

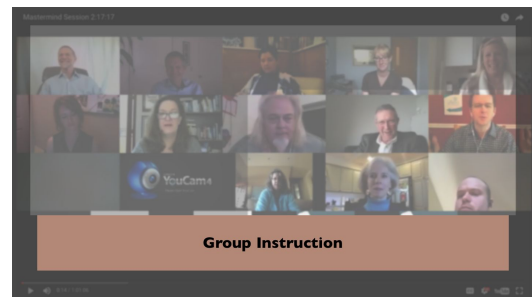
Optimal Being Program

IN THIS PROGRAM YOU WILL LEARN TOOLS TO ...

- Reduce unhealthy Stress, experience calm and certainty, and maximize potential in all areas of life
- Recognize in Self and others our true state of Being, Love, through which ideally all “doing” (behavior) flows
- Accept, align with and use your Intuitive Guidance (inspired by Love/Optimal Being) as the inspiration for all choices/decisions
- Develop a mutual respect, confidence and trust interacting with Self and others ... allowing Love/Optimal Being, through Intuition, to motivate, guide and inspire all actions
- Address and integrate any issues or challenges that seem to keep you from accomplishing all your desires
- Support you in living as Love, consciously and joyously, in every moment

This 13-week, experiential, fun and educational program is a synthesis of:

- Individual self-instructional assignments
- Online, highly-interactive, experiential group instruction, and
- Personal one-on-one mentoring



ASSESSMENT: A comprehensive, proven Personal Assessment is used as an objective, before and after measure of your progress toward optimal health, joy and well-being.