

Mind Body Spirit Balance Presentation – Overview

Author/presenter

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Format

- Adjustable length - 20 to 50 minutes
- Powerpoint Presentation
- Handouts/Worksheets distributed at end of presentation

Required audio/visual

- LCD projector, screen
- Microphone (lavaliere preferred)

Topic Description

Balance seems a lofty ideal. If we are tired, angry, sad, overworked or out-of-shape, we think we don't have it and then we feel guilty about it. This presentation offers a different perspective: the Universe is perfect, and imbalance is impossible. It is a law of nature and physics that forces seek equilibrium. All is always in balance, so your place of empowerment is to consider the dominant forces in your life and consciously choose and create your desired point of equilibrium. By understanding the dynamic relationship between your holistic aspects—mind, body and spirit—you can adopt practices and paradigms that work with the energies of the Universe to achieve and maintain healthy balance.

Outline

1. What Balance Is...and Isn't
2. Considering Equilibrium
3. 3 Ways to Obtain Balance
4. The Dynamic Mind/Body/Spirit Relationship
5. Tips for Balancing Mind
6. Tips for Balancing Body
7. Tips for Balancing Spirit
8. Forms of Resistance
9. Living in Equilibrium

Fee

\$500 + expenses

