



Welcome to Sirocco Well-Being, LLC

What is well-being?

At this moment as I write, it is 20 degrees with the sun shining on a blanket of sparkling white snow on the fields that surround Winds of Change Farm. The peace and beauty of the breathtaking scene is penetrating deep into my being. It is as if the snow is all that is good and it erases all that is bad like invisible ink. And so, our Sirocco Well-Being family and friends, in this light it is fitting to share with you about well-being.

A number of our friends and colleagues have asked us, “why a well-being company? What is well-being? How can I benefit from it?” Is it wellness or diet because I’m already going to the gym? The four questions generally illustrate that well-being is not easily understood.

We all want to enjoy and receive fulfilment in life. After working with the catastrophically injured and terminally ill, I was privileged to hear the dreams and faint stirring whispers of these beautiful souls wanting to understand the meaning of their lives. As a leader, I felt the struggles of an employee or another leader as they slipped into my office to unload the raw burdens of life trying to make sense of it. Caregivers who call me for assistance with loved ones are often stressed to a point of burn out. At Sirocco Coach-Consulting, both young and seasoned clients are anxious to find themselves and the right career fit, while leaders are looking for better results, new talent and increased employee engagement.

Wellness is an evolving process about how healthy we are. (Think health and prevention.) It is a result of intentional action or a goal. Exercising and following a diet are examples of intentional action to achieve wellness and health for our bodies.

On the other hand, well-being is a whole-of-life (holistic) experience that defines the degree to which a person or organization is fully functioning in life and work. It is associated with happiness, positive outcomes or a feeling of fulfilment. It is measured by multiple elements such

as our relationships, physical and mental health, spirituality, financial security, purpose, our work and how we engage and give back to our community. It's a healthy balanced lifestyle or state of being. Attempts to single out only one element causes imbalances in other areas of life. Well-being indicates that people perceive their lives are going well holistically on the inside as well as the outside.

Our heart-felt mission is to help people free themselves from self-limitations, engage their strengths and purpose to attain a state of well-being with the ability to challenge adversity. We provide a means for people to take the time and opportunity to assess their lives at any age. We are all so busy, but many of us could live healthier, happier lives with minor adjustments. Utilize the instruments and tools we provide to find out how you fare in all the elements of well-being to be sure you're living the life of purpose you truly desire. Each element has workshops and opportunities for growth and change. We all have areas we are evolving in, as well as areas we are struggling or suffering with.

We provide individual and corporate well-being programs, support for those experiencing chronic illness and adherence to health plan, stress education and relief, caregiver support and coaching, career and purpose support, and meetings and retreats to take time to get away. We can create a combination of services and incorporate them into a business meeting, conference or small group. These services are provided at Winds of Change Farm Learning Center, the client's site, off-site or by virtual meetings.

I am inviting you to discover the essence of all that you are. Think about things you could change if you knew you wouldn't fail and no one would criticize you. Don't hold back.

Come and join us!
Mary Ellen