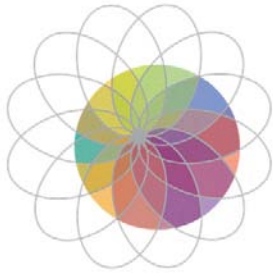


The Essential Advantage

Bringing the True You to Life™



The Essential Advantage

BRINGING THE TRUE YOU TO LIFE™



THE ESSENTIAL ADVANTAGE
Bringing the True You to Life™

You will learn:

- How to begin recovering, empowering and engaging True You in practical ways, on a daily basis
- How to identify--and drop--the 7 "veils" that obscure True You
- The ladder and 3-way switch that shortcut to True You on demand
- 5 True You non-negotiables for ultimate wellness
- 7 lenses of authenticity through which True You views life
- How to find True You alignment in work, relationships and life

Topic Categories: Employee engagement, Work/life balance, Health & Wellness, Self-care

Format recommendation: 1-hour keynote stands-alone or lays foundation for other workshops



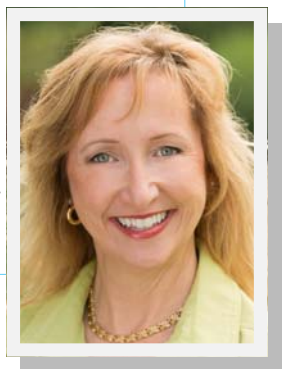
THE ESSENTIAL ADVANTAGE
Bringing the True You to Life™

Do you remember what you wanted to be when you grew up? The things, people and places that made your childish heart soar? These are clues to the True You: the person you were--*and still are*--in your core. Life's traumas and dramas may have obscured those passions and dreams, but they are still alive and well and begging to be set free!

It is thrilling to uncover this guaranteed path to success, joy, creativity and love. Like Dorothy's ruby slippers, True You is a power you already have! It is your untapped success super power, longing to express itself, to create meaning and value, and to share its gifts. Every person already has this unique advantage--this presentation helps you find yours. Once reclaimed and unleashed, the True You boosts creativity, engagement, meaning, contribution, productivity, innovation, and retention.

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

www.LizGarrett.com
757-715-0370
Liz@LizGarrett.com