them.
- Be introduced to various tools and resources they can leverage along the journey.
- Practice a proven technique for increasing self-awareness in just 5 minutes a day.





DE&I Education Seminars

Wendy Ryan - San Jose, CA

WANTED: ALLIES AND AGENTS FOR CHANGE

COST: \$3,500

Challenging, humorous and profound" describes the participants' experience of this provocative session. Starting with the premise that systemic oppression is deeply embedded in our organizations and that allyship is a key differentiator for effective leaders, Wendy navigates the audience through her step by step plan to cultivate an ally mindset. Elevating people's awareness around their unconscious biases and eliciting their empathy for "others" is only the first step toward sustaining success in a changing world. Leaders willing to go beyond awareness to develop an ally mindset reap tremendous advantages over those who do not. In a safe and supportive environment for self-discovery and candid dialogue, the audience will:

- Understand what powers an ally mindset and what it looks like in action.
- Discover practical steps anyone can take to practice allyship and become a powerful agent for change.
- Learn how to engage others in helping you continue the journey.
- Be better prepared to drive meaningful organizational change with tools and resources they can start using today.





CORPORATE WELLNESS MADE SIMPLE