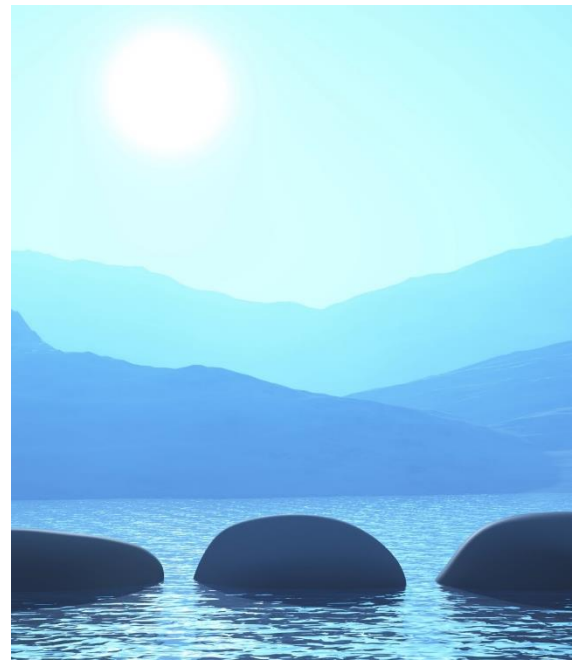


Your Well-Being: Rituals, Habits and Tips

You will leave this program with specific tools and strategies for managing your well-being daily. Eva will share 10 rituals, habits and tips for you to choose from so you can manage stress and focus on things that will help you to be in control and fulfilled.



This workshop will provide you with:

- Specific ideas for creating a morning ritual that will help you to start each day right.
- Ways to train your mind to find all the good stuff that is there already.
- An understanding of your primary needs and how they drive you.
- An assessment to determine your core values so you can better align your life decisions.
- Insight into how scarcity and competition affect your life.
- Self-care habits to fuel yourself so that you can contribute more.
- Four primary “foods” to keep yourself energized and “well-fed.”
- Ideas to celebrate and keep yourself engaged and grateful.