



SMALL CHANGES
Big Shifts[®]

Whole Person Well-Being Programs

Resources to Build Rhythm and Resilience So Your Team and Organization Thrive!

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Our Mission

Our mission was founded on a very simple idea: we want to see people come fully alive. At Small Changes Big Shifts[®] we love to do this by helping people make small changes that ultimately lead to the biggest shifts in their lives.

While striving for optimal health can feel daunting, we see when broken down into smaller pieces that fit together in a simple framework and nurtured along the way, people feel empowered and are more successful on this journey. We address these different areas through the Quadrants of Well-Being – a simple framework that restores how amazing our bodies were designed to feel every day, all day.

-  **Mechanical:** The body's physical needs
-  **Chemical:** The body's chemistry
-  **Energetical:** The energy in and around you
-  **Psychospiritual:** Mental awareness

We believe that balance and variety in these four areas are essential for stepping into your best life, and when each area is given attention, we build resilience to face life no matter what is happening around us. **We are ready to help your employees feel nourished, connected, well, and valued so that they are more engaged and satisfied at work!**

Our Approach

We know that successful behavior change is built on 4 key principles within the workforce:

1. Providing the right information that meets the person where they are and increases their awareness to take the first step.
2. Being able to elicit the internal motivation required to make change then having a structure or process that maintains the motivation for the period of change and beyond.
3. A process and support to break the big shifts into small change steps and build the skills and tools needed to implement and reinforce the new behavior.
4. A supportive community and helpful home and work environments provide the “keep up” motivation and encouragement to further reinforce behaviors to become solidly entrenched habits.




Customized Program Options

All programs start with a 1-to-1 conversation to learn more about your needs and explore the whole person well-being program that is right for your organization and budget to get started. We then work to put together the customized program best tailored to your organization. Knowing that positive health and culture take time, we recommend a three-year program cycle for best results, but we meet you wherever your team is today.



Chair Massage

Your team works hard. And one of the best ways to show your thanks while helping to reduce stress is through chair massage. This convenient, on-site service can provide one, two, or three professionally trained therapists to meet your company's needs. Choose from a manual paper registration sheet or through a company branded webpage with electronic registration and reminder messages. Our team coordinates our massage staff and the registration process for a rewarding experience for all.



Keynote Presentations *(45-60 minutes based on your timing preferences)*

Full Quadrant | Foundational Programs

Seven Habits for a Healthy Life: Start your journey into better health with ease. This program will help take the complexity out of being healthy with seven simple actions along with a framework to better understand your well-being. These seven small changes will fundamentally improve your well-being, with little or no financial cost. If you've put your health on the backburner for some time now, this will help you find your WHY and the simple steps to begin again. It's time to say yes to yourself and we'll share how it easier than you may think!

Building Rhythm and Resilience Keynote: Our world is fast paced and often overly full - creating stress, burnout, and overwhelm. There can also be confusion around what creates vibrant health and positive daily life routines. The answer to these challenges is to focus on building rhythm and resilience in our day-to-day life by living the Quadrants of Wellbeing: mechanical, chemical, energetic, and psychospiritual. This program helps you understand these Quadrants and how to find harmony within them to build the better you.

Body Talk: Tune into your Wellbeing Keynote: We are constantly bombarded with information. In fact, our body is always giving us feedback, but do we listen? Or do we even know how to listen to our body? This presentation helps you understand your body and what it is telling you, so you can own your own health. Change doesn't have to be radical to be meaningful. You can start feeling better one small shift at a time.

Connection Matters - How Community Nourishes Your Well-Being: Disconnection from each other started long before the pandemic. In fact, research shows over the years we are becoming the loneliest society in history. Even more interesting, the anxiety and depression numbers continue to rise every year. What is the correlation? What are we missing? What have we forgotten about ourselves? Join us as we reveal the latest research and uncover why connection with others is vital to our well-being - just as important as eating and drinking water. We wrap with a team building connection activity that brings all voices together and creates a vision of how to move forward together. *Can include a short interview with a company leader addressing how the team works well and connects.

Reframing, Retraining, Regaining, and Sustaining Wellbeing: Stressful times can cause people to react by falling into one of five common patterns: a Monk, a Chunk, a Punk, a Drunk, or a Hunk. Learn how to shift these stress patterns and how to move forward by finding a sustainable plan. It's never too late to shift your habits - it all starts with small changes.

Kindness Keynote with Leadership Interviews: We know that our world is facing rising levels right now of depression, anxiety, illness, exhaustion and fear and that companies are struggling to help their most important asset - their people. In this special one-hour presentation, Dr. Michelle Robin will show your team the power kindness has in our lives and on our well-being followed by interviews with three of your leadership or team members. These interviews invite your leaders to share personal stories and experiences around kindness, caring, community and connectivity themes that give associates a chance to see them from a new perspective and can strengthen the alignment with your company's mission and values. Though the event will be "live" streamed to your company to watch together, all the components are pre-recorded then edited by our team into a seamless presentation. This is a great tool to use leading into or following up the free 31-day Kindness Campaign. *This process is only done by Dr. Robin.

Mechanical Quadrant

Move Your Body: Your body needs to move. Excessive sitting—what is commonly referred to as sitting disease—is not innate to the human condition. We will discuss how movement not only lets you live your life the way you want, but also triggers physiological and psychological responses that improve the wellbeing of your spirit, body, and mind. We'll discuss how your body positions and posture play a key role in your spinal health and nervous system as well as how to create flexibility in your body and movement in your day. Lastly, we'll explore easy ways to integrate short moments of movements many times throughout the day in small but effective amounts.

All Movement Matters: We often think if we do not exercise or get movement in specific ways or for specific amounts of time that it is not effective for our body. But in truth, all movement matters. In fact, small amounts of movement done regularly throughout the day can be more effective than one yoga class a week. Learn how to integrate in the right blend of “exercise”, along with the impact of proper posture, and how to leverage Non-Exercise Activity Thermogenesis (NEAT) into your day with small, regular periods of movement to counter excessive sitting, have less aches and tightness, greater energy, and a more positive mindset.

***NEW* Healing Tech Neck:** Do you have headaches? Shoulder or hip pain? Do you grind your teeth, have acid reflux or occasional dizziness? All of these symptoms can be related to how you sit when you are using TECHNOLOGY. This modern phenomenon called Tech Neck is related to what is clinically assessed as Forward Head Placement. This evolutionary technology adaptation is shifting our head and shoulders forward, increasing the weight on our body by 10-12 pounds. The more the head and shoulders shift forward, the more they weigh. And our bodies are paying the price with a variety of disruptive symptoms and pronounced degeneration in the cervical vertebrae. But there is good news. You can learn simple home techniques that help realign the head and neck. In this presentation, wellness coach and Pilates expert Wendy Basch will guide you to understand the roles the bones, nervous system, fascia and muscles play in this adapted pattern and teach you key techniques and stretches to release tight muscles as well as mobilizing and strengthening exercises for the weak ones. Investing a little time to increase your awareness and improve your posture now can help save you years of pain and potential surgeries later. It's well worth the investment!

Strengthen & Sustain Your Body-Mind Connection: Our body is masterfully designed to move. Beyond our physical movement, our body houses the mind which communicates messages between the brain and body. The brain and body cannot be separated and are directly related to optimum health. This is called the Mind-Body Connection. So often, these messages can be ignored or sidelined by our daily stressors or mindsets. Yet when we continue to override the messages, our body speaks louder through illness or pain. In this program, Wendy Basch, wellness coach and Pilates expert, will guide you in learning to tune into your body-mind to align for better communication, find your inner strength, develop stability before mobility, explore how balance matters, and leverage breathing as the basis for connected movement.

Chemical Quadrant

***NEW* Cooking for the Heart:** Join Dr. Heath Wilt, practicing cardiologist & passionate cook, as he educates you on how to get in your kitchen and cook for your heart. He'll show how easy it is to prepare dishes at home to help encourage you on the path to living a heart-healthy life without giving up flavor! He believes that eating right is nothing short of culinary medicine. Be ready to bring your questions as you get to the "heart" of things as Dr. Wilt will amaze you with his cooking skills, nutrition advice and medical knowledge.

***NEW* Heart Health:** Let's have a heart-to-heart talk about heart health. Heart disease is a leading cause of death in the United States for both men and women. The good news is there is a lot you can do to protect your heart and stay healthy. Join Heath Wilt, DO, FACC, an experienced, award-winning invasive, non-interventional cardiologist as he shares best practices on how to protect your heart, understand your risk, how to make healthy choices, and simple steps to reduce your chances of getting heart disease.

***NEW* Vitality through Gut Health:** So much of your health relies on a healthy gut. As such, the critical question is how do you keep your digestion working optimally? In this one-hour presentation, we will discuss how digestion works, strategies to support healthy gut function, foods to optimize a healthy gut pH and flora, the pros and cons of probiotics, the importance of fibers, and the impact antibiotics can have on gut health. You will walk away with specific things you can do to optimize your gut health for long term vitality.

***NEW* Vitality through Gut Health Next Level: How You Support Healing:** Life happens - and disruptions of digestion can be triggered from antibiotic use to food poisoning to unknown food allergies and sensitivities. More and more today we are seeing wide-spread issues in the digestive system. Because much of your health and vitality relies on a healthy gut, supporting imbalances and issues in this area is an important part of getting you back to how you were designed to function and feel. In this one-hour presentation we will discuss ways you can work to improve your digestion naturally, which build upon the basic understanding of gut health as addressed in the "Vitality through Gut Health" presentation.

***NEW* Vitality through Blood Sugar Balance:** Fatigue, pain, inflammation, hair loss, insomnia, weight issues, hormonal imbalances and/or mood swings can oftentimes be symptoms of an underlying blood sugar imbalance called dysglycemia. In this one-hour presentation, we will discuss the types of blood sugar imbalances that can occur, how they get triggered, and connect symptoms with the underlying blood sugar imbalances. We will then discuss natural ways to bring balance back to your blood sugars to support a vital you with healthy hormones, restful sleep, and reduced inflammation.

Using Your Lab Results For Optimal Well-Being Support: Do you get your blood drawn annually but do not understand how to make the most of the results? Are you interested in being able to use this key data to chart a path towards a healthier you? This presentation takes individuals into a deeper understanding of what the lab numbers mean in the content of overall well-being. Participants will be able to learn how to more effectively read their reports and evaluate how the information can be used annually to get the most of of them. This can be a great program to do in conjunction with annual lab screenings - either before to increase registrations or afterward to help people put their results into action.

Why Vitamins Are Important: The ABCs of Supplements: *Optional post-biometric presentation* - Are you wasting your money, time, and effort by taking the wrong supplements? Do you know if the supplements you take really benefit you? Take the guess work out of the process to confidently be able to know which key supplements to consider, what they do, how much to take, and how to look for the best quality. Dr. Michelle Robin presents this program and is our most sought-after speaker, not only because she brings a "light" that is unique to her but also because of her in-depth knowledge as a 30-year experienced practitioner. With her wealth of knowledge, she effectively answers specific questions that arise around the topic of supplements and vitamins.

Food as Medicine Series: Sessions go from basic to more advanced and can be put together however best fits your company. Each session is billed as a separate presentation.

Go Green! Vegetables, especially greens, are a power food group and vital to incorporate into your diet for whole-body wellness. Learn the health benefits of adding more greens as well as other “colors” to your diet plus tips and recipes to easily eat more.

Leverage Nature’s Health Gifts: We will talk about two gifts that nature provides to be healthy in mind, body, and spirit: fatty acids and water. Learn how to support your organs at a cellular level and cleanse and purify the body to feel renewed and vital.

What’s The Story With Dairy? Are you confused about whether you should give up dairy? If you do, what kind of milk substitutes are out there? This class will teach you about the different kinds of dairy, alternative dairy products, and figuring out the correct portion for you so you can make the best choice for your own body.

What’s The Story With Grains? If asked what a grain product is most people respond with bread, crackers, and pasta. These are not the whole grains that can nourish your body. Learn about the different kinds of grains, whether they contain gluten or not, how to cook them properly, and how to know if you should be consuming grains depending on your health and well-being.

How to Get The Most From Your Nighttime Sleep: Research shows that people are having more difficult sleeping than ever before. Explore how our sleeping patterns have drastically been affected by our stressful world, and why getting a good night’s rest is the foundational place we need to start when it comes to whole-person health. Without good sleep hygiene, our physical and mental health go into overdrive, causing a multitude of problems including our immune system. You will walk away with guidance on sleep posture, night-time routines, and how to stay asleep to lessen stress and anxiety.

Energetical Quadrant

Free Your Space: Clutter handcuffs you to the past! Clutter comes in many forms: physical stuff, people, objects, bad memories, fears, doubts, regrets, and toxins in the body. The good news is, you can clean house (literally and figuratively) and be free! Come learn how!

***NEW* Achieving a State of Flow & Energy Management:** Who doesn't want to feel a greater sense of enjoyment, energy and involvement in their own life? We all do. Flow, a term referring to a time or experience when you are so completely absorbed in something that you lose track of time, feel euphoric and have a greater sense of accomplishment. Sounds powerful, right! We can all achieve being in a state of flow if we recognize how to get there. In this session we will review the general concepts and history of being in a state of flow. The benefits and characteristics of a flow state as well as how this impacts our personal energy levels as we live out each day. Attendees will leave this session with a better understanding of how to personally achieve flow and be in control of your own energy levels to live a life where you thrive!

Reiki for the Workplace: Offices and workplace teams perform at their best when they are happy and working in harmony. Unfortunately, that kind of workplace culture is few and far between. With more than 10 years of experience in corporate client relations, Alex McMaster understands the politics and power dynamics of an office environment - how some can foster healthy competition and team camaraderie, and how others can be unproductive and often downright toxic. Using the principles of Mindfulness and Reiki, she helps you build a workplace culture that fosters productivity and efficiency through wellness. And that creates long-term success through the power of a happier and healthier team.

***NEW* Mindfulness for Every Day:** This session educates and encourages participants to cultivate meaningful life experiences by being present in the moment by integrating mindful practices, shown by research to have many benefits. Attendees will leave with tools and techniques to nurture resilience, reduce stress, and increase mindful awareness. These practical tools, including a variety of micro-practices which can easily be incorporated into the day, will improve well-being and set forth a path to live a more mindful life.

An Attitude of Gratitude: Research has suggested a strong link between gratitude and greater happiness and health, including stress resilience. Learn more about what gratitude looks like as a regular practice and how to shift your reality with simple activities - empowering yourself and those around you.

Feng Shui 101: Ever heard the words "feng shui" and wondered to yourself, feng what?! Is it magic? Is it superstition? The truth is that Feng Shui isn't as scary or as complicated as it sounds. Simply put, feng shui is how you live in your space - the stuff you have, where you put that stuff, and how you decorate. All of these things directly impact your life in every way; your finances, your love life, travel, your career, and more. It is quite simply universal common sense that happens all around us. By the end of this program, you will know exactly how feng shui orients to your space. You will leave with some fun tips that you can take back to your home and/or office and implement!

Career Success Starts at Your Desk: Your desk is an essential starting point if you want to create more focus, clarity, and prosperity in your career. Cluttered, uninspiring workspaces drain our energy and inhibit our ability to reach our career goals. Elevate the space where you do business, and you can power up all aspects of your professional life, from more money in your wallet and better working relationships to an overall sense of wellbeing. Learn how the ancient art and science of Feng Shui can help you create an attractive work environment that naturally manifests happiness, harmony, and prosperity.

Enneagram: The Enneagram is a model of human personality which is understood as nine interconnected personality types. Discover your personality type and learn how and why we interact with others the way we do. Having this additional perspective on yourself helps you see your tendencies and reactions in life and relationship patterns – at work and at home - in a new light. *(This program is 90 minutes.)*

Psychospiritual Quadrant

How to Live a Calm and Peaceful Life: Are you overcommitted, overworked, and overwhelmed with your daily life? In this class, you will learn several simple techniques to reduce stress and increase your sense of peace. *This is great to do in the fall leading into the holiday season, which for many people are a source of extra stress.

***NEW* Building Individual, Team and Workplace Resilience:** Everyone from organization leadership to individual contributor's experience stress. It is unavoidable. What we can all do is focus on what is within our control and how to best leverage resiliency strategies, practices and techniques to be our best selves and achieve peak performance. Building individual and organizational resilience for the long-term embraces both high performance and sustainable well-being as equally critical ways to enhance personal and team effectiveness within an organization. In this session, we will review the 'why' behind discussing resilience in the workplace, review strategies to promote practices, and applicable approaches to incorporate resilience into practice individually, within teams and as a business.

***NEW* Leaning In Without Falling Over:** We all should have non-negotiables in our lives. What are some of yours? Does your list include personal time, boundaries, and self-compassion? If not, you are not alone. In this session we will unpack what it means to lean in within our lives while also realistically addressing what it may feel like when we are on the cusp of falling over and strategies to avoid reaching that point. In this presentation you will explore how to lean into your work-life integration, learn steps to prevent falling over, and design your strategies to be your best self to lean into what's most important to you.

***NEW* Shifting From Languishing to Flourishing For A Thriving Life!:** In this session, attendees will walk away with the ability to acknowledge and fully appreciate the key role that one's individual well-being plays in the ability to live a flourishing, thriving life. You will understand the meaning of these key concepts and eight strategies to incorporate flourishing into regular routines.

***NEW* Smash Burnout: Create Mental Health & Well-Being at Work:** Amidst the challenges faced by employees within the modern hybrid work landscape, we often overlook the crucial aspect of maintaining sound work practices. Our attention becomes absorbed by the multitude of demands hurled our way, causing us to frequently neglect the essential practice of mental health and well-being. However, it's a recognized truth that when we find ourselves drained, fatigued, or overwhelmed, our capacity to fulfill our tasks or exhibit our utmost potential at work diminishes. In this presentation, Terry Trafton, an expert on mental health and well-being, will provide a dynamic opportunity for personal rejuvenation and self-investment. Throughout this session, attendees will gain insights on cultivating self-awareness and grounding techniques to foster mental clarity, recognizing stress triggers within professional surroundings, devising new stress strategies, harnessing emotional energy to establish a more effective work approach, and cultivating boundaries that emphasize purposeful intention. You will be able to identify and activate the work to create new habits, change behaviors, and build a more supportive work environment.

The Myth of Willpower and Better Strategies to Shift your Habit Loops: People often think the superpower to making lifestyle change is willpower. If you just want something enough, you just have to do it, right? Wrong. Willpower is under the jurisdiction of the "newer" brain, which can be effective when you are not stressed. However, when stressed, the old "reptilian" brain activates and takes that willpower offline just when you need it the most. We will discuss how to identify the trigger, behavior, and reward in your habits and, most importantly, how to use a more effective method of retraining your brain around the habit loop to get effective results that do not rely on substitution or willpower.

10 Ways to Manage Stress Better: Stress is a constant in our life. In this fun presentation, we go through 10 ways that help you manage your stress better. Think of this as just a launch pad for you to go deeper into one or more of these paths. Make it a goal for a year to pick one area, then learn and grow in. Life is a journey. Take the first step today, and then see where you are a year from now.



Holiday Seasonal Support

Thriving Through the Holidays - and Beyond! Shift from stress and overwhelm back to a space of excitement and joy this holiday season. As we guide you through your holiday assessment and simplification check-list, we will help you create the right energies to support your “perfect holiday” and set you up for a space of calm and ease to be able to enjoy this special time. Best of all, the strategies and tools you learn to navigate this season can carry you forward through any high stress time.



Half Day Retreats

E-Factor 4-Hour Leadership/Team Retreat: *(half day in-person or two series virtual option)*

You already know the basics of good health. So why do you still struggle to reach your wellness goals, feel energized, and have a balanced life? This 4-hour half-day program addresses the three factors that will move you forward to optimal wellbeing and help you more effectively step into the “you before everyone else” concept that is critical as a leader or one in a role that supports others. In her capacity as a wellness coach, Dr. Robin will help your leadership team build on their basic health knowledge and expand it into individual wellness plans to help each person reach their wellness goals, feel energized, and have a balanced life.

Program includes:

- A copy of The E Factor: Engage, Energize, Enrich® eBook for each participant.
- A wellness plan that each participant will walk away with along with planning tools to guide the next steps of their wellness journey
- Exercises, tips, and recipes for each of the Quadrants of Wellbeing

***New* Creating Resilience Strategies to Lead Yourself and Lead Others:** *(half day or 3-part series; ideal for leadership programming)* - Everyone from organization leadership to individual contributor’s experience stress and challenges. Creating a workplace that consists of resilient teams is critical to the success of any organization. Addressing stress and challenges by leveraging resilience strategies and practices allows us all to be our best selves. Building individual and organizational resilience embraces high performance and sustainable well-being as equally critical components to boost personal and team effectiveness. In this in-depth program, participants will gain a better understanding of what resilience is, the three pillars of resilience and how they can be applied to their ultimate purpose in life, and learn seven strengths we can all tap into in order to continually enhance our ability to be and practice resilience.

***New* The Blue Zones: The Power of 9 for Longevity** *(half day or 3-part series)* - Based on research of the healthiest, longest-lived people on Earth, the Blue Zones focus on increased longevity, health and happiness for everyone around the world. By diving into the Power of 9 principles from the Blue Zones, the opportunity to enhance our individual and community habits is incredibly impactful. Through a review of the Power of 9, attendees will be encouraged to reflect on how they can impact their own environments, lifestyle and choices to live long, healthy, happy lives. Participants will walk away with new resources and actionable steps to incorporate into their daily lives with the ultimate aim to increase the quality of longevity of one’s life.

***New* Food as Medicine and Vitality Through Gut Health 3-hour program:** So much of your health relies on a healthy gut. As such, the critical question is how do you keep your digestion working optimally? In this three-hour interaction workshop, Functional Medicine practitioner Dr. Georgia Nab will guide you through understanding how digestion works, strategies to support healthy gut function, foods to optimize a healthy gut pH and flora, the pros and cons of probiotics, the importance of fiber, and the impact antibiotics can have on gut health. She will also discuss topics around clean eating, the power of green vegetables, and intermittent fasting and how to incorporate these best practices into your own lifestyle. You will walk away with more clarity on how to support your well-being through nutrition and specific things you can do to optimize your gut health for long term vitality.

***New* Stress Less for Better Sleep and a Calm and Peaceful Life 3-hour program:** Let's face it, our modern world and all its opportunities have led many of us to be over-committed, over-worked, and overwhelmed in daily life. This creates ongoing stress, which not only impacts your ability to focus and respond well to life, but also interferes with sleep. When sleep is impacted, your ability to rest and renew is diminished, the exact opposite of what you need to manage the stress. It is a downward spiral that affects your health, joy, and vitality. The good news is there are many things you can do to downshift the gears of stress, activate your relaxation response, and get better sleep to create a more promoting cycle of well-being. In this in-depth interactive workshop, you will walk away with a better understanding on what is happening in your nervous system and learn simple lifestyle adjustments and techniques to reduce stress, increase your sense of peace, and get the most from your nighttime sleep!

***New* The Key to Practicing Well-Being: (full (7 hour) day or 6-part series)** - This series provides a foundational understanding of the seven key principles to whole-person well-being and overall ways to incorporate these practices into your life. By considering the whole-person mentality of body, mind, spirit and multiple dimensions that one's own well-being is comprised, we are able to show up at home, at work, in relationships and as stewards in our community with our highest sense of purpose in action. Barriers to good health and being able to change our internal paradigms are addressed to effectively put program learnings into practice.



Small Group Learning Circles

Coaching is a proven structure to help people apply well-being concepts into life through accountability and support for optimal results. Our small group circles are made up of no more than 10-14 people, is facilitated by a trained coach, and can be around a variety of set topics/goals, books, or one of our online programs. Circles can meet for 6, 8 or 12 weeks, and will vary from 60-120 minutes, based on the number of participants. If the group is using a book as the focus point, the book would be in addition to the per person rate.



Virtual Programs

Delivered in an electronic learning dashboard with access for 2 months for 21-day programs or a year for the 52-week Snackables program.

21-Days to Build Your Community: This 21-day digital program will walk you through our Wheel of Support model. Each day, you will receive an email that focuses on a different part of the wheel: yourself, family, friends, colleagues, pets, wellness, and your spirit. The program is designed to explain why these areas are crucial in your life, what science says about the need for connection, and a “toolbox” at the bottom of each email that provides tips and guidance for new and current relationships. At the end of the program, each person will have a better idea how to build their tribe, a healthy way to find those connections, and ways to keep those relationships resilient in life.

21-Days to Rejuvenating Sleep: In the last 12 months, have you struggled to fall asleep at night? Do you stay up too late? Sick or fatigued more than normal? Feeling hopeless, anxious, depressed, or unable to concentrate? The growing sleep deprivation we are experiencing – due to stress, anxiety, depression, lack of rhythm, and isolation – is a great concern for our families, businesses, and economy. Without enough (and quality) sleep, our physical and mental health go through a series of changes that will end up impacting your entire life. (We dive deep into this during the program.) This program will enable you to learn more about how to get quality sleep, so you're refreshed, rested and ready to go for your life!

21-Days to Free Your Space: We have all been taught to buy, consume, and collect stuff. Our lives are FULL of stuff. Our closets are overflowing with clothes we don't wear. Our junk drawers are spilling over with knick knacks we don't understand or use. But this extra stuff and junk isn't just limited to our home. We are busy people living in a busy world. Sometimes that means we choose junk food over clean food. We even fill our hearts, minds, and soul with critical and judgmental thoughts. If this sounds like you, it's time to clean house. Let me help you let go of some of that clutter filling up your home, body, and spirit. Let's make room in your life for what you really want.

21-Days to Align Your Posture: You will discover and explore the importance of your nervous system and its connection to posture. Each day, we'll give you a homework assignment to begin making changes to your posture and your life. We fully believe that small changes make big shifts. For 21 days, we'll share a lot of information about spinal hygiene and posture. Put simply, spinal hygiene and posture are important because of the role they play in maintaining a healthy, responsive nervous system. You have the power to positively change your life forever!

21-Days to a Calm and Peaceful Life: Over the next 21 days, we're going to introduce a variety of topics that have an impact on your mental health. With each of these topics, we'll give you background and then invite you to complete an assignment to implement (or at least start implementing) that topic in your daily life to start creating a more peaceful life.

31-Days of Kindness: Showing acts of kindness is a powerful way to counteract this mental health battle our world is approaching quickly. I'd like to take you on a 31-Day Kindness Campaign with me. Every morning, you will receive an email with a thought to ponder and/or a small act of kindness you can do. Some are meant for your colleagues, friends, family, and others are meant for you. (Yes, kindness to yourself is just as important!)

52 Well-Being Snackables: (Virtual) Let's be real, life is hard, leaving little time to make changes one has always wanted. And when you do make time, there's so much information out there, it can feel overwhelming getting started. These habit "snackables" are created to be short, sweet, filling, and easily digestible so you can more easily start your journey towards your best self. And, because being healthy takes more than being diligent in one area of wellness, the snackable emails use our simple Quadrants of Wellbeing framework to help you address your whole person - mechanical, chemical, energetical, and psychospiritual. Over the course of 52 weeks, participants will have the opportunity to try on and explore different habits and learn what works best to meet their individual needs and discover how small changes done consistently ultimately lead to the biggest shifts in life. This program includes 52 weekly lessons for your team along with 12 monthly videos. Optimally you incorporate these lessons into your team discussions and staff or team meetings to build a common language and provide an internal support and accountability system.



Books & Card Decks

The E Factor: Engage, Energize, Enrich® - You already know the basics of good health. Drink water. Get 7-9 hours a sleep a night. Eat more plants than French fries... So why do you still struggle to reach your wellness goals, feel energized and have a balanced life? Dr. Robin's book, *The E Factor: Engage, Energize, Enrich – Three Steps to Vibrant Health*,® addresses the three factors that will help you put healthy lasting habits into place once and for all. Available in Paperback, eBook, and Audio with bulk discount for more than 100 copies.

Wellness On A Shoestring : Seven Habits for a Healthy Life - Dr. Robin's book, *Wellness on a Shoestring*,® will help you find your WHY. The book takes the complexity out of being healthy with seven simple actions. These seven small changes will fundamentally improve your well-being, with little or no financial cost. If you've put your health on the backburner for some time now, this is the book to help you begin again. Are you ready to go there? (Say yes!) Available as an eBook with bulk discount for more than 100 copies.

Small Changes Big Shifts: Put The Odds In Your Favor! - True wellness is a blending of mind-body-spirit, a journey that creates a holistic state of being that is uniquely you. This book gives you simple tips to improve your wellbeing and create a healthy lifestyle. Listen to your body and apply a harmonious plan to achieve whole health and your optimum potential using the Quadrants of Wellbeing as your guide. Available as paperback or eBook with bulk discount for more than 100 copies.

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