

# Inner Wisdom Wellness

## RE-FOCUS YOUR TEAM

1 1/2 HOUR TRAINING

*Goals* + Boost Employee Morale + Productivity  
+ Learn Tools to Reduce Stress

## ReFocus

F - Find the sources of your stress  
O - Organize your schedule  
C - Change your thinking for success  
U- Utilize stress management skills  
S - Successful framework for wellness  
that works



## Our Vision

Our vision is to work with your team to create a strong foundation to support your workforce as we assist employees to find joy and balance, which in turn, positively impacts the workplace.

Collectively, Christy and Trisha have decades of experience in the wellness field and have provided trainings and coaching for thousands of people.

*We look forward to working with you.*



*Trisha Farrar & Christy Shriner*

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