



Integrative Wellness Coaching

Invigorating and harmonizing your workforce through alternative healing.



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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 **mind, body and soul** of each individual. It is the idea that our best existence is activated when we take a holistic 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**.

Why Opt for an Invigorative Wellness Coaching Program Now?

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.

While we quickly adapted to this new normal and continue to adapt as new health concerns enter the world and we move towards finding our next new normal, we find ourselves needing to “reset”. From the pandemic snacking of 2020 that lingers in our waistline two year later to the too close for comfort lockdown with family that now shows up as separation or divorce to the lack of social interaction that has many forgetting common courtesies, our workforce needs the understanding and support of their leadership to allow time each month to learn new ways to support both themselves and their families—to find the tranquility they deserve and to revitalize their lives!



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 Chopra Ayurveda Health Teacher, Spiritual Counselor, Reiki Master, 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 South Carolina Judicial Department. 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 employee's 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 a customized newsletter for your company.

I am your Invigorative Wellness Coach and together we will harmonize your workforce!

Meet Tara!

After living an unfulfilled life for decades, Tara was divinely sent on a soul awakening journey which revealed her soul's purpose as a healer.

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

Tara serves as an Intuitive Life Coach supporting individuals and 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! She serves as your Home Integration Guide helping your real estate experience to be a mindful and relaxing journey! Tara is also an author whose work serves to educate, inspire and entertain adults and children.

Tara is certified as a Chopra Ayurveda Perfect Health Teacher, Mindfulness Life Coach, Reiki Master Teacher, Spiritual Counselor and Hypnotist. She is also trained in Essential Oil Aromatherapy, Breathwork, Motion and Flow practices. Tara also has training in animal communication, 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.



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Invigorate Your Essence!

Live a Limitless Life!

