

THE INNER GAME OF LIFE BEYOND STRESS

4 weeks to a happier, more fulfilled life

Is this you?

You regularly experience feelings of stress, overwhelm and mental exhaustion.

You feel distracted, unable to focus and find it difficult to complete tasks.

You are trying to balance all your responsibilities yet feel like you are drowning in to-dos, deadlines and information overload that keeps you tired and overwhelmed...day after day after day...

You know that you need some calm, clarity and balance in your life.

You know that there is more to life...

You know you need some ME time but don't feel like you can even take 15 minutes for yourself without feeling guilty.

AND, you know that mindfulness and meditation can help but you are not sure how to integrate these practices into your life so that it is not just 'one more thing to do'.

You also understand that there are benefits but you want to understand more and EXPERIENCE the peace, fulfillment and clarity that comes with a regular meditation practice.

If any of this resonates with you, you are in the right place!

Why? Because I've been there too... I used to be a highly successful corporate executive. It didn't come easily – in fact, it came with a lot of sweat (mental) and tears (actual but never in public). Yet, I worked my way up the ladder until I was Vice President for a multi-million dollar health management company. I had some great experiences, great bosses and employees, and I really enjoyed my jobs...until the last few years.

The stress of the 60 hour weeks started to affect my health and relationships, sabotaging colleagues had me doubting my capabilities and along came the boss from h@ll. Suffice it to say, I began to question everything, including the work, my purpose and what's important.

A friend introduced me to a meditation class and I benefited immensely from the calm, clarity, feelings of peace and understandings that I was experiencing as I continued the practice. I left the corporate world and found other work in the non-profit and travel industries that I enjoyed.

I began a journey of learning and practicing mindfulness and meditation and doing retreats on a regular basis. I began immersing myself in wisdom teachings that could help me understand my mind, my place in the world and where true happiness comes from. And, in my signature 'intense' style of being, I embarked on a 3 year silent meditation retreat in the high desert of Arizona from 2010-2012.

Through that experience, I knew that I wanted to share these inner practices with others, especially with people like you, trying to navigate the stresses and challenges of life in our fast paced, always on society.

In our time together you will embark on a journey of transformation in which you will:

- significantly reduce your stress
- become more focused and less distracted
- become unstuck and grounded in what's important
- access the inner resources to greater self-confidence and the joy that comes from that
- learn the myth of multi-tasking and get out of the 'doing trance' so you can be the best version of yourself
- become clear on the ways in which you sabotage your own happiness and where happiness comes from
- find calm, peace and clarity that fills you with compassion, for yourself and others

You will:

- **find that 15 minutes a day for YOU that translates in more time and energy for others**
- commit to mindfulness meditation practice 10 minutes a day, for the duration of the program
- be introduced to many 'micro-tips' on ways to integrate mindfulness into your life to improve your effectiveness at work and harmony with colleagues and your personal well-being and relationships outside work.

We will take a hero's journey with the following framework:

RELAX...learn the art of relaxing and how it is a foundational element to our healing, learning and success. We explore the mechanics of negative stress so we can unwind from its clutches and learn a mindfulness meditation practice that will be our anchor throughout the program.

We'll look at your life challenges and the program will include practices and resources specifically designed for you.

RELEASE...your limiting beliefs and inner negative narratives. Tune into your Inner Guidance and release your Inner critic. Learn how to open to your inner joy and the infinite possibilities of the present moment.

RECHARGE...your life through a focus on purpose, self-compassion and love. We'll look at the fundamental shifts in perception that can come from a meditation practice in addition to various exercises, practices and techniques that will help you on your path of transformation and happiness.

RENEWED...you'll come away with a renewed sense of self, purpose and clarity of vision for your life. You'll understand that to be fully present with what IS, right NOW, is where our power to know 'I've got this' lies. You will also come away with the wisdom and tools to live a life with more grace and ease.

With 25 years of using meditation as my North Star – practicing it, teaching it, and continuing to learn from the masters, I have realized that the key to all that we are looking for starts with our own minds and how we integrate it into every area of our life.

The following is the structure of the 4 week program:

- Weekly 1:1 sessions with Elizabeth – training, meditation practice together and more (1 hour) – via Zoom or other online platform.
- Overview of various meditation techniques and which one/s are right for you
- Techniques for helping develop habits more quickly
- Numerous mindfulness and meditation tools and tips for leading a more fulfilled and happy life
- Resources, i.e. videos, articles, etc. to help you on your journey to your desired outcomes
- INVESTMENT – the normal price is \$1,500 and I am offering a 40% discount:
 - **\$897 if you pay in full or**
 - **\$450/month for 2 months, if you prefer a payment plan**

Are you ready to explore this further? Contact me at info@theprathergroup.com or phone: 520 549 8359.

To your inner peace and happiness,

Elizabeth