



# Support Your Team's Wellness. Improve Company Results.

HEALTH & WELLNESS SERVICES AND  
WORKSHOPS FOR YOUR COMPANY

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Provide your team with  
lifestyle and personal  
development education,  
resources, support and  
accountability to manage  
their health and happiness.

*live*  
HAPPIER



**Support your team's health, happiness and productivity by empowering them to make their self-care and personal goals a priority.**

Hey there. I'm Lauren. I combined my decade of project management experience and five years of health/lifestyle organization to provide a unique set of lifestyle organization and wellness programs to help my clients prioritize self-care during their busy week.

**Wellness/Lifestyle/Personal Development Topics:**

- Effective personal goal setting
- Personalized full nourishment menu (beyond food)
- Stress management and movement
- Habit change and strategic routine building
- Identity, beliefs, mindset and other stumbling blocks
- Creating inner and outer accountability
- Organization, logistics and other time management strategies

**Services:**

- [Wellness Bar - group wellness accountability class](#)
- [Goal Setting & Strategic Vision Board Program](#)
- [Wellness Personal Assistant Services](#)

**FREE GIFT:**

**GOAL SETTING & STRATEGIC VISION BOARD PROGRAM (\$108)**

[Email: hello@livehappierlauren.com](mailto:hello@livehappierlauren.com)

# GOAL SETTING & STRATEGIC VISION BOARD WORKSHOP

In this workshop, we'll work together to define the right goals for how each person wants to *feel*. We develop a strategic plan with objectives, routine changes and conditions for success to help them get there.

**STEP 1:** I'LL LEAD THE GROUP THROUGH A UNIQUE GOAL SETTING EXERCISE TO DEFINE SELF-CARE GOALS AND OBJECTIVES

**STEP 2:** WE STRATEGIZE THE KEY ROUTINE CHANGES TO REACH OBJECTIVES. NEXT, WE TAKE THESE SIX PIECES OF INFORMATION (THE PUZZLE PIECES) AND PLUG THEM INTO THE VISION BOARD TEMPLATE.

THESE ARE NOT THE TYPICAL MAGAZINE CUT OUT VISION BOARDS. THESE ARE STRATEGIC GOAL STRATEGIES TURNED INTO INSPIRING AND PURPOSEFUL VISION BOARDS. THEY CAN BE DISPLAYED IN THE HOME OR OFFICE TO MOTIVATE DAILY DECISIONS AND ACTIONS!



**BOOK YOUR FREE  
VISION BOARD PROGRAM HERE**

Email [hello@livehappierlauren.com](mailto:hello@livehappierlauren.com)

\*I'll take you through the goal setting exercise and design one customized digital board to be printed and shipped to you.



## OTHER WORKSHOP OPTIONS:

The following workshops provide exercises and strategies to define personal wellness goals, identify stumbling blocks, and implement new solutions. The workshops vary from a 1-3 hours for 10-30+ people.

- GOAL SETTING & STRATEGIC VISION BOARD
- HABIT AUDIT AND ROUTINE BUILDER
- TWO WEEK HABIT RESET CLEANSE
- HOW TO ORGANIZE YOUR STRESS

### BOOK YOUR WORKSHOP HERE

Email [hello@livehappierlauren.com](mailto:hello@livehappierlauren.com)

\*Prices vary. Contact Lauren for a quote.  
Workshops start at \$300.\*

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