

Trainings Offered:

- Onsite and Online -
(Live Interactive Webinars)

- Compassion Fatigue: The Cost of Caring
Half-Day Training – 3 CE Hours
Full-Day Training – 6 CE Hours
- Understanding and Navigating Grief – 4 CE Hours
- Confronting Depression and Suicidal Thoughts – 3 CE Hours
- Understanding and Managing Anxiety – 6 CE Hours
- Self-Care for the Mind, Body and Soul – 2 CE Hours
- Understanding and Addressing Trauma: A Holistic Approach – 8 CE Hours

CE Sponsor – Indiana Behavioral Health and Human Services Licensing Board

Credit hour availability varies by state and profession.

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Contact Us:

Address:

8710 Bash St., Suite 502781 Indianapolis, IN
46250

Phone:

317-210-1092

Email Address:

estar@goldennuggetsllc.com

Website:

www.goldennuggetsllc.com

Golden Nuggets, LLC

Health & Wellness Consulting

Food for the Mind, Body
and Soul!



**“Creating A Healthier World—
Starting With You!”**

Who We Are:

Golden Nuggets, LLC is dedicated to improving the quality of life for individuals and organizations through innovative self-care strategies.

Our mission is to deliver creative resources that empower people to thrive and achieve optimal health and well-being.

Our Purpose:

To empower individuals and groups with practical tools and resources for holistic health, enabling them to "prosper and be in good health, even as their soul prospers."

Our Approach:

- Comprehensive self-care techniques for the mind, body, and soul
- Tools to manage controllable health risks
- Evidence-based solutions grounded in best practices
- Personalized self-care plans tailored to individual needs

What Is Self-care?

Self-care is any action that you use to improve your health and well-being. According to the National Institute of Mental Illness, there are six components to self-care:

- Physical
- Psychological
- Emotional
- Spiritual
- Professional
- Social



Ideally, a healthy self-care plan should include an activity that addresses each of these factors every day. That way, you ensure that every element of your overall health and well-being is taken care of.

Our goal is to provide self-care strategies that address these 6 elements to empower individuals and organizations with holistic health and wellness solutions.

Benefits of Our Trainings:

- **Expert-Led Workshops:** Led by Dr. Elect Star, LMHC, CCTP, CCATP from Golden Nuggets, LLC.
- **Customizable Programs:** Tailored to meet the specific needs of individuals and organizations.
- **Holistic Approach:** Focus on the mind, body, and soul for comprehensive well-being.
- **Interactive and Engaging:** Live webinars and onsite trainings that encourage participation and learning.

What Our Clients Say:

"I loved the three relaxation exercises. I am now practicing all of them especially the breathing technique." –M.J.

"Your topic, Self-Care, was relevant professionally and personally." -CN

"The most useful aspect of this workshop was learning the difference between compassion fatigue vs. burnout." -CT