





Trainings Offered:

- Onsite and Online -
(Live Interactive Webinars)
- Dreams and Their Interpretation
- 4 CE Hours
- Prayer: The Weapon of Choice
- 2 CE Hours
- Exploring *Golden Nuggets, Food for the Mind, Body & Soul* – 6 CE Hours
- Unlocking Your Spiritual Gifts – 3 CE Hours
- Understanding Your Destiny and Purpose – 6 CE Hours
- Self-Care: A Biblical Perspective – 2 CE Hours
- Victory in Warfare: Conquering Spiritual and Psychological Devices – 4 CE Hours



Approved Continuing Education by the
Indiana Behavioral Health and
Human Services Licensing Board

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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

Spirituality & Wellness Consulting

(3 John 1-2)

*Food for the Mind,
Body & Soul*



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

Who We Are:

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

Our mission is to deliver creative resources that empower people to thrive and achieve optimal health and well-being for the mind, body and soul.

Our Purpose:

To empower individuals, groups, congregations and organizations with practical tools and resources for holistic health, enabling them to "prosper and be in good health, even as their soul prospers."
3 John 1:2

Our Approach:

- Comprehensive spiritual practices for nurturing the mind, body, and soul
- Faith-centered tools to manage life's challenges and promote holistic well-being
- Biblically-inspired strategies aligned with spiritual principles and best practices
- Personalized spiritual growth plans tailored to individual needs

What Is Spiritual Self-care?

Spiritual self-care refers to practices and activities that nurture and support your spiritual well-being. It involves connecting with your inner self, values, and beliefs, and fostering a sense of purpose, meaning, and harmony in life.

Spiritual self-care can include faith-based practices or broader activities that promote inner peace and alignment with the Word of God.



Benefits of Spiritual Self-Care:

- Enhances inner peace and clarity.
- Promotes resilience during life challenges.
- Strengthens your sense of purpose and direction.
- Fosters emotional and mental well-being.
- Improves relationship with God and others through knowledge, wisdom and understanding of biblical principles.

Benefits of Our Trainings:

- **Expert-Led Workshops:** Led by Dr. Elect Star, from Golden Nuggets, LLC.
- **Customizable Programs:** Tailored to meet the spiritual needs of individuals, groups, congregations 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.
- **Continuing Education Certificates:** Participants receive certificates with credits based on training. Approved by the Indiana Behavioral Health and Human Services Licensing Board

What Our Clients Say:

"Dr. Elect Star, thank you for your diligent, effectual obedience to boldly share powerful, rhema-discerned, divinely timed, instructional revelation."

-International Ministers Fellowship

"Thank you, Dr. Elect Star for your service, and being a catalyst of transformation in your community, and Body of Christ. Bless the Lord!"

-Ann Watson