



Where you are
Overwhelmed,
stressed,
and stuck



Where you're going
Aligned, empowered,
and living your
best life

Arc of Work Life Balance

A JOURNEY FROM OVERWHELM TO
BALANCE, CLARITY & SUSTAINABLE CHANGE

HALF DAY INTENSIVE (3 HOURS)

Focused clarity
and practical
tools to move
forward.




GREATER CLARITY
LIGHTER, MORE
FOCUSED &
READY TO ACT

1 DAY INTENSIVE (5 HOURS)

Deeper
understanding
and personalized
strategies for
lasting change.




**RENEWED
BALANCE**
**STRONGER
TOOLS &
CONFIDENT
DIRECTION**

2 DAY INTENSIVE

Transform
patterns and
create meaningful,
sustainable
change.




**LASTING
TRANSFORMATION**
**INNER FREEDOM,
PURPOSE &
SUSTAINABLE
BALANCE**

3 DAY INTENSIVE

Profound
transformation
and a complete
reset for
your life.




**PROFOUND
TRANSFORMATION**
**FULLY ALIGNED,
EMPOWERED &
LIVING YOUR
BEST LIFE**



No matter where you begin, each intensive is a powerful step on your journey from overwhelm to clarity, balance, and the life you truly want.