

HEALTHY LIFE

TRAINING AND STRATEGIES FOCUSING ON HEALTHY WHOLE LIFE PRINCIPLES.

DID YOU KNOW - That leading a healthy lifestyle is the best way to prevent many diseases, injuries and chronic conditions?

DISCOVER - In this workshop you and your team will discover a process of creating and maintaining transformational change of the mind, body & soul. Discover ways to find true inner peace and harmony that help you build yourself even more capable and confident than ever before.

LEARN - That sustainability of self, health and business is a process of creating and maintaining change in a balanced environment. And that healthy (mind, body & soul) ecosystems and environments are necessary to the survival of self and business.

UNCOVER - *The 7 Principles of Healthy Life Success* that will help you build future resilience and empower you to be prepared for and overcome life's challenges.

WHAT

- 2.5 hour, 1/2 or full day workshops online, at your workplace or Peregrin Beach studio
- Resources supplied as required
- Learn the formula to living a healthy life
- Motivating and inspiring workplace program

Program design and prices will be tailored to your business requirements and industry after consultation with you.

WHAT OTHERS ARE SAYING:

Sandra's training are a lot of fun! I particularly like Sandra's holistic and heart centred style of coaching, which helps me enjoy what I am doing. I can recommend Sandra if you are looking for a coach or trainer who walks their talk and cares about your well-being as a whole person.

Shelly Barber
CEO East Coast Freight Distribution

