

# Heart-Centered Programs

*Empower - Energize - Enhance*

Putting **Heart** back into your life

## Training & Workshops

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

*“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*

### 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*

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Certified Trainer, Licensed Practitioner  
Work/Life Balance Coach

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