

Opportunities of Calm Services Menu

As a certified 200-hour meditation instructor and a Search Inside Yourself Certified Teacher (SIY), I am passionate about helping people connect offline. Connecting is an emotional experience and emotional connection is a basic need for every human being. It makes us feel loved, safe and part of something larger than ourselves.

Using meditation as a platform, I work with people to help sharpen the innate Mindfulness and Emotional Intelligence leadership skills, which everyone already has. I do this through experiential workshops and one-on-one coaching, leaving you with easy-to-implement practices that can be incorporated in your everyday life. By combining traditional practices with a modern discernment of the neuroscience behind meditation, my approach is adaptable to anyone with an openness to learn.

Have a look at what services I offer and feel free to contact me for a 30-minute complimentary discovery call, to see how we can work together. Feel free to find a time slot on my [calendar](#). I look forward to hearing from you.

1. Search Inside Yourself

Product Description:

Based on the popular Mindfulness and Emotional Intelligence program created at Google, SIY is designed to break down 5 stages of EQ into easy to understand concepts. Rooted in mindfulness, this program is 30% experiential. Participants gain practical take-away skills: a range of mindfulness practices, journaling, and techniques for self-awareness, empathetic listening, and preparing for difficult conversations.

Benefits of SIY:

1. Improve focus, empathy and resilience.
2. Increased self-awareness and self-management.
3. Enhanced innovative thinking and creativity.

*This program is suited for beginners and/or skeptics to mindfulness.

**Can be delivered in-person or virtually, with a minimum group of 20 people.

2. Breath of Life: Personalized Meditation Coaching

2nd Title

(Customized Calm: Creating Meditation Habits for Life)

Product Description:

Have you tried to meditate, but it doesn't seem to work for you? Meditation and Mindfulness are practices for your brain, just like your favorite workout class is practice for your physical body. When starting out any new practice, it's recommended to have a coach to help you implement this practice into your lifestyle and answer any questions you have along the way. Working with you over the course of 8 weeks, I will help you identify the best times to practice, the types of meditations that are best suited for your needs and talk you through any difficulties that arise over the course of our time together.

Benefits of 1-to-1 Coaching:

1. Easily adopt meditation as a habit.
2. Gain mental clarity and focus.
3. Sharpen your innate intuition.

*This program is best suited for someone who has identified that meditation and mindfulness is a path they want to take to gain a greater sense of self and manage their emotions.

The goal for 1-1 meditation coaching is to help you implement meditation as a habit. Once the foundation has been set, then we can identify emotional awareness, self-compassion and mindful communication.

3. Group Meditation Classes

Product Description:

The wellbeing of your employees are of the utmost importance. Not only can wellness programs increase employee engagement, but can also reduce absenteeism. It's no secret that mental health is on the rise and meditation makes for a productive and happier workforce. Mental health challenges occur when a person lacks awareness of themselves and finds it difficult to manage

their emotions. This is exactly what meditation helps an individual with, gaining self-awareness and emotion management.

Classes are offered in 30 minute or 60 minute increments, over the course of 8 weeks.

Benefits of Group Meditation Classes:

1. Greater mental clarity, less stress and increased innovative thinking.
2. Improved employee engagement, leading to greater communication amongst colleagues.
3. Joint goal and awareness of mental health.

In our weekly group classes, a new topic will be presented each week, with theory and practical application. These classes are designed to practice in a group setting, with a recorded version of the guided meditation, available to the participants, so that they can practice in the comfort of their own home.

Why a group setting? When we meditate, each of us emit certain energy vibrations. Meditating in a group setting is proven to change the dynamics of a group of people. When people meditate, a space is created in the mind, leading to mental clarity. It's also a known fact that one of the immediate benefits of meditating is a feeling of relaxation. With a clear mind and relaxed attitude your employees will be more productive.

*This program is designed for any organization (corporates, schools/universities, government, etc) looking to adopt a wellness program into their community of people.

4. The Mindful Classroom (Under Development)

[This workshop is currently under development. Please fill out this [form](#) if you are interested to learn more. I would love to hear your feedback on what would help you become a better parent or teacher.]

Objective:

One of the greatest gifts this pandemic has taught all of us, is the importance of taking ownership of the things that are within our control. If you are a parent that has

witnessed a child struggling with virtual school, frustrated with the outgoing fees of school and not seeing the full return, and have a desire to take control of your child's education, then this course is for you.

Conventional school is designed to educate kids academics, but what about practical life and human skills? Intuitive-based education/parenting is based on noticing physical sensations throughout the body and associating them with a certain emotion. Our body sends us valuable messages that, when listened to, can guide us down a more detailed manual of ourselves.

Benefits of Intuitive-Based Teaching

1. Activate the path to YOUR true passion/meaning in life.
2. Going one step further to optimism, Intuitive-Based Teaching/Parenting gives the educator/parent coping skills of acceptance and energy protection.

*This program is designed for any passionate educator or parent who desires to go beyond the traditional learning and bring in skills with a human approach that will lay the foundation of the child well into adulthood.

This program is also designed for parents who desire a better relationship with their child(ren) and know that there is an alternative way to educate and raise their child(ren).

Emotional Validation: allow the child to experience an emotion, by giving them the time and peace to do so. (Ie during a school competition, create space and time for children who did not win to experience what they are feeling. Vice versa, for children who did win. Explain to children what holding space looks like -

5. Harmonious Hearts: Meditative Parent-Child Bonding

Symptoms:

- Your child finds it difficult to make friends and/or is the target of bullying.
- You often disagree with your child but give-in anyway.
- You find it difficult to keep your cool when your child experiences a meltdown.
- You are constantly defending your child instead of empowering them.
- Your frustrations are building up because your child is not listening to you.

- Your child has stopped participating or has lost interest in activities he/she once enjoyed.
- Your child is experiencing more anxiety than usual.
- Devices are the only social interaction your child has.
- Your child is not able to keep up with the academic demands of school.

Harmonious Hearts: Meditative Parent-Child Connection

Enable you to build and support your child's natural growth through various stages of their life using breathwork and meditation, while building a deeper connection.

10-Week Program (10 x 1 hr sessions)

The Harmonious Hearts program is a transformative journey of connection and inner peace with your child. In today's fast-paced world, children are experiencing stress and anxiety at younger ages as they go through the natural transitions of adolescence. As a result, the parent-child relationship also goes through such transitions. It is up to the parents to put in the work to understand how to maintain and/or rebuild that bond.

The program will guide you in finding the moments of meaningful connection with your child. This will be accomplished using various breathing techniques, by expanding emotional awareness and engaging in creative expression and movement.

This unique program is designed to be a space where parents and children can come together to nurture their bond, cultivate mindfulness and embark on a shared voyage of self-discovery.

Journey Overview:

- Guided Meditations and mindful games which are broken down in fun and easy ways for a child to understand.
- Mindful Communication is presented in a way to provide the parent and child tools to exercise listening skills and to communicate in a way in which the other person feels heard.
- Using Nature as a way to heal and express creativity, through grounding, mandala making and opening up the senses to the environment.
- Enhancing Emotional Awareness skills by using fundamental body scan meditations & movement

Empowering Not Encouraging:

- Using every failure/disappointment as a learning opportunity. When kids know more they do better.

Ask For Help

- Seek out resources, books, e-courses, articles on parenting tips. So much information out there now.
- Professional help

Emotional Validation

6. The Wise Brunch Hub

7. Nervous System Reset Coaching

Discover Balance and Renewal Through Nervous System Reset Coaching 🌟

Are you tired of feeling overwhelmed by stress and anxiety? Are digestive issues taking a toll on your overall well-being? It's time to hit the reset button on your nervous system and rediscover the harmony within your mind and body. Welcome to Nervous System Reset Coaching – your pathway to emotional regulation and gut healing through meditation and time-tested practices.



Heal Your Gut, Heal Your Life

Your gut health is intricately connected to your overall vitality. Together, we'll delve into the ancient wisdom that emphasizes the gut-brain connection, demonstrating how a healthy gut can lead to improved mood, reduced stress, and increased energy. Through personalized guidance, you'll learn time-tested practices that support gut healing and enhance your overall wellness.



Meditation: Your Gateway to Emotional Resilience

In a fast-paced world, finding serenity can be a challenge. That's where meditation steps in as a powerful tool to reset your nervous system. As your nervous system reset coach, I will gently guide you through meditation techniques tailored to your unique needs. We'll explore mindfulness, breathwork, and visualization, empowering you to navigate life's ups and downs with newfound emotional resilience.



Time-Tested Practices for Lasting Transformation

Change doesn't happen overnight, but with consistent effort, transformation is possible. I'll introduce you to time-tested practices that have supported individuals in their journey to wellness for centuries. These practices are designed to realign your nervous system, alleviate stress, and promote holistic healing.

What to Expect from Nervous System Reset Coaching

Personalized Guidance: Your journey is unique, and your coaching experience will be tailored to your specific goals and challenges.

Holistic Approach: We'll address both your emotional well-being and gut health, recognizing the deep connection between the two.

Supportive Environment: This is a safe space where you can openly express your concerns and progress.

Step-by-Step Progress: Small, sustainable changes will lead to significant shifts over time.

Empowerment: You'll learn techniques that you can carry with you for a lifetime of well-being.

Embark on Your Journey Today

Don't let stress and digestive issues hold you back any longer. Take the first step towards rejuvenation and balance. Together, we'll embark on a transformational journey that will empower you to regulate your emotions, nurture your gut, and embrace a life of vitality.

Book your Nervous System Reset Coaching sessions now and awaken your potential for lasting well-being. Your vibrant, harmonious life awaits!   

- Breath of Life – 8 weeks
- Foundations of Meditation – 4 Weeks
- Harmonious Hearts – 10 Weeks
- The Wise Brunch Hub