

## **Workshops currently offered through DREAM Wellness:**

*(Please check all topics that you feel would benefit your company/employees)*

- ? Peak Performance: Living the DREAM (The 5 Facets of the Wellness lifestyle)
- ? Stress Management: Boosting Your Health Potential and Reducing Stress
- ? Neurospinal Wellnology: The Role Your Nerve System Plays in Your Overall Health
- ? Back Safety and Injury Prevention: Secrets to a Healthy Spine
- ? Chiropractic 101
- ? Muscle Activation Techniques 101
- ? Raising Healthy Children
- ? Stay Fit While You Sit
- ? 5 Secrets to Dealing with or Preventing Type II Diabetes
- ? Overcoming Fibromyalgia
- ? Improve Your Golf Game and Play Safely
- ? Sit Right for Your Type
- ? Headaches: A Real Pain in the Neck
- ? Finding the Fountain of Youth: Slowing the Aging Process
- ? The 10 Keys to Longevity
- ? Boosting Your Immunity
- ? The Chemistry of Life
- ? Spinal Health for Parents and Children
- ? Staying Focused on Life
- ? Straighten Up America
- ? Build Wisely: Creating a Foundation for Health, Wealth and Success
- ? Eat Smart
- ? 8 Simple Ways to Improve Sleep
- ? The Art of Meditation
- ? Backpack Safety
- ? Ergonomics 101
- ? Vaccination Facts and Myths
- ? Self Centering / Power Centering
- ? Creating a Wow Customer Experience
- ? 25 Secrets of Extreme Profitability
- ? Irresistible Attraction
- ? How to Become a Teleclass Leader
- ? 25 Secrets of Having the Life You Really Want
- ? Biz Builder
- ? Client Typing: Recognize Your 7 Specific Client Types
- ? Listening: Hear What the Client is Saying
- ? Empowering People
- ? Relating to Clients or Customers
- ? Life Planning
- ? Personal Path: 12 Benchmarks to an Extraordinary Life
- ? Financial Independence
- ? Organizational Development
- ? Client Management
- ? Attracting Ideal Clients
- ? Small Biz Success
- ? Planning Your Time
- ? How to Host a Mastermind

**Workshops currently offered through DREAM Wellness (continued):**

- ? Creating Your Mission Statement
- ? Creating Your Vision
- ? Marketing for Today and the Future
- ? Building Client Relationships for a Lifetime
- ? How to Hire Your Ideal Assistant or Team Member
- ? How to Tell People What You Do and Engage Them in 15 Seconds
- ? Key to Building Self-Esteem in Your Kids
- ? Designing the Ultimate Outcome for Your Client
- ? How to Create Client Success Stories for Your Success
- ? Designing Your Own Newsletter
- ? How to Re-Invent Relationships with Past Customers and Clients
- ? Introduction to Personal Coaching
- ? Introduction to Business Coaching
- ? Choosing Your Target Customer and the Cycle of Care
- ? The Tru Values Program: Operate Your Business and Your Life from Your Values
- ? The Needless Program: Get Your Needs Met
- ? The Clean Sweep Program: Cleaning Up Your Business Life
- ? Expert Advertising Skills
- ? Goal Setting: How to Set Goals and Actually Achieve Them

Our list is continually growing, so please check with us periodically for updates. Also, our team can tailor make a workshop for your company's needs. Just ask!