

Workshops & Webinars



Nutrition & Healthy Eating

Optimize Gut Health

Uncover the impact of digestion on daily life. Learn about whole foods, processed foods, gut bacteria, and discover the role of fermented foods. Join us to better understand the relationship between nutrition, digestion, and well-being, and leave with practical insights for improving your gut health.

Dispelling Nutrition Myths: Fact vs Fiction

Exploring the origins of what you know about food, this session is dedicated to unraveling common nutrition myths. Enhance your nutritional knowledge and gain a clearer understanding of a genuinely healthy diet.

Physical Activity

Mindful Movement

Our bodies are made to move, but we often adopt sedentary habits. Amid the pandemic's widespread stress, prolonged periods of sitting have become commonplace, leading to reduced physical activity. Reignite your enthusiasm for activity and learn how to integrate movement into your daily routine.

Personal Well-Being

Night, Night, Sleep Tight

Good sleep is essential. Understand how poor sleep affects immunity, raises disease risk, and impacts cognition and mood. Learn essential sleep hygiene tips for a restful night. Join us to uncover the key to rejuvenation and well-being through quality sleep.

Focus on Financial Well-Being

Learn the key aspects of financial well-being and the impact of mindset. We'll focus on four key components of financial wellness and how to build smart money habits to help you achieve your goals.

Optimizing Self-Care for Happy Leaders

Self-care is a foundational piece of effective leadership. Learn how to optimize energy levels, accept change with resiliency and find meaningful purpose while rejuvenating the mind, body and spirit.

Mental Well-Being

Powered by Emotion

Understanding how to effectively express and label your emotions is a crucial skill. Explore strategies to authentically connect with your emotions and recognize their role as valuable guides that propel us forward in our daily lives. Discover how our emotional landscape offers invaluable insights and the energy required to navigate each day with purpose and clarity.

The Links of Life

Is more work truly more productive? Discover the profound influence of our thoughts and motivations on achieving balance between responsibility and joy. Uncover strategies to manage procrastination and toxic positivity in order to optimize your actions and achieve the life you want.

Building Mental Strength

Let's work on cultivating a robust self-concept. Acknowledge the significance of managing emotions, adopt a positive thought framework, and master the art of prioritizing relationships for enhanced resilience. Join us to embark on a journey towards fortifying your mental well-being.

Wealthy From Within

Discover the art of nurturing well-being through self-care strategies in this empowering workshop. Uncover the secrets to enhancing self-wealth and fostering happiness. Explore how adopting a self-wealth mindset can guide you towards optimal living, greater confidence, and lasting joy. Join us to embark on a transformative journey of self-investment.

Healthy Workplace Culture

Unconscious Bias and Microaggressions at Work

Unconscious biases can unknowingly give rise to hurtful microaggressions. This workshop educates, raises awareness, and empowers employees to grasp their biases, identify microaggressions, and confidently give feedback. Together, we pave the path for a harmonious, diverse workplace culture.