

Lori Kampa - “Stress Busters” Done-For-You Wellness Workshop for Health Coaches

Hand-Out, Speaker Notes, PowerPoint Presentation and more (Editable and yours to download!) Grow your business with Wellness Workshops!

COMPLETE DONE-FOR-YOU “STRESS BUSTERS” WELLNESS WORKSHOP BUNDLE INCLUDES:

- Video with Instruction on How to Use and Edit Materials.
- Worksheet/ Hand-Out With Lines (Four-Pages)
- Hand-Out Without Lines (Condensed Two-Pages)
- Detailed Speaker Notes/ Script (17 Pages)
- PowerPoint Presentation (51 Slides)
- Flyers To Promote Your Workshop
- Social Media Images (15) To Use For Promotion Of Workshop
- Facebook Event Covers (8)
- Additional Photo's To Use (25+)
- Video with Instruction on How To Personalize Social Media And Event Covers On Canva.
- Links to Projects on Canva for Quick Editing.
- Summary description & Alternative Titles for Workshop
- Access to a Facebook Group for Support from Lori Kearney and Other Like-Minded Health Coaches.
- Questions? Contact Lori Kearney directly at info@mindfulhealthwithlori.com.

Scroll Down For Instructor Bio, Curriculum, FAQ and Payment Options.

Your Instructor

Lori Kampa

Lori is a Certified Integrative Nutrition Health Coach, Wellness Educator, Business Coach and Owner of Mindful Health and WorkshopsDone.com.

Health coaches from all over the world have contacted Lori to discover her secrets to building a successful full-time health coaching business. She always shares that the backbone of her business growth is having successful Wellness Workshops. She founded WorkshopsDone.com, a done-for-you immersion program designed to walk health coaches through all the details they need to book workshops, fill workshops, sell during workshops, and follow up after workshops. She offers her health coach

colleagues the opportunity to be guided with her detailed instruction and to put their name and logo on her handouts, PowerPoint presentations, worksheets, and more.

Lori is a graduate of the Institute for Integrative Nutrition. In addition, she has a BS degree in Psychology and Business.

Lori believes in working smarter, not harder. ***Why re-create the wheel when someone else has already invented it...and perfected it?*** For more information on Lori, please visit workshopsdone.com/meet-your-coach.

Class Curriculum + Downloads

STRESS BUSTERS WORKSHOP BUNDLE

- Welcome and overview of Stress Busters Wellness Workshop (Video + Handout) (26:04)
- Summary Description for Stress Workshop & Alternative Titles (updated 11/19)
- PowerPoint Presentation for Stress Busters Wellness Workshop (updated 4/10/20) – Editable and yours to download
- Virtual Workshop/ Webinar PowerPoint Presentation for Stress Busters (NEW – 4/10/2020) – Editable and yours to download
- Handout (Worksheet) for the Stress Busters Wellness Workshop (Three pages) – Editable and yours to download
- Handout (Condensed) for the Stress Busters Wellness Workshop (Two Pages) – Editable and yours to download
- Bonus Handout (Worksheet): Keep Your Holiday Stress In Check (4-pages)
- Speaker Notes for Handout + Presentation for Stress Busters Wellness Workshop (17 pages) – Editable and yours to download
- Social Media Images (15+) – Stress Busters
- Facebook Event Covers (10 designs) for Stress Busters, Video on editing in Canva, Links to Canva
- Stress Related Photo's (50+) To Use & Free Photo Resource Guide
- Flyers "Stress Busters" – Editable and yours to download
- Book Cover Title Pages for a 3-Ring Binder for Organization
- Office Chair Yoga Ideas To Do During a Workshop (Video) (20:52)

Proof Content

