



# Heart-Centered Programs

*Empower - Energize - Enhance*

## Training & Workshops

Putting **Heart** back into your life

Wouldn't you like to help your staff lead more balanced and satisfying lives? Assist them in managing time, stress, finance, relationships and family?

The benefits of Work/Life seminars is increased productivity, happier and healthier employees—plus it could just be the competitive advantage your company needs!

Our seminar topics cover areas of Life Management, Health & Fitness, Professional Development, & Parenting, to name a few. A complete list of all our workshops are listed on our website.

### POPULAR WORKSHOP TOPICS

- Bliss is Best: Stress-Less, Smile-More
- Getting it All Done: Organizational Tips
- Budgeting 101 or 101 Ways to Save
- Look-Listen-Learn: Communication Keys
- Making Healthy Choices at Work
- Conscious Working: The Tao of Now

### Testimonials

*"Ellen's life experience and vast background makes her exceptionally qualified. I highly recommend her as a motivational and inspirational trainer."*

*- Betsy Haas  
President EHDI*

*"My communications center in Lancaster really enjoyed Ellen's presentation today, and hope to use her more in the future."*

*- Fina Damian  
HR Mgr, AMR*

*"Ellen has keen insight, strategies, focus and inspiration. I would recommend her."*

*- Gail Olivieri  
Former US Marketing Director  
Touchpaper Corporation*



*"When people go to work, they shouldn't have to leave their hearts at home."*

*- Betty Bender*

*"True happiness comes from living an authentic life fueled with a sense of purpose and balance."*

*- Dr. Kathleen Hall*



**Ellen Contente, M.A., RScP**

**Certified Trainer, Licensed Practitioner  
Work/Life Balance Coach**

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