

Empower Your Team's Wellness & Happiness

Hi, I'm Lauren, the owner of Live Happier. I help busy professionals feel healthier, happier, and more organized during their busy week by teaching personal goal setting and routine-building strategies. I work with businesses to provide vision board and personal development workshops to support their team's wellness.

I know firsthand the importance of work-life balance and employee satisfaction. After almost 10 years in the corporate tech world and six years as a business owner juggling many hats, I understand how easy it is to lose sight of the fact that YOUR health is a top priority. That's why I'm passionate about empowering companies and their employees to create personalized self-care routines. **A 67% increase in productivity is a great reason to invest in self-care, but the 71% increase in happiness is the true inspiration behind Live Happier.**

With 14+ years in marketing and business, combined with my habit change certification, I've helped dozens of busy professionals, moms, and business owners over the past six years to:

- Clarify their wellness goals
- Identify what's getting in their way
- Create actionable next steps

These lifestyle management tools are offered through the Wellness Bar groups, workshops, vision boards, and private packages. If you're interested in empowering your team to prioritize their health and happiness, I'd love to discuss your employee wellness program needs to see if these resources could be a good fit.

Let's chat further—I'd be happy to bring in coffee or tea sometime, or we can talk on the phone. And please take me up on the complimentary Vision Board package.

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Lauren - Owner of Live Happier
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Empower Your Team: Transform Workplace Wellness & Happiness

HEALTH & WELLNESS SERVICES AND
WORKSHOPS FOR YOUR COMPANY

Provide your team with personal
development education, tools,
support and accountability to
manage their wellness goals and
self care routines.

live
HAPPIER



Empower your team to **prioritize self-care** and **improve productivity** with these fun and effective tools from Live Happier.

Hi there, I'm Lauren.

With a decade of project management experience and six years in health and lifestyle organization, I offer unique wellness programs to help my clients and their teams to prioritize self care during their busy weeks.

SERVICES AND OTHER OFFERINGS:

- Wellness Bar - group wellness accountability class
- Workshops - goal setting, vision boards, happy lists and more Strategic Vision Board
- Private vision boards and accountability packages
- Wellness Workbook - 45+ pages of self care and routine building worksheets
- Self care focused custom affirmation prints

PERSONAL DEVELOPMENT TOPICS:

- Strategic goal setting
- Whole person nourishment
- Habit change and strategic routine building
- Personalized self care strategies
- Creating inner and outer accountability
- Organization, logistics and other time management strategies

FREE GIFT:

**PRIVATE GOAL SETTING & STRATEGIC VISION
BOARD PROGRAM (\$198)**

Email: hello@livehappierlauren.com

LIVE HAPPIER WORKSHOPS:

The following educational and motivational workshops provide exercises and strategies to **1) define personal wellness goals, 2) identify what's getting in the way, and 3) create an action plan.** The workshops vary from a 1-3 hours for 15-30+ people. Both in person and virtual options are available. Please inquire for a quote.

- GOAL SETTING & STRATEGIC VISION BOARD
- BUILD YOUR HAPPY LIST
- HABIT RESET CLEANSE: HABIT AUDIT & ROUTINE BUILDER
- BUILD YOUR DAILY AFFIRMATIONS



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A vertical photograph of a woman with long brown hair, smiling warmly at the camera. She is seated at a light-colored wooden table, with her legs crossed. She is wearing a mustard yellow long-sleeved sweater and blue denim jeans. Her feet are clad in brown leather Chelsea boots with wooden soles. The background is a bright, out-of-focus interior space, possibly a cafe or a modern office, with a white wall and a colorful abstract painting visible in the distance.

YOUR CHANCE
OF SUCCEEDING
BECOMES 50%
WHEN YOU
DECIDE WHEN TO
DO IT AND HAVE
A CLEAR "HOW"

YOU HAVE A 32%
HIGHER SUCCESS
RATE TO ACHIEVE
GOALS WHEN
USING
VISUALIZATION
TECHNIQUES

VISION BOARDS
WORK BY
ENHANCING SELF-
EFFICACY AND
ACTIVATING THE
RETICULAR
ACTIVATING
SYSTEM

- A visual representation of your *strategic goals* with supportive *objectives* and a *routine*
- Identify your six key conditions for success to reach your goal – the “*puzzle pieces*” to your board
- Plan for your barriers and road blocks
- Displayed at home or office, your vision will help motivate daily decisions and actions!
- Leave the workshop with clarity, next steps and accountability



Email hello@livehappierlauren.com