

What's in our tool box?

Services:

- Workshops/retreats/meetings
- Individual/group coaching
- Keynote speakers
- Newsletters
- Fitness/wellness programs
- Workplace analysis
- Workplace assessments
- Facilitations

Topics:

- Communication
- Conflict management
- Group dynamics/team development
- Healthy lifestyle
- Optimum health
- Organizational development
- Presentation skills
- Stress reduction
- Professional/personal growth
- Restorative work practices
- Supported action
- Visioning

Meet your coaches...

Lori Duggan, Lara Morris and Shelley Wallace combine over 40 years of diverse skills and experience to offer a unique array of tools for individual and group tuneups. Their goal is to have the individuals and workplaces they attend to become the healthiest they can be.

Lori Duggan assists people in achieving optimal health through exercise, nutrition and lifestyle. Lori owns *Moxie Health*. www.moxiehealth.ca

Lara Morris works as a Certified Professional Co-Active Coach and trained Facilitator to inspire people to live their best lives. www.laramorris.ca

Shelley Wallace of *BodyLingo Communications* uses her 25 years experience as a physical theatre artist to help tap potential through body awareness and expression. www.bodylingo.ca

For more information or
to book us, contact:
workplacewellnessnovascotia@gmail.com

WORKPLACE WELLNESS



Happy Healthy People

Imagine working for someone
who wants you to be your
best and will help you find
ways to do so.

You could be that employer
and have the most
loyal employees in town!

Missing Some Tools?

**Do you ever have the feeling
that your workplace could
be so much more?**

**Having trouble reaching your
business and financial goals?**

**Do your employees lack
initiative and need motivation?**

We can give your business and your employees the tune-up they may need. Our programs offer the essential tools to redefine and empower your team to be their best selves.

When they are at their best, they are giving their all. We teach skills and techniques that you, as an employer, can help them practice.

Shore up the foundation

Based on what you want from your team and to grow your business, we will draft a plan and provide the tools to achieve this shift and growth.

Both you and your team will learn how to take care of yourselves from the inside out and from the ground up. When people are educated in how to take care of themselves, they are energized, balanced and happy. They produce better results and don't get mired in conflict. When those same people are united in a cause, the powerful possibilities are limitless.

A healthier, happier team is right around the corner. The results, employees with more zest, energy and optimism than you ever thought possible, will astonish you. Help your employees wake up to their potential and they will help you achieve your goals.

**It's not rocket science.
Healthier people and workplaces
lead to a healthier bottom line.**

The Finished Product

A Workplace...

**with defined goals
using the tools
necessary for your
business to reach
its objectives**

**that supports
employees'
professional and
personal growth**

**where employees take
pride in their work
and are invested in
its success**

**that is fun and
where employees
enjoy coming
to work**