

# One Bite At A Time

## *"Wellness & Inspired Living™"*

### Interactive Workshops & Courses

- ◆ How To Go From Unmotivated To Inspired!
- ◆ Slow Down & Get More Done
- ◆ How To Unleash Your Super Human Power
- ◆ How To Empower Your Power Within
- ◆ How To Create More Balance & Less Stress
- ◆ How To Harness The Power of Mindfulness At Work & In Life
- ◆ Scratch Your To Do List & Create Your To **Be** List
- ◆ Mindfulness Matters - Mindfulness 101
- ◆ Mindfulness For Caregivers (Or Teachers, Parents, Women, Managers, Professionals)
- ◆ Meditation - How To Unplug, Get Started & Practice
- ◆ How To Discover Your Passion and Purpose
- ◆ How To Embrace The Process
- ◆ How To Harness The Power of Positive Affirmations
- ◆ How To Harness The Power of Creative Visualization - Visual Goal Setting
- ◆ Personal Branding - How To Build Your Personal Brand
- ◆ Creating A Lifestyle of Health & Wellness
- ◆ How To Ease Into Healthier Eating Habits
- ◆ How To Eat Healthier When Dining Out
- ◆ How To Sneak In Exercise/More Movement At Your Workplace
- ◆ Workplace Yoga (Stress Management, Relaxation, Chair Yoga & Custom Classes & Workshops)
- ◆ How To Move Through The Grief Journey
- ◆ How To Get Back Up When Life Knocks You Down

**\*Contact Susan to Learn More or to Schedule Your "One Bite At A Time Wellness Workshop" Conferences, Lunch & Learns, Team Building Retreats, Employee Training, Courses & Classes**