



# MPOWERLIVES

## Workplace Mental Health & Wellness

**MPOWERMENT**

**WELL-BEING**

**TEAM  
COHESIVENESS**

**COMMUNICATE  
EFFECTIVELY &  
RESPONSIBLY**

### The value I bring....

-Innovative and creative solutions to a toxic workplace environment

-Simple and effective mindfulness strategies for mental health and wellness

- Understanding the root causes of bullying behaviors

- Maximizing talent in your people by focusing on transforming personal and group excellence

### What I offer...

1 hour session - Understanding communication & connection as a team - Feel physically, mentally and emotionally strong & confident by practicing basic self-defense, yoga, qigong techniques - Reduce stress and anxiety with mindfulness techniques

1/ 2 day seminars - Practice self-defense, yoga, qigong & mindfulness techniques - Understanding your emotions through positive self-regulation - Identify behaviors - passive, assertive, passive – aggressive and aggressive

1 day seminars - all topics & physical activities from ½ day workshop included - Practice clear, direct and confident assertive communication skills - Understand your workplace rights & responsibilities - Create action plans to implement change

Other offerings:

- Keynotes
- Group & One on One Coaching

*“Thank you so much for such an informative and interactive Pro-D Day for us. I learned so much from you and was glad to get my mind and body going. I know that I have to take better care of myself. It's tough being a full-time teacher stretched in so many directions and trying to keep a balanced healthy life. It is invaluable service. We need more instructors like you to help us achieve better more balanced healthy lives.” ~ Teacher - Pro - D Day Session –*

Photo Caption  
Van—City—Suterbrooke location

