



www.theindigoconnection.com

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Popular Programs for the Business Audience

Healthy Energy

More today than ever before, understanding what drains and builds your energy can be the difference between surviving and thriving. Wouldn't you rather thrive? Everything is energy - emotions, thoughts, surroundings, beliefs and people too. You have the power to build your energy supply while also shielding yourself from energy drain. Come away with some practical, participative and very effective ways to naturally boost your vitality, mood and energy level.

Program will include:

- How's Your Energy? - A short self-assessment
- Easy energy balancing exercises for self care, including how to shield yourself from energy vampires.
- Building positive emotions through expression, gratitude & humor
- Emotional Freedom Techniques Demonstration - a simple and effective self-care solution for managing daily stress that involves gentle tapping on acupuncture points.

Energized Selling

Building business is competitive and requires deliberate effort. Clearly those who are positive, resilient, confident and convincing have a distinct edge on selling success. It's more than a handshake and a 60 second introduction; it's those subtle signals you give with body language, rapport and the way you make people feel. Energy Coach Betsy Muller will share innovative ways to sparkle in sales by deliberately minding your energetic boundaries, dealing with difficult people and caring for yourself in ways that make you a magnet for your business. Includes Emotional Freedom Techniques Demonstration - a simple, effective self-care technique for managing stress and diminishing fear.

Putting Your Heart into Everything You Do

Ever wonder if there was a way you could immediately boost your personal effectiveness as a presenter or leader -- while also enhancing your audience's, client's or employees' ability to pay attention and retain your message? You've got to reach them through the heart! Learn some simple techniques that allow your heart energy to help you thrive as you reach your targets with sincerity and passion. Maximize your potential to shine and your ability to influence others (as well as yourself!). The best part of it all - you'll come away feeling great!

Living Your Purpose

We're not just here to make a livingwe're here to make a difference! The search for purpose and meaning in life is something that never ends. This program will explore ways in which we can find integrity by aligning our natural abilities, gifts and passions on a daily basis. Living a life guided by purpose allows our emotional as well as physical energy to build. It's one of the greatest stress-busters too! Energy coaching exercises will be integrated to open our hearts and minds to the exciting possibilities of purpose.

Clearing Clutter and Procrastination with Positive Energy

Is there something holding you back? Procrastination is a normal human excuse, **BUT** when negative thoughts and fears lock you into paralysis, you're also losing touch with the joyful life experiences you deserve. In fact, you may even be attracting more negative experiences! Fortunately there are specific interventions you can begin using today to harness the energy to take **deliberate action**. Learn affirmations to wipe out resistance and hesitation. Participate in a powerful group exercise to stir up some motivation. This seminar will send you into the real world with a positive and powerful jolt for the day ahead.