

Trainings Offered:

- Onsite and Online -
(Live Interactive Webinars)

- The Emotional Intelligence Blueprint – 6 CE Hours
- Reset and Renew: Mastering Stress Management – 4 CE Hours
- The Art of Saying No: Building Healthy Boundaries for a Balanced Life – 3 CE Hours
- Mind Games Unveiled: Understanding Psychological Manipulation – 6 CE Hours
- Self-Care for the Mind, Body & Soul – 2 CE Hours
- The Resilience Toolkit: Skills for Thriving Under Pressure – 4 CE Hours
- Mindful Leadership: Leading with Intention and Impact – 5 CE Hours

Approved by the
Indiana Behavioral Health and
Human Services Licensing Board

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Golden Nuggets, LLC

Professional Development Consulting

*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 and organizations with practical tools and resources for holistic health, enabling them to "prosper and be in good health, even as their soul prospers."

Our Approach

We believe professional self-care is foundational to personal and workplace success. Our approach emphasizes:

- **Evidence-Based Practices:** Training grounded in the latest research and real-world applications.
- **Holistic Wellness:** Addressing mind, body, and soul health to empower professionals.
- **Interactive Learning:** Engaging workshops, practical activities, and actionable strategies.
- **Tailored Programs:** Customized sessions to meet the unique needs of healthcare professionals, teachers, caregivers, clergy, and more.

Our mission is to equip you with the tools needed to thrive personally and professionally.

What Is Professional Self-care?

Professional self-care refers to the intentional actions and strategies that individuals take to maintain their well-being while meeting the demands of their careers. It includes:

- **Physical Wellness:** Exercise, nutrition, sleep, and relaxation techniques.
- **Mental Health Maintenance:** Stress management, emotional regulation, and coping strategies.
- **Ongoing Work-Life Balance:** Setting boundaries and fostering time for personal growth.
- **Learning:** Building resilience and enhancing skills to navigate challenges.



Benefits of Professional Self-Care

- **Enhanced Productivity:** Boost focus, energy levels, and workplace performance.
- **Improved Mental Health:** Reduce stress, anxiety, and burnout.
- **Increased Job Satisfaction:** Feel more fulfilled and motivated in your career.
- **Better Relationships:** Strengthen connections with colleagues, clients, and loved ones.
- **Long-Term Success:** Sustain peak performance and career longevity.

Benefits of Our Training

- **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 Credits:** Participants receive certificates with credits based on training. Approved by the Indiana Behavioral Health and Human Services Licensing Board

What Our Clients Say

"I always enjoy the information you share! So rich and NECESSARY!"

- Atlanta Women's Empowerment

"PowerPoint graphics were very good, enjoyed group activity."

- Central Indiana CMSA

"The most useful aspects of this workshop were the PowerPoint slides."

- The World Fellowship of Independent Ministries