

PERSONAL GROWTH & MENTAL HEALTH WORKSHOPS

45-60 MINUTES UNLESS OTHERWISE NOTED

Your Path to a Fulfilling Life

Do you feel good about how you spend your time and energy when you close your eyes at the end of the night? Time moves quickly, but aligning your actions with your values can make moments and each day more meaningful. In this half-day session, you'll explore the spiritual, physical, emotional, and mental dimensions of wellbeing, and reflect on how to bring balance to each. Live more fully, end your days with peace, and start your mornings with greater purpose.

Mindfulness: Enjoying Life with Presence

Find time to relax and calm your mind between all of your responsibilities, distractions, and a packed schedule. In this session, participants will practice mindfulness techniques to reduce stress, strengthen relationships, and boost overall wellbeing. Leave with a toolbox of practical strategies to slow down, stay present, and enjoy life more fully.

Finding Balance: Managing Stress in Daily Life

Life can be overwhelming. Take time to pause and reflect during this presentation. Gain a greater understanding of stress and ways to recognize, prevent and manage it. Experience relaxation techniques and leave with a personal plan for greater control and better balance.

The Science of Happiness: Small Steps, Transformative Results

Happiness isn't just a feeling—it's a skill you can strengthen. In this engaging, evidence-based session, discover what science says about true joy and why tiny daily habits deliver outsized impact. Walk away with simple, practical tools to rewire your mindset, deepen connections, ease stress, and spark more energy and fulfillment—without overwhelming your schedule. Your path to a happier life starts here.

Simple Steps to Boost Energy & Productivity

Learn how to boost your energy, overcome slumps of fatigue and get the most out of your day by maximizing your productivity. Use your greater energy to dedicate to the people and things that matter to you most and get the 'umph' you need to tackle your 'to do' list.

The Power of Gratitude

You've thought of being thankful as a good thing to do or the right thing to do, but it is so much more. Participants will learn how practicing and expressing gratitude improves relationships and boosts health and happiness. Understand the research, participate in expressions of gratitude, and take time to reflect. Even when life has storms we can find the clearing through gratitude. Walk away with strategies on how to have an attitude of gratitude to create healthier habits for a fulfilling life.

The Let Them Mindset: Your Shortcut to Inner Peace, Growth, and Boundaries

Experience peace when you stop chasing control and start choosing calm. In this inspiring and practical session, you'll explore the Let Them Mindset — a powerful approach to letting go, honoring your boundaries, and focusing on your own growth. Learn how releasing what you can't control opens the door to clarity, confidence, and genuine inner peace.





PHYSICAL WELLBEING WORKSHOPS

Nutrition Simplified in 7

This session is ideal for anyone looking to eat healthier, boost energy, or manage their weight. You'll learn seven simple, sustainable healthy-eating principles and leave with a personalized nutrition improvement plan to support better health and lasting energy.

Healthy Breakfast Prep + Smoothie Demo

Start your day the healthy way and set yourself up for better choices all day long. In this session, you'll learn simple tips for preparing a nutritious breakfast and watch a live smoothie demo. Participants will create a personalized healthy breakfast plan—and enjoy a sample of the delicious smoothie!

Fitting in Fitness

Want to be more active but struggle to make it a habit? Fitness doesn't have to be time-consuming or complicated—just 10 minutes a day can help you tone up, reduce stress, boost your mood, and improve overall health. In this presentation, you'll learn practical tips to make movement a natural part of your routine and build a simple, no-equipment fitness plan you can do anywhere. We'll also try a few easy exercises together so you feel confident and motivated to stick with your new plan.

**OFFERING VIRTUAL AND ONSITE SESSIONS.
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MIND-BODY SERVICES

30-60 MINUTES

Calming Meditation

Give your mind a chance to slow down and shift from stress mode into rest and restoration. Guided meditation introduces mindfulness practices that calm mental chatter, ease stress and anxiety, and help you feel more present. Research shows mindfulness can also boost overall happiness, making it a powerful tool for everyday wellbeing.

Hatha Yoga

Experience the powerful impact of yoga while building strength, flexibility, and a calmer mindset. This beginner-friendly class guides you through basic poses with mindful breathing as your anchor. No experience needed. Leave feeling lighter, refreshed, and energized for the day ahead.

Core Conditioning

Build core strength and improve posture in this all-levels class. Learn essential abdominal and back exercises with plenty of variations to fit your comfort level. You'll leave with a simple core plan to help you stand taller, reduce back discomfort, boost confidence, and support overall health.

YOUR SPEAKER

KELLY KELDERMAN

CORPORATE WELLNESS TRAINER
CERTIFIED EXERCISE
PHYSIOLOGIST
CERTIFIED YOGA INSTRUCTOR

