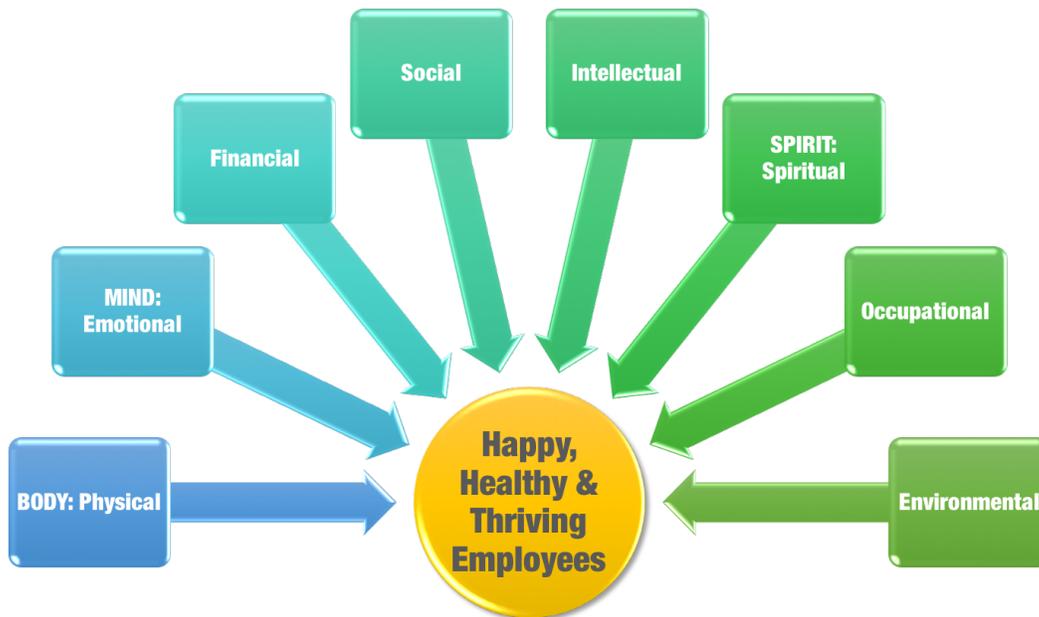


There are eight dimensions of wellness, yet most corporate wellness programs focus on only three or four sections.



Dimensions illustrated left to right in order of importance for many traditional wellness programs.

Help your team attain and maintain a healthy lifestyle with education from *You Define Wellness!*

Because the whole person matters, not just a fraction.



Most classes listed are included with the Employee Wellness Benefit Plan, or available a la carte for \$250 per class (up to 40 participants). **Shaded rows are offered for an additional fee to the provider; contact us for a quote.**

We will create classes to meet your specific needs! Schedule a consultation with us.

DENVER-metro area (classes not available in all areas; check with us for availability)

Class #	Topic	Length
PHYSICAL: Recognizing the need for physical activity, diet, sleep & nutrition.		
HEALING OR WORKING THE BODY		
013-KI	I Keep Hearing About Reiki... What is it and why do I need it? Reiki is a form of energy healing, but seriously... what the heck does that mean? In this class, we'll use everyday language to explain what Reiki is, how treatments are given, and take the mystery away. This really is just physics. Then we'll move into what the physical and emotional benefits are. Don't worry... we'll keep it light and fun!	30-60 min
011-JK	Healing with the Inner Physician A presentation of the principles of how the bodymind works to maintain health and heal itself and how, when the system breaks down, ill health follows. Using that same "inner physician" through BodyTalk, the patient has the tools for self-healing: physical, mental, emotional, and more. This presentation is a live demonstration of the process (15 min) and discussion.	60 min
012-PG2	How an Educated Personal Trainer Went from Sick Pharmaceuticals to Health Nutraceuticals Even trained professionals sometimes have to learn the hard way. This speaker will share her journey on how and why she stopped taking and believing in pharmaceuticals to live a rich life through the benefits of whole food nutrition. This is an interactive presentation with audience participation. Not only will attendees learn about the harmful affects of pharmaceuticals, but they will walk away with options and solutions.	60 min
019-PMP	Oh My Aching Back! How do you get through your day when you have back pain? Do you feel like you could be more efficient at work if you weren't in pain? Learn how to optimize your productiving and energy level through new techniques performed at your desk.	60 min
020-CB	Qigong Use this mind-body system to get grounded and strengthen the nervous system so when stress arises, you can ride it out. Water Method Qigong is a whole-body movement using physics to get you in the drivers seat of your body while clearing your mind. The simple and gentle movements are profound and can be done by people of all ages and degrees of health.	60-90 min
021-CB	Recovery After Injury Most of us will experience accidents, injuries and surgeries. No one is thrilled at the prospect of sitting around for weeks or months. Empower yourself by learning a variety of methods to speed the healing process and improve your chances of a more successful recovery.	60-90 min
024-SW	Strong Body, Strong Business Strength training isn't just about looking good, it's about feeling great in your body and in your mind. Strength training is a powerful stress reliever and mood enhancer, as it releases the endorphins in the brain; the feel-good and relaxing hormones like serotonin and dopamine. Strength training is also very empowering and it increases productivity and confidence. Learn from real-life examples of people who gained independence and confidence because of their physical strength. Strength training makes our bodies more metabolically active because of the lean muscle we build. Many people experience positive hormonal changes and we preserve our bone density as we age. Of course, there are also the fat loss benefits that can be experienced from strength training. Learn some of the best ways to incorporate strength training into your exercise regimen.	30 min

026-MG	Treating Allergies - Naturally!	30 min
<p>We will explain why we get allergies and food sensitivities. We will educate how acupuncture can help your immune system function correctly, and even clear you from allergies. You can play outside and eat strawberries again!</p>		
NUTRITION / EATING HEALTHY		
031-Fee-PG	21 Days to Better Brain Function	60 min
<p>The 21 Day Sugar Detox is a comprehensive - yet simple and effective - real-foods based group program to help break the chains that sugar and carbs have on you, and help you find food freedom. We will meet once per week for 4 weeks. For groups up to 10 people.</p>		
001-PG2	3 Common Mistakes People Make When Dieting	45-60 min
<p>As a personal trainer and nutritionist, this speaker knows she's made the same mistakes and wants to share what they are and how to avoid them. Participants are encouraged to start with one simple change... the right one.</p>		
006-PG	Business and Bacon	60 min
<p>Learn how food and lifestyle affect brain health and productivity. Learn how you can become better focused and energized to get through your day. You'll walk away with simple strategies that you can implement today to improve your physical health and brain health.</p>		
010-LC	Hangry' lately? Learn the top 3 reasons why!	90 min
<p>5 Key Learnings: 3 most critical macronutrients for every human body. Benefits of proteins, carbs, fats/oils and cholesterol. 3 foundational systems of the body - where it all begins. Learn what 'hangry' really means. What you can do right now to support your critical hormonal system.</p>		
032-Fee-CB	In the Kitchen: Menu Planning	60-90 min
<p>Ask for a quote. Food is fuel, and learning how to eat what's good for us can seem elusive. We start with the basics and map out 2 weeks of lunches and dinners with meals that span world cuisine. Learn how to efficiently shop and prep healthy meals to help you function at your best.</p>		
017-JF	Mindful Eating for Weight Loss and Increased Energy	60 min
<p>Create healthy digestion, nutrition and weight management through a mindful relationship with eating - and increase enjoyment too! Apply our Mindfulness eating practices and transform your relationship with food. Mindfulness brings you home to the present moment where you can find health through natural eating practices. This is an experiential class that includes mindfulness practices. Use mindful eating practices to use the full and natural capability of your body to digest your food for optimal nutrition; learn mindfulness practices to taste and enjoy your food; learn the physiological feeling of satiety again; and say goodbye to diet products and programs for ever. MAXIMUM 20 PARTICIPANTS.</p>		
018-LM	Nourish your Brain & Keep all your Marbles	60 min
<p>It starts with your gut health. Did you know that a whopping 95% of your entire body's supply of serotonin (the happiness hormone) is in the gut? Also, 50% of the body's dopamine - the hormone critical to motivation and focus - is made by your second brain in the gut. The gut is the site where inflammation typically takes root, setting the stage for inflammation diseases such as IBS, cardiovascular disease, arthritis, and even dementia, depression and Alzheimer's. That's right - the health of your gut directly impacts the health of your brain! In this informative workshop we will discuss tools to have a Happy Gut/Happy Brain.</p>		

SLEEP

033-Fee-JF Mindfulness for Less Stress & More Sleep

90 min

Ask for a quote. Creating balance, peace & ease in every moment!

Alignment, Adaptability & Communication

Basic mindfulness brings you home to the present moment where you can find peace, ease, and success in even the most challenging environments.

This is an experiential workshop that includes meditation, breathwork, and mindfulness practices.

Learn practical mindfulness skills to begin to:

- Train your mind to let go of stress and find peace.
- Learn mindfulness practices for better sleep
- Develop resilience to change and challenge.
- Revitalize your physical body and health.
- Gain mental clarity and focus.
- Experience higher creativity and energy.

EMOTIONAL: Dealing effectively with life and creating satisfying relationships.

BALANCING LIFE BETWEEN WORK AND HOME

005-PG2 7 Easy Steps to Discovering your Work/Life Balance

45-60 min

This is an interactive presentation where participants will walk away with an action plan in 7 areas of wellness: spiritual, mental, physical, financial, family, social and career.

009-PMP Finding the Balance between Superwoman and Coach Potato (for women only)

60 min

Living a healthy lifestyle can be overwhelming; how do we know where to start? As individuals, it is difficult to maintain an optimal balance between work and life. In this class we will discuss some important issues we face as women and learn how to foster the connection between mind and body.

022-WSO Self-Care Breaks... Learn how to Revitalize your day in only 5 minutes

60-90 min

Do you find yourself dragging in the middle of the afternoon? This program delivers a variety of techniques to jumpstart the afternoon doldrums and get you moving! Techniques can include a 5-minute stress-relieving meditation, Breathing to Bust Stress, quick stretches to get the blood moving, and a few fun activities to put a smile on your face and that of your co-workers.

036-AC Slow Down to Get Ahead

30-60 min

Learn to thrive in a world of flux, challenge and opportunity. This workshop contains mindfulness based techniques and a physiological approach for an immersive, self-observational experience. You will leave with tools you can immediately use to increase your personal resilience and reach your level of optimal functioning.

025-TM Success Fundamentals

60 min

Learn how to walk away from your current limitations and take 100% responsibility for your business and personal success. During this program you will learn the basics of EFT (Tapping) to clear your limiting beliefs and get clarity around why you do what you do to sabotage yourself.

029-CB What's Your Life Saver?

60-90 min

Most employees want to show up feeling balanced to be effective. Exercise, healthy meals, socializing, creative pursuits, and quiet time to rest all stabilize our quality of life but too often are pushed aside amidst the business of our lives. Learn how to prioritize every day in as little as 15 minutes to feel restored and renewed. This talk explores the topic of nourishing yourself as a way to be more effective and balanced.

MEDITATION AND MINDFULNESS

015-YDW	Meditation and Mindfulness	60 min
<p>Meditation and mindfulness are proven strategies to reduce stress, but did you know there are many different styles of each? Utilizing our network of wellness professionals, we will introduce your staff to various methods that they can implement into their daily lives. Class includes an introduction to the philosophies the instructor utilizes along with a group meditation/mindfulness exercise. This is designed to be a 12-month commitment but can be customized to meet your needs.</p>		
016-JF	Mindful Communication	60 min
<p>Creating Connection through Awareness & Compassion</p>		
<p>Basic mindfulness brings you home to the present moment where you can find peace, ease, and love in even the most challenging relationships. Build continuously deepening self-awareness and reprogram your limiting default patterns through mindful communication practices.</p>		
<p>In this workshop, learn practical skills to cultivate mindful communication skills:</p>		
<ul style="list-style-type: none"> • Improved communications in the present moment: observing & listening. • Bring awareness to feelings arising and energy. • Accept & appreciate ourselves and others as we are. • Creating space for ease even under difficult circumstances. 		
033-Fee-JF	Mindfulness for Less Stress & More Sleep	90 min
Ask for a quote.	<p>Creating balance, peace & ease in every moment!</p>	
<p>Alignment, Adaptability & Communication</p>		
<p>Basic mindfulness brings you home to the present moment where you can find peace, ease, and success in even the most challenging environments.</p>		
<p>This is an experiential workshop that includes meditation, breathwork, and mindfulness practices.</p>		
<p>Learn practical mindfulness skills to begin to:</p>		
<ul style="list-style-type: none"> • Train your mind to let go of stress and find peace. • Learn mindfulness practices for better sleep • Develop resilience to change and challenge. • Revitalize your physical body and health. • Gain mental clarity and focus. • Experience higher creativity and energy. 		
034-Fee-JF	Mindfulness in the Workplace for Happiness All Day Long	90 min
Ask for a quote.	<p>Basic mindfulness brings you home to the present moment where you can find peace, ease, and success in even the most challenging work environments. Build continuously deepening self-awareness and reprogram your limiting default patterns through mindfulness practices. Give yourself permission to create and love your work fully and vibrantly.</p>	
<p>Use mindfulness at work to create:</p>		
<ul style="list-style-type: none"> • Job satisfaction, peace, and ease • Healthy relationships • Mental clarity and focus • Work-life balance AND greater productivity • Greater creativity and energy 		
036-AC	Slow Down to Get Ahead	30-60 min
<p>Learn to thrive in a world of flux, challenge and opportunity. This workshop contains mindfulness based techniques and a physiological approach for an immersive, self-observational experience. You will leave with tools you can immediately use to increase your personal resilience and reach your level of optimal functioning.</p>		

STRESS MANAGEMENT

002-CB	3 Easy Techniques to Reduce Stress	60-90 min
<p>We all want to experience an optimal quality of life. Happy memorable experiences usually coincide with the rare times we fully feel alive, when we are captivated by the present moment. The three skills learned in this class will help you keep centered and productive. These skills work, they're easy to learn, and they're always within reach.</p>		

<p>033-Fee-JF</p> <p>Ask for a quote.</p>	<p>Mindfulness for Less Stress & More Sleep</p> <p>Creating balance, peace & ease in every moment!</p> <p>Alignment, Adaptability & Communication</p> <p>Basic mindfulness brings you home to the present moment where you can find peace, ease, and success in even the most challenging environments.</p> <p>This is an experiential workshop that includes meditation, breathwork, and mindfulness practices.</p> <p>Learn practical mindfulness skills to begin to:</p> <ul style="list-style-type: none"> • Train your mind to let go of stress and find peace. • Learn mindfulness practices for better sleep • Develop resilience to change and challenge. • Revitalize your physical body and health. • Gain mental clarity and focus. • Experience higher creativity and energy. 	<p>90 min</p>
<p>022-WSO</p>	<p>Self-Care Breaks... Learn how to Revitalize your day in only 5 minutes</p> <p>Do you find yourself dragging in the middle of the afternoon? This program delivers a variety of techniques to jumpstart the afternoon doldrums and get you moving! Techniques can include a 5-minute stress-relieving meditation, Breathing to Bust Stress, quick stretches to get the blood moving, and a few fun activities to put a smile on your face and that of your co-workers.</p>	<p>60-90 min</p>
<p>023-CL</p>	<p>Stress Free Living!</p> <p>My class entails teaching participants skills and tools in how to rewire their emotional brain, when triggered throughout the day. The American Medical Association has recently identified stress as being the #1 cause of illness and disease. 3 out of 4 visits to the doctor are stress related. Studies show that 40% of workplace turnover is related to stress - not pay. 34% of US workers report losing 1 hour a day of productivity due to stress. Those stress related ailments cost the nation 300 billion every year; 100 billion MORE than obesity. I address opioid, emotional eating, and alcohol addictions. I work with people on relationship issues, burnout, anxiety, depression and PTSD in my private practice. I typically give a 45 minute overview of Emotional Brain Training followed by 15 minutes of Q&A with takeaways during the first class.</p>	<p>60 min</p>
<p>027-MG</p>	<p>Treating Stress - Naturally!</p> <p>We will explain how stress affects your physical and emotional health. Then we will educate how acupuncture can make a huge difference in how you handle stress. Acupuncture will also help your body heal itself from the problems created by stress. Acupuncture can alleviate pain, digestive conditions, emotional issues, and help you feel great!</p>	<p>30 min</p>
<p>FINANCIAL: Satisfaction with current and future financial situations.</p>		
<p>005-PG2</p>	<p>7 Easy Steps to Discovering your Work/Life Balance</p> <p>This is an interactive presentation where participants will walk away with an action plan in 7 areas of wellness: spiritual, mental, physical, financial, family, social and career.</p>	<p>45-60 min</p>
<p>SOCIAL: Developing a sense of connection, belonging, and a well-developed support system.</p>		
<p>005-PG2</p>	<p>7 Easy Steps to Discovering your Work/Life Balance</p> <p>This is an interactive presentation where participants will walk away with an action plan in 7 areas of wellness: spiritual, mental, physical, financial, family, social and career.</p>	<p>45-60 min</p>
<p>016-JF</p>	<p>Mindful Communication</p> <p>Creating Connection through Awareness & Compassion</p> <p>Basic mindfulness brings you home to the present moment where you can find peace, ease, and love in even the most challenging relationships. Build continuously deepening self-awareness and reprogram your limiting default patterns through mindful communication practices.</p> <p>In this workshop, learn practical skills to cultivate mindful communication skills:</p> <ul style="list-style-type: none"> • Improved communications in the present moment: observing & listening. • Bring awareness to feelings arising and energy. • Accept & appreciate ourselves and others as we are. • Creating space for ease even under difficult circumstances. 	<p>60 min</p>

<p>034-Fee-JF</p> <p>Ask for a quote.</p>	<p>Mindfulness in the Workplace for Happiness All Day Long</p> <p>Basic mindfulness brings you home to the present moment where you can find peace, ease, and success in even the most challenging work environments. Build continuously deepening self-awareness and reprogram your limiting default patterns through mindfulness practices. Give yourself permission to create and love your work fully and vibrantly.</p> <p>Use mindfulness at work to create:</p> <ul style="list-style-type: none"> • Job satisfaction, peace, and ease • Healthy relationships • Mental clarity and focus • Work-life balance AND greater productivity • Greater creativity and energy 	<p>90 min</p>
<p>028-KC</p>	<p>Unity Through Play</p> <p>Enliven your work environment with the energy of play. Play helps release tension, alleviate stress, and open lines of communication within a workforce. In just one session, discover how the principles of Applied Improvisation can guide an entire set of individuals toward becoming a more cohesive, more engaged and more motivated group.</p>	<p>60-90 min</p>
<p>029-CB</p>	<p>What's Your Life Saver?</p> <p>Most employees want to show up feeling balanced to be effective. Exercise, healthy meals, socializing, creative pursuits, and quiet time to rest all stabilize our quality of life but too often are pushed aside amidst the business of our lives. Learn how to prioritize every day in as little as 15 minutes to feel restored and renewed. This talk explores the topic of nourishing yourself as a way to be more effective and balanced.</p>	<p>60-90 min</p>

INTELLECTUAL: Recognizing creative abilities and finding ways to expand knowledge and skills.

<p>007-JB</p>	<p>Change your Mindset and Perspective to Overcome Your Roadblock to Success</p> <p>This program will help you and your team develop a Champion's Mindset.</p> <p>Here are the top 3 take aways:</p> <ul style="list-style-type: none"> • Develop strategies to overcome your challenges and roadblocks. • Create a positive, productive & compassionate culture in your company. • How to become a highly effective leader and build a top producing team. 	<p>90 min</p>
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SPIRITUAL: Expanding our sense of purpose and meaning in life.

<p>015-YDW</p>	<p>Meditation and Mindfulness</p> <p>Meditation and mindfulness are proven strategies to reduce stress, but did you know there are many different styles of each? Utilizing our network of wellness professionals, we will introduce your staff to various methods that they can implement into their daily lives. Class includes an introduction to the philosophies the instructor utilizes along with a group meditation/mindfulness exercise. This is designed to be a 12-month commitment but can be customized to meet your needs.</p>	<p>60 min</p>
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OCCUPATIONAL: Personal satisfaction and enrichment from one's work.

<p>005-PG2</p>	<p>7 Easy Steps to Discovering your Work/Life Balance</p> <p>This is an interactive presentation where participants will walk away with an action plan in 7 areas of wellness: spiritual, mental, physical, financial, family, social and career.</p>	<p>45-60 min</p>
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<p>How do you get through your day when you have back pain? Do you feel like you could be more efficient at work if you weren't in pain? Learn how to optimize your productiveness and energy level through new techniques performed at your desk.</p>		
035-Fee-KC	Playfully Engaging	60-90 min
<p>Ask for a quote. Hard work doesn't have to be painful, it can be FUN! Practicing play via the principles of Applied Improvisation creates a space where positive habits flourish and your team works seamlessly. Over a span of six to ten weeks, Kerstin will customize a detailed set of exercises that will mindfully and playfully address specific roadblocking behaviors you recognize in your work environment. Allow your employees a space to self-correct old behaviors by noticing what it is that keeps them from listening to themselves or each other, communicating their needs to one another in each moment or making things harder than necessary.</p>		
037-TR	Powerful Presence and Confidence in the Workplace!	60 min
<p>Learn the 3 easy, powerful must-haves to address what is holding you back and encourage you to move forward everywhere in your life and business. Your posture, how present you are in your body and how you take care of yourself communicates to the world who you are and how you feel about yourself. It's impossible to really give to - or build up others - if you're not taking care of yourself. How would your life change if you spent more time present within YOU? In this presentation, the audience learns to operate from this authentic place of power as well as how to use it to create desired outcomes everywhere in their life and business! Audience members walk away with simple, easily implementable tools to improving communication skills, attracting ideal clients, being superior leaders, and exponentializing their ability to focus and deliver superior performance!</p>		
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030-JS	Your Hands Never Lie! How Scientific Hand Analysis Impacts Personal and Professional Success	60-90 min
	Would you like to be an even more effective leader and role model through deeper self-awareness and authenticity? Are you unfulfilled, burnt out, or feeling like something is missing? Would you like to increase the morale, engagement, and performance of your team? This class will present provocative details about why living true to your design and using your innate gifts, is the only way to genuine joy and fulfillment. Your instructor will also discuss the fascinating, life-changing technology of Scientific Hand Analysis, as featured in a FORBES article about her and the accuracy of her work. Our hands contain coded information like a blueprint that uncovers your life purpose, special gifts, blind spots/challenges, and much more. It is NOT palm-reading... therapists, coaches and even neurologists use this profound and complex tool.	

ENVIRONMENTAL: Good health by occupying pleasant, stimulating environments that support well-being.

008-PMP	Ergonomic Assessment - Does Your Work Environment Support You?	60 min
	Happy Bodies are Productive Bodies. Make sure you have an optimal, ergonomic worksite. Whether you stand, sit or move around, you need to make sure your desk, chair, keyboard, computer and lighting adapt TO YOU and not vice versa. We will give you an ergonomic assessment and some tips to help you improve workplace comfort, which will improve your productivity.	
035-Fee-KC	Playfully Engaging	60-90 min
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EVERGREEN area

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<ul style="list-style-type: none"> • Job satisfaction, peace, and ease • Healthy relationships • Mental clarity and focus • Work-life balance AND greater productivity • Greater creativity and energy 		

FT. COLLINS / NORTHERN COLORADO area

003-MDP	<p>3 Keys to Empowered Living</p> <p>What if living an empowered life were as easy as ABC? Learn the 3 elements that take you from reacting to life situations to beneficial responses that build confidence at home and at work. Participants will leave with 3 key elements that can be implemented immediately to bring about positive change.</p>	60-90 min
004-MDP	<p>3 Secrets to End Yelling, Demands, and Disrespect</p> <p>Happy parents make for happy employees. Giving parents these 3 secrets can bring about more ease and joy at home, reducing the amount of stress they bring to the workplace. AND these same 3 secrets will work to develop better relationships at work too. Everyone could use some help managing the demands of everyday life.</p>	60-90 min
014-MDP	<p>Laugh Your Way to Health</p> <p>Experience and learn essential joy-filled tools and techniques to release physical and emotional tensions and create positive behavioral changes. Discover a novel approach to feeling the joy in your heart, access your inner cellular pharmacy, open your lungs and ventilate your spirit, and much more. Prepare to get a healthy D.O.S.E. of happiness (Dopamine, Oxytocin, Serotonin, Endorphins) coming straight out of your own inner cellular pharmacy and no negative side effects!</p>	60-90 min
015-YDW	<p>Meditation and Mindfulness</p> <p>Meditation and mindfulness are proven strategies to reduce stress, but did you know there are many different styles of each? Utilizing our network of wellness professionals, we will introduce your staff to various methods that they can implement into their daily lives. Class includes an introduction to the philosophies the instructor utilizes along with a group meditation/mindfulness exercise. This is designed to be a 12-month commitment but can be customized to meet your needs.</p>	60 min