



ONE DAY WELLNESS WORKSHOP

UNLEASH YOUR GREATNESS

SO GREATNESS CAN REFLECT BACK

Transform the lives of those in your community or place of business by hosting a one day, Unleash Your Greatness Workshop.

We will supply all the materials and deliver a seamless workshop helping attendees to connect with their natural state of peace and calm, regardless of outside circumstances.

A condensed version of the three day, Unleash Your Greatness conference that delivers transformational interactive activities to challenge stressful, negative thinking, while providing practical skills and strategies that attendees can continue to implement in their work, home, and personal relationships.

Benefits of hosting a Wellness Workshop

- Attract new customers/increase sales
- Package with other wellness services
- Unique off season offering
- Workshop is completely organized for you
- Marketing content provided
- Balance/wellness/self-care focussed
- Enhanced customer experience
- Educated, dynamic and seasoned facilitator

Workshop Cost:

- 10 - 35 People \$100/participant + HST
- 36 - 60 People \$65/participant + HST

For more than 60 participants, please contact Lori Brant at contactloribrant@gmail.com

Includes:

- Materials, hand outs, activities
- Facilitator and Event organizer
- Interactive, empowering and professionally delivered program
- Sound system

To be supplied by purchaser:

Screen and projector

Travel expenses outside Niagara Region



So amazing and magical, life changing actually.

J.W.



What will participants learn?

- Participate in hands on, exploratory activities that are individually focussed
- Emerge yourself in self-discovery, self-reflection, and contemplation.
- Learn how loving yourself completely comes from disengaging from the mind's projections
- Practice using the senses to recognize limiting beliefs
- Observe and identify shifts in awareness.
- Observe and identify, emotional, mental, and physical signs and sensations when awareness shifts within you.
- Understand how shifts in awareness determine your experience.
- Understand how you determine how you feel, think act and respond.
- Use empowering positive words, vocal tone, repetition, and enthusiasm to draw awareness inward
- Learn to choose how you think, feel, act and respond.
- Practice moving awareness inward and shifting attention.
- Practice identifying and bringing conscious awareness to negative perceptions or limiting beliefs within you that operate unconsciously.
- Learn how to question and transform limiting beliefs.
- Identify how shifts in awareness dictate reactions and responses.
- Learn to empower your positive beliefs or perceptions.
- Recognize how attachment to thoughts draws you away from your natural state of greatness, peace and calm.
- Recognize the mind's illusion of lack and how it surfaces in multiple areas of your life if left unchecked
- Meditate
- Practice using meditation in real life to shift your awareness and experience
- Practice meditation to identify, observe and disconnect from stressful streams of thought
- Identify thoughts that draw your awareness outward
- Reflect on how the body reacts to repetitive, stressful thoughts
- Describe the impact of social, cultural, family, gender influences, profession etc. on an individual's experience
- Differentiate between conscious and unconscious thoughts and beliefs
- Describe the influence of thoughts and beliefs on your response and ability to perceive and experience the present moment
- Describe how the mind predetermines your responses based on your unconscious thoughts and beliefs
- Create a personal list of positive affirmations to replace limited thinking
- Make a plan to execute how you will practice using your personal list of positive affirmations



My biggest take away was my new understanding about the power of my thoughts to impact absolutely everything - in ways that support my growth or in ways that keep me stuck. J.D.



Main Facilitator

Lori Brant is a Teacher, Author of "The Happiness Toolbox," Speaker, ACC Life Coach and Life Coach Trainer and Mentor of ICF approved programs who helps people create a new strategy of tapping into their natural state of inner peace and calm, instead of having to rely on outside circumstances. Lori Brant is passionate about empowering people and supporting them as they challenge their way of thinking and how they move through the world. Lori teaches from experience, knows what works and continually searches for new, easier ways to break down mental and emotional barriers that limit an individual's ability to live from a state of peace.



Lori Brant's other credentials include a Bachelor of Psychology, Bachelor of Education, Master of Metaphysics, and a Certified as a Master Spirit Life Coach. Other training includes completion of the Nine Day School of the Work, with Byron Katie, Los Angeles, CA, Primordial Sound Meditation, Chopra University, Carlsbad, CA., Ayurveda, Chopra University, Carlsbad, CA., Reiki Part 1 and 2.

www.LoriBrant.com

www.facebook.com/unleashmygreatness

Email: contactloribrant@gmail.com

“Lori is a passionate, caring, deep and active listener. She is very keen to identify, gently challenge and redirect toward personal goal achievement. Working with Lori is always a motivating and inspiring pleasure and she makes me want more from my own life each and every time I connect with her. She never ceases to amaze me with her grace, optimism and presence.”~Jacquie O.

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Event Coordinator

Amanda Dubois has a Hotel and Restaurant Management Diploma and has worked extensively as an event planner and organizer.

Contact;

Lori Brant

Phone: 289-322-2325

Email: contactloribrant@gmail.com

Amanda Dubois:

Phone: (905) 736-2285

Email: adubois1320@gmail.com

