

ENERGY BOOT CAMP CORPORATE

PERSONAL INSIGHT WORKSHOP



Want your work environment to feel more connected, collaborative and friendly?

The **VIBES SPEAK LOUDER THAN WORDS** Workshop helps the individuals in your workplace learn tools and techniques to be more mindful and positive, which influences their contribution to the office atmosphere.

WHAT is it?

This is a one-hour talk that includes:

- a 5-10 minute interactive experience where your team experiences their own energetic vibe
- a 25-minute presentation on your vibe and the science behind human energy
- a 30-minute meditation and visualization where you will learn tools to maintain a positive vibe
- an option to extend the workshop and allow group discussion

WHY this Workshop?

Because your team will learn:

- what their vibe is and what their vibe is saying to others
- the science behind mindfulness and human energy
- how to determine how much of their vibe they are giving off and receiving from others
- tools and techniques to shift their energy
- why their vibe matters in the workplace and in life
- a great meditation to calm their vibe

Your team will walk away from this talk feeling aware, empowered and ready to make mindful, positive shifts in their work and home environments.

**BOOK AN ENERGY BOOT CAMP CORPORATE
WORKSHOP AT YOUR COMPANY TODAY**

Learn more about Erin at www.LoveHealThrive.com

PRAISE for Erin's work

Erin Garay has cracked the code to harnessing energy and putting it to work in your presentations. We are more grounded and will take our future presentations to the next level!

Lauren Larson Diehl, Senior Director, Global Customer Success Management at Oracle Corporation

Erin's presentation on managing our energy in the workplace and at home was a home run. She tailored the content to focus on mindfulness and the impact of our vibes (energy), while highlighting the science behind it to make sure even people unfamiliar with the topic weren't dissuaded by the seemingly woo-woo nature of it. Her presentation manner, candor, and ability to tie together energy practices with researched scientific evidence is a solid way to introduce a tech team to mindfulness in the workplace and at home.

Noemi Sparks, Social Media Marketing Manager at MarkLogic

Erin's work with the students in SCU's Senior Leadership Academy was impactful. Her transformative approach to the guided reflection and learning really helped provide the kind of experience we wanted to create. By listening to the students and addressing their needs, she was able to support their journey. Weeks after our workshop, the students were still utilizing their learning in daily life. We are grateful for the insights and energy Erin shared with us.

Brenda Versteeg, Director, Professional Development and Social Justice, Santa Clara Business School Undergraduate Business Programs

