

# WELLNESS FOR THE CLASSROOM



Want your students to feel more calm, positive and focused in the classroom?

The **VIBES SPEAK LOUDER THAN WORDS** talk helps students learn tools and techniques to be more mindful and positive, which influences their overall school environment.

## WHAT is it?

This is a one-hour talk that includes:

- a 5-10 minute interactive experience where your students experience their own energetic vibe
- a 20-minute presentation on the science behind human energy that explains their experience in step 1
- a 20 to 30-minute meditation where they will learn tools and techniques to maintain their positive vibe
- an option to extend the talk and allow group discussion

## WHY this Talk?

Your students will learn:

- what their vibe is and what it is saying to others
- the science behind mindfulness and human energy
- 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 school and in life
- a great meditation to calm their vibe

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

**BOOK A WELLNESS TALK AT YOUR SCHOOL TODAY**

Learn more about Erin at [www.LoveHealThrive.com](http://www.LoveHealThrive.com)

## PRAISE for Erin's work

*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

*Erin came to my daughter's class and taught a few basic steps for grounding and mindfulness that were perfectly suited to the students' age and maturity. Her simple lessons really resonated with my daughter—she came home so excited to talk about what she'd learned, and I could tell she really "got it" and had been able to shift her perception and calm her mind even in the busy classroom setting. Erin is gifted and kind, and her enthusiasm and passion for the work she does is contagious. I can't think of anyone better to help guide the next generation and provide them with these all-important building blocks and life skills.*

~ **Helen H.**, St. Pius School Parent

*Erin taught our Girl Scout Troop skills they could implement immediately to calm their minds and stay grounded. She "gets" teens and tweens. She engaged with the girls at their level with humor and stories. Our kids need more teachers like Erin!*

~ **Susan J.**, Girl Scout Leader



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*Erin is a Speaker, Reiki Master, Hypnotherapist, Certified Meditation Teacher, 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.*