



# Business & Beyond

Mindfulness-based workshops to inspire, uplift & give your teams the tools & strategies to go beyond profits to new levels of **Engagement, Presence & Performance!**

Testimonials from Jackie's workshop participants:

- *Thorough, described tangible steps that people new to mindfulness training can follow. You gave us tools to succeed.*
- *This workshop helps us understand how someone's thought process can impact them emotionally and physically. I found it educational, inspiring and encouraging.*
- *It has motivated me to be more present. Will have a lasting impact on my life.*

## Workshops Themes:

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These group sessions are dynamic and interactive so the learning is intellectual and experiential in nature. Participants leave feeling a new sense of **purpose and empowerment!**

**Mindfulness & Resiliency Training** - Reduce Stress & Enhance Performance & Presence.

**Meditation Training** - Reduce Stress & Increase Energy & Focus

**Own Your Morning** - Start your day in a powerful, holistic way by building your resiliency reserve, generating energy, inspiration & clarity of focus.

**Authentic Leadership** - Lead & Live with Alignment, Presence, Inspiration & Vision.

**High Performance Habits** - Increase Productivity, Presence & Performance

**Defining & Pursuing Higher Purpose:** Create a clearly defined & inspiring WHY for your business.

Testimonials from Jackie's workshop participants:

*•Comprehensive, good practical tools.*

*•That you need it all - mental sharpness, mental stamina and a feeling of aliveness if you want to be healthy and perform.*

*•Great workshop. I really liked the practical approach.*

*•Helps you realize how important it is to own your mornings and to start the day on a good foot and have more energy during the day.*

*•Good information and well presented.*

*•I learned new ways to recharge.*

**Get More & Deeper Sleep** - Learn the importance of sleep for greater levels of energy, drive, focus, cognitive ability & stamina.

**Breath Work Training** - A Quick Way to Relax, Energize or Change your Mood.

**Leverage your Strengths & Work with Purpose** - Incorporate your Passions & Strengths in the Work Environment

**10 Spiritual Principles to Lead By** - Leverage Spiritual Intelligence to Develop Vision, Flow & Inspiration

**Conscious Values-Based Leadership** - Overcome Limiting Beliefs & Increase your Level of Awareness & Contribution



*Mindfulness is often viewed as either a touchy-feely fad or valuable management tool that can lift an entire workplace. A new comprehensive analysis of mindfulness research suggests the latter—that **injecting a corporate culture of mindfulness not only improves focus, but the ability to manage stress and how employees work together.***

*Excerpt from Science Daily, March 10, 2016*



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