



# Integrative Wellness Coaching

Invigorating and harmonizing your workforce through Inner Peace Wellness.



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## What is Invigorative Wellness Coaching and how does it support my employees and the overall wellness of my Company?

Invigorative Wellness supports the soul, mind and body of each individual. It is the idea that our best existence is activated when we take a holistic inner peace approach to our well-being.

Starting with the foundational support of nutrition and emotional wellness and incorporating an array of alternative healing modalities from the ancient Indian healing system of Ayurveda such as breathwork, meditation, sound healing and yoga employees are provided the tools they need to achieve optimum vitality, physically and emotionally, which in turns supports a harmonized workplace and extends into the employees' personal lives.

## Why opt for the Invigorative Wellness Coaching Program?

2020 ushered in a new normal. From home life to childcare to work from home transitions there has been a constant unfolding of new precedence after new precedence.

### Healing Through vs. Getting Through

While we quickly adapted to this new normal and continue to adapt as new health concerns and other global impacting situations occur, we move on towards our next new normal and we find ourselves needing to reset. From the pandemic snacking that lingers in our waistline to the too close for comfort lockdown with family that now shows up as separation or divorce to the lack of social interaction and increased social media engagement that has many forgetting common courtesies, our workforce needs the understanding and support to allow them to heal through this epic time as many have only gotten through it resulting in personal and professional dissatisfaction.



*All are seeking the freedom to find the tranquility they deserve and to revitalize their lives yet so many are unsure how to obtain it and many more are not even aware it's what they need to achieve the lives they desire.*



## Why Choose Invigorate Your Essence, LLC?

I spent 26 years as a federal employee for the Department of Defense. As such, I have experienced my share of stress and disconnected work environments. Several years ago, I began transforming my life to allow for the best me to shine at all times! I have done this by studying numerous alternative healing modalities and have received certifications as a Mindfulness Life Coach, Chopra Ayurveda Health Teacher, Spiritual Counselor, Reiki Master Teacher, Sound Healer and Aromatherapist. Additionally, I have extensive training in Mindfulness and Relaxation Techniques, Breathwork to include Tibetan Breath Yoga and Motion and Flow Practices. I have worked with office teams at the *Pentagon*, business owners, both in the *U.S. and abroad* and have supported all in building amazing wellness practices. Additionally, I created a wellness and relaxation program for the **University of South Carolina School of Law, Children's Law Center**. These practices are easy to incorporate into daily life and result in employees' holistic wellness and a harmonious work environment. When we are our best selves, we bring our best to the work environment!

## How will we work together?

My priority is YOU and YOUR WORKFORCE! Together we will work to develop a program that is supportive of your employees' needs and the wellness of your company. Once a month I will connect with you and your employees either in person, virtually or a hybrid of both to discuss topics such as are sleep, meditation, movement/physical activity, healthy emotions, nutrition, and self-care. I will serve as your guide for education, and instructor as we practice various alternative healing exercises together. Additionally, I will provide wellness tips via customized newsletters for your company.

*I am your Inner Peace Specialist and Invigorative Wellness Coach and together we will harmonize your workforce!*

# Offerings

## Inner Peace Group Coaching

There are three options for this offering which are then tailored to the organization and its needs for their employees. Based on a few questions I design a customized program. The time can be anywhere from a couple of hours to a few days to monthly support depending on how much time the company desires. Regardless of time, we cover at a minimum the basics of leadership principles plus Ayurveda nutrition, sleep, exercise, and mindfulness by way of breathwork and mediation. Starting with the foundational support of nutrition and emotional wellness and incorporating an array of alternative healing modalities from the ancient Indian healing system of Ayurveda such as breathwork, meditation, sound healing and yoga employees are provided a personalized set of tools they need to achieve optimum vitality, physically and emotionally.



## Leadership Training

Leadership principles are infused with Inner Peace Group Coaching to provide the necessary skills to excel as leaders and to support the whole person beyond the workplace.



## Holistic Executive Support

Includes all elements of Invigorative Wellness Coaching plus additional executive level support. This is a great offering to add to the Invigorative Wellness Coaching package for the leadership of the company. I have helped many business owners obtain new insight and reach new goals with my sessions as I incorporate life coaching, spiritual counseling, intuitive guidance, customized meditation and breathwork practices with and several alternative healing modalities into the session. The experience becomes a one-on-one sacred space where we create a personalized wellness toolkit that lasts a lifetime with and several alternative healing modalities into the session. The experience becomes a one-on-one sacred space where we create a personalized wellness toolkit that lasts a lifetime!

## Reiki Certification

Supports continued inner peace that extends from the home to the workplace, Reiki energy healing classes can be taught in groups or individually.

A simple way to support ourselves soul, mind and body is through energy healing. Certification Classes can be taught in groups or individually and offer a lifetime of support for the individual and others in their lives. Class can be conducted together or each level can be provided at various times throughout the year.

## Alternative Healing Fairs

Provides firsthand experience of the healing modalities discussed in the Inner Peace Wellness Workshops and Holistic Executive Coaching Sessions.

Fairs offer organizations and their employees the opportunity to learn more and experience hands on the various alternative healing modalities which are discussed during the Inner Peace Wellness Workshops and Holistic Executive Coaching Sessions.



# Meet Tara!

Tara is a retired Department of Defense federal employee who worked at the Pentagon the majority of her 26-year career as a financial analyst, logistician, strategist, and international global partnership planner. Department of Defense federal employee who worked at the Pentagon the majority of her 26-year career as a financial analyst, strategist, and international global partnership planner.

As such she finds this to be a very relatable conduit when working clients as she can relate to them on the business side while also offering them beautiful alternative healing practices to support their work and personal lives.

Her current client roster includes active-duty military, civilians, retired veterans as well as individuals from other federal agencies and the private sector.

Invigorate Your Essence, LLC was founded to support others in achieving inner peace and awakening to their soul's purpose.

Tara serves as a Mindfulness Life Coach supporting individuals, businesses, and schools. She also works with animals and their parents to support an integrated home. Tara is a licensed Real Estate Agent who incorporates a variety of alternative healing modalities into the real estate experience!

Tara is certified as a Chopra Ayurveda Perfect Health Teacher, Mindfulness Life Coach, and Reiki Master Teacher. She is also trained in Essential Oil Aromatherapy, Breathwork, Motion and Flow practices. Tara also has training in crystal healing, essential oil, flower remedies and acupressure for animals. Tara holds a Master of Business Administration from Oklahoma City University and a Bachelor of Science in Accounting from Alabama State University.



Tara Devi Ma™

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*Invigorate Your Essence!*

Live a Limitless Life!





## Certifications

Mindfulness Life Coach, August 2022  
Ayurvedic Lifestyle Teacher, Chopra Education (by Deepak Chopra), May 2021  
Reiki Master Teacher, July 2021  
Reiki Master, July 2020  
Sound Healer, September 2020  
Aromatherapy, Complementary Therapists Accredited Association, May 2020  
Reiki Level I, April 2018

## Training

Canine Acupressure, January 2021  
Energy Flow (Breathwork, Tibetan Breath Yoga and Pranayama, meditation, mindfulness and relaxation techniques, December 2020  
Healing Flower Essences and Crystals for Animals, December 2020  
Natural Pet Remedies, June 2018

## Education

MBA, Oklahoma City University, August 1998  
BS, Accounting, Alabama State University, May 1995

## Affiliations

Rising Sol Yoga School  
Edgar Cayes's A.R.E.  
American Naturopathic and Holistic Association  
Complementary Therapists Accredited Association

## Testimonials

"Feeling sooooo much  
better....Rejuvenated...Revitalized...and  
Reinvigorated !!!!"

"I do feel a difference already."

"It was such a lovely experience... I feel quite  
invigorated to keep doing the work to heal..."

" You were amazing, and I made great progress."