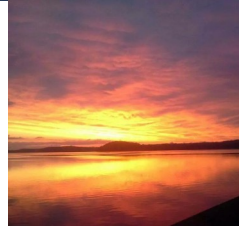




Inspired Life Coaching



Wellness Program

8 Week, 1—1.5 Hour Sessions

Week 1 - Let's Talk About Stress*

Tips, tools, and techniques to master a mindset for peace.

Week 2 - Learn to Meditate

Education on meditation methods including guided meditation.

Week 3 - Mindfulness*

What is mindfulness and how can we use it to reduce stress in our lives and create meaningful engagement.

Week 4 - Powerful Daily Practices

Create daily practices that support your highest self consistently.

Week 5 - Brain Training

Understand our brain's tendency, learn about re-training for more joy, and good emotional hygiene techniques.

Week 6 - Energy Clearing & Visualization

How to prepare ourselves to not absorb the energy of difficult people and situations around us. Strengthen and protect your own energy while you are serving others.

Week 7 - Wholehearted Living

What does it mean to live from your highest self, your best life, find joy and fulfillment in most days of your life? Learn from the pros about what it means to achieve this standard of living which is not only possible, but advisable in today's fast paced world.

Week 8 - What Ancient Wisdom Offers Us

The philosophical masters' teachings abound in the field of positive psychology and wellness. What are their universal points, how do they relate to today's society, and how they serve our highest good.

\$2,500, 3-30 employees * If employer has already offered stress and mindfulness seminars individually, these modules will be offered as 2.0 with new information for the employees.

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