

**ONE LIFE**  
**HOLISTIC HEALTH**

**SPEAKING + WORKSHOP TOPICS**

## AFFIRMATIONS

Learn about affirmations: how to use them, how they work, and how they can change your life!

## AYURVEDA: THE BASICS

Learn about the ancient healing principles of Ayurveda. (What it is, how it works, where to start, and what it can do for you)

## AYURVEDA: OVERALL HEALTH FOR YOUR DOSHA

Learn simple principles to help balance your Dosha and live life with optimal health.

## AYURVEDA: DETOX

Learn the basic principles of the Ayurveda detox and when to detox. (Spring and Fall)

## AYURVEDA: BASIC HEALING TREATMENTS

Learn some of the basic healing treatments for common ailments such as a Hay Fever.

## AYURVEDA: BEAUTY TREATMENTS

Learn some of the ancient beauty treatments based on the healing art of Ayurveda.

## **BLENDED FAMILIES**

A workshop for parents with blended families that provides a wonderful framework to help them integrate their families, discuss the major roadblocks in blending families, and how to handle pushback from children and conflicting parenting styles.

## **CLEARING NEGATIVITY**

Learn about and why you should clear negativity out of your energy, your space, and your life, plus the ancient Native American Art of Smudging.

## **CREATIVE VISUALIZATION + VISION BOARDS**

Learn what it is, why it is important, and how to implement it! Also, start your vision board!

## **DIY NATURAL BEAUTY: BASIC BODY CARE PRODUCTS**

Learn how to make your own basic body care products from items found in your kitchen cupboard. (Hair, body, nail)

## **DIY NATURAL BEAUTY: MAKE-UP**

Learn how to make your own make-up from items in your kitchen cupboard.

## **GOALS, GOALS, GOALS**

The best way to create goals, break them down into actions steps, and full-proof ways to achieve them!

## GOOD MOOD FOOD

Learn about the connection between your diet and your mood, plus how your diet affects your brain health!

## HOW TO BREAKTHROUGH FEAR AND TAKE THE BIG LEAP!

Learn how to breakthrough crippling fear and take the leap to make even your biggest dreams come true!

## HOLISTIC LIVING

Why it is important to live your life holistically considering mind, body, and spirit as well as some simple ways to keep your life balanced.

## GRACEFUL BEAUTY: BEAUTY FROM THE INSIDE OUT

Learn how what you put into your body can affect the way your body looks on the outside, plus what foods to eat to stay young.

## INTUITIVE EATING

Learn about using your own intuition to know what's for dinner and why it's so important not to ignore it.

## MOVEMENT + TRAUMA

Learn how movement can help heal past trauma and brief synopsis of the basics of Trauma Sensitive Yoga.

## **MINDFULNESS + MEDITATION**

Learn the importance of being mindful and using meditation as well as learning the basics!

## **MINDFUL EATING**

Learn how to eat mindfully, why it is important, and the basics of how to implement it.

## **MINDSET**

Learn about having a fixed vs growth mindset, how to change your mindset, and how your mindset can make or break you!

## **TEAS, TEAS, TEAS**

Learn how vital teas are to your health, what they can do for you, and how to make your own.

## **THE LAW OF ATTRACTION**

Learn about the Law of Attraction and how to make it work for you!

## **TRAUMA 101 AND TRAUMA INFORMED CARE**

Learn about trauma and becoming a trauma informed care individual/business.

## **QPR: SUICIDE PREVENTION**

Become a gatekeeper in your community and learn how to question, persuade, and refer someone whom you may think may be suicidal.

## **RESIDUAL INCOME: A NEW WAY TO LIVE**

Learn about residual income and how it can improve your financial fitness.

## **YOGA AND THERAPY**

What is the connection??

Additional topics include: dating violence, sexual assault, stalking, living with chronic illness, entrepreneurship, residual income, and more.