

# The Art and Science of Good Energy

There is No Neutral Effect

True  
You  
essentials

TRUE YOU  
essentials



## The Art and Science of Good Energy

THERE IS NO NEUTRAL EFFECT



THE ESSENTIAL ADVANTAGE  
Bringing the True You to Life™

You will learn:

- Top 5 Feng shui principles affecting your work now (and how to make them work for you)
- 13 ways to shift energies using energy opposites
- What  $E = mc^2$  means to you
- Proactive and Reactive ways to use The Big 3 Universal Laws (Attraction, Expectancy, and Cause and Effect!)
- 5 ways to manage, protect and direct your personal energy

*Format recommendation: One- to Two-hour workshop, depending on level of interactivity desired.*

*Topic Categories: Employee engagement, Self-care*

You know that sensation when you walk into a certain room, or meet with a certain person, and it just feels good? You like being there. You feel creative, connected...fully alive. You get more done and feel better about it.

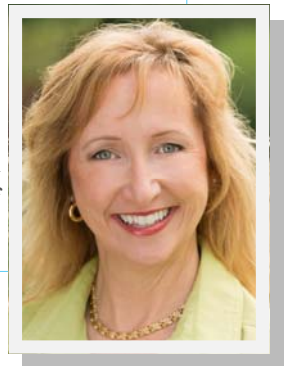
Yeah, it's nice, isn't it?

Well, it's no accident. By increasing your awareness of energetic principles, you too can create an work environment that invites engagement, openness, and joyful productivity.

By understanding your own energy patterns, you can maximize your strengths and maintain better personal boundaries. In this program you learn the science and craft of good energy, how your life is affected by Universal Law, and how to work with the Laws to positively change your life.

**Trust Liz to inspire your group toward greater health, wealth and happiness!**

Holistic wellness coach and clinical aromatherapist, Liz Garrett, is changing lives with creative, reality-based programs designed to meet the goals and needs of busy people.



**Liz Garrett**



THE ESSENTIAL ADVANTAGE  
Bringing the True You to Life™

[www.LizGarrett.com](http://www.LizGarrett.com)  
757-715-0370  
[Liz@LizGarrett.com](mailto:Liz@LizGarrett.com)