

ENERGY BOOT CAMP CORPORATE PERSONAL INSIGHT WORKSHOPS

1

Do you want to take your company to a higher level?

THE GROUNDED PROFESSIONAL WORKSHOP can bring your team personal and integrated balance, while offering core solutions to multi-faceted challenges.

WHAT is it?

This is an 8-Step System that includes:

- 16 hours of class over 2-3 days, or 2 hours weekly for 8 weeks, perfect for a weekly course, or next off-site
- 2 hours per each of the seven chakras (energy centers), plus 1 final session for integration of the entire system
- Each session consists of:
 - 45 minutes of lecture on each energy center and how it applies to the corporate world
 - 30 minutes of meditation
 - 30-45 minutes of team-building discussion

WHY the Grounded Professional Workshop?

Because your team will learn how to:

- ground their energy before giving presentations, speeches, or handling difficult conversations
- clear, heal and manage their own energy so they can lead from a place that is connected, truthful and centered
- heal their energy so they can speak their truth within their team, their company and for themselves in a proactive manner
- feel peaceful, centered, inspired, and connected

HOW does it work?

Your team will learn:

- practical, physical, and emotional symptoms of excessive and deficient energy in each chakra and how to recognize it in their everyday lives
- many tools and techniques to balance their energy in each individual chakra
 - **Step 1:** how to remain grounded when in intense situations
 - **Step 2:** how to increase their creativity and problem solving, and how to balance their own emotions before talking to a co-worker
 - **Step 3:** how to increase self-confidence and reduce fear
 - **Step 4:** how to release attachment to a certain project's end result and open up to collaboration while reducing grief, anger, and jealousy
 - **Step 5:** how to convey their message and listen to their team
 - **Step 6:** how to trust their intuition and expanded imagination
 - **Step 7:** how to connect to everyone to create the best outcome for the organization as a whole
 - **Step 8:** how to integrate all of these steps into one coherent personal and leadership style



Erin is a Speaker, Reiki Master, Hypnotherapist, Aura-Soma Practitioner and owner of Love.Heal.Thrive.. Erin is committed to demystifying and simplifying energy work. Through her Energy Boot Camp and multitude of classes, Erin is bringing real-life energy tools and techniques to her center, corporations, universities, and schools. She is making healing, self-growth, and meditation feel more accessible and less daunting by teaching techniques that are matter-of-fact and applicable to our everyday lives.

BOOK AN ENERGY BOOT CAMP CORPORATE WORKSHOP AT YOUR COMPANY TODAY

Learn more about Erin at www.LoveHealThrive.com



2

Do you want your team to present from a grounded and mindful place?

THE PRESENTATION PREP WORKSHOP can teach your leaders how to prepare themselves to give grounded presentations and remain focused in the boardroom.

WHAT is it?

This is a one-hour workshop that includes:

- A 30-minute talk on learning the basics of grounding your energy for presentations, the boardroom, and life
- A 30-minute visualization and meditation where you will learn the tools and techniques necessary to present from a centered state
- Option to extend an additional hour to include more team building exercises

WHY the Presentation Prep Workshop?

Because your team will be prepared to exude confidence and mindfulness in presentations, the boardroom, and life.

3

Do you want to help your employees understand the root cause of their anxiety and give them pragmatic, practical techniques to support themselves?

THE ANXIETY MANAGEMENT WORKSHOP can help your team learn to manage stress and anxiety and obtain a core understanding of how anxiety affects us.

WHAT is it?

This is a two-hour workshop that includes:

- An understanding of the root cause of anxiety and how it affects the body
- Energy techniques that help relieve anxiety symptoms
- A guided meditation that will help you create new thought patterns and teach you ways to handle stress

WHY the Anxiety Management Workshop?

Because your professionals will walk away from this class feeling empowered, understood, and filled with tools and techniques to handle their stress and anxiety.

4

Do your leaders feel overwhelmed and exhausted after conferences or the boardroom?

THE TOOLS FOR THE EMPATHETIC LEADER WORKSHOP can teach your leaders how to maximize their energy without feeling depleted and over-extended.

WHAT is it?

This is a three-hour workshop that includes:

- An understanding, including physical proof, of how and why professionals end up overwhelmed after being around crowds
- Energy tools and techniques to resolve their sensitivity
- A guided meditation that will empower your leaders and teach them how to manage their energy so they no longer feel overwhelmed

WHY the Empathetic Leader Workshop?

Because your leaders will be empowered to utilize energy techniques that will help them master any crowd or meeting by learning how to direct their own energy first.

