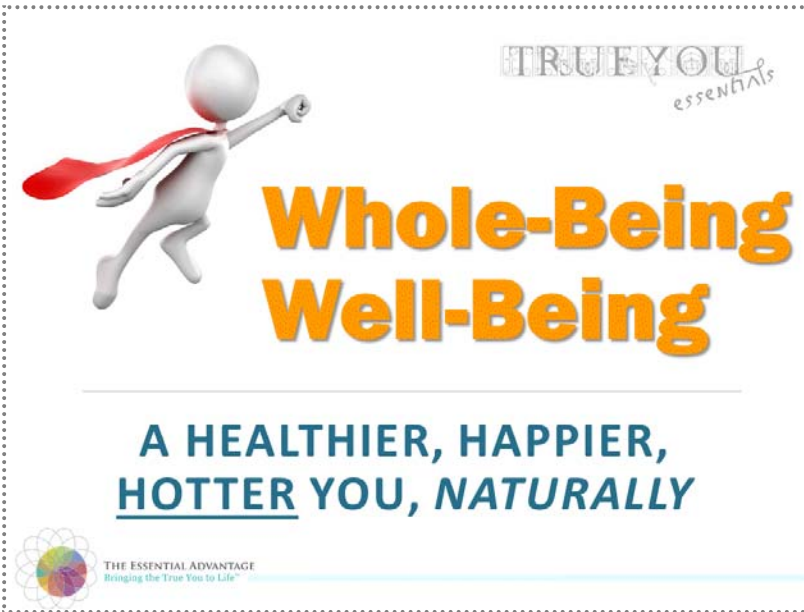


# Whole-Being Well-Being

A Healthier, Happier, HOTTER You, Naturally

True  
You  
essentials



*You will learn:*

- *The 5 Wellness Non-Negotiables (if you think you're beating them, you're losing)*
- *How to master the three principles of moving-toward: Intention, Attention and No-Tension*
- *The make-you-or-break-you secret all successful people know*
- *Reigniting your spark: 7 tactics to turn blah-blah-blah into Ooo-la-la!*

*Format recommendation: can be expanded or contracted to 2-, 4-, or 6-hour workshops, depending on the depth, focus and level of interactivity desired.*

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

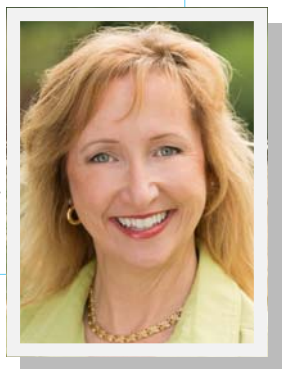
Blood pressure, BMI, cholesterol, resting heart rate...what does any of it matter if you aren't ON FIRE for life? Are sit-ups and butt-burners the way to true happiness? Are 10,000 steps a day getting you where you want to be?

Numbers can't provide happiness.

Finding true wellness in 21st Century living takes everything you've got. Bring all of you--mind/body/spirit, inner/outer, past/present/future--to life with this fierce approach that draws from present-day science as well as ancient wisdom. Practical and powerful, this unique wellness perspective helps you sharpen your focus on the things that matter, begin to release the things that don't, and learn to leverage the muscle of effective habits so you can move your life steadily in the direction of your dreams! Isn't that what wellness is for?

**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)