




Support Your Team's Wellness. Improve Company Results.

HEALTH & WELLNESS SERVICES AND
WORKSHOPS FOR YOUR COMPANY

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

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

*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

*Prices vary. Contact Lauren for a quote.
Workshops start at \$250.*

Lauren Furtado, Owner of Live Happier LLC

831.345.6675

hello@livehappierlauren.com

www.livehappierlauren.com

Instagram: @livehappierwellness

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