

Inner Wisdom at Work




REVITALIZE YOUR WORKFORCE TRAINING

Goals + Boost Employee Morale + Improve Retention + Increase Productivity
+ Reduce Absenteeism + Benefit Work Environment

Sessions

- Mindful Leadership
- Stress Less
- Self Compassion, Owning Your Personal Power
- Is Your Mind Full or Are You Mindful?
- Change Your Thoughts, Change Your Life
- Balanced Living for Joy and Success
- True Transformation, Bringing it All Together
- Leadership Session for Workplace Wellness

Methods

-  Six-month, research-based, Interactive training via teleconference
-  Qualifies for continuing education hours
-  Fosters environment conducive to learning

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 Shriver

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