

# Shift Happens – 1<sup>st</sup> Gear

## Rev Up Your Resiliency in Times of Change



During these shifting, ever-changing times, would you like to take a forward look at where you are vs. where you'd like to be?

*iPIVOT-Now* is hosting an action-oriented program focused on developing emotional, physical, and mental well-being. Learn and apply evidence-based strategies on how to:

- ✓ Clarify your vision & values. Define your goals. Get on, and stay on track!
- ✓ Begin making realistic & sustainable changes in areas such as rest, professional development, relationships, nutrition, exercise.
- ✓ Increase your resiliency and embrace change.
- ✓ Learn five simple techniques for navigating stress.

This limited group (max 12 participants) Zoom virtual meet up is one hour, once a week for six weeks + thought provoking exercises between meet ups. Our confidential & balanced program includes sharing information and connecting via group activities and breakout sessions. These activities lead to a greater understanding and acceptance of what you can change and increase your sense of calm.

**The next series begins Wednesday, July 1, 2020 @ 8pm EST**

Carve out an hour a week to devote to yourself, your sanity and your “new normal.” Please join us by [REGISTERING HERE](#) or <https://rockmomentum.com/register>

Given the current financial environment, the price is reduced to \$119 for 6 sessions.

### **Meet your Resiliency Guides**



Genevieve Rockett and Susan Williams are National Board Certified Health and Wellness Coaches, trained at Duke Integrative Medicine. Genevieve was owner/COO of an analytics agency, is a PT & Lymphedema Specialist, and founded [Rockett Momentum](#) in NC. She believes your Thoughts → Words → Actions → Habits → Values → Destiny



Susan has a MEd, with a counseling & human relations emphasis; she is an American Herbalist Guild Registered Herbalist; a state certified auricular acupuncturist, owns *Verde Gardener, a pure and custom apothecary*, and founded [Pivot Integrative Health](#) in AZ. She believes that true health is attained through a sound, integrative approach.

*iPIVOT-Now* facilitates in-person and virtual group health and wellness coaching and accountability programs, workshops, and retreats. Together, Genevieve & Susan, with their complimentary backgrounds, bring a unique perspective and their effervescent & empathic styles yield effective results with participants.