

Lunch Time Series

Creating an atmosphere of Trust, Harmony and Balance

This program is designed to unlock the potential of your company through your Staff. You may have heard that a good staff can make or break you. The LTS is designed to meet your needs with special attention to your goals and Mission Statement. Regardless of the size of your company and staff, this tailored program will help your staff achieve more balance, peace and harmony in their personal lives as well as the work place. Consider it an investment in the future of your company.

Call (818) 857-2320 to set up a complimentary consultation session. Possible topics include:

- Self exploration and discovery
- Goal Setting
- Healthy Relationships
- Rediscovering Life Purpose
- Achieving clarity, balance, harmony and peace
- Choose your attitude – Set the tone
- The successful LEADER (most popular)

Lead

Encourage

Assess

Deliver

Educate

Remember

- Team building
- “How well do you know your company?” game
- The miracle of positive thinking
- Healthy body healthy mind

Contact Sepideh Directly at (818) 857-2320 for more information about a program designed to meet your needs.