



Webinars and Presentations

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How do I stop obsessing about food, weight & my body?

Reclaim Your Peace of Mind:

Stop Obsessing Over Dieting, Tracking, Weighing, Measuring & Food

How do I handle all of the to-dos?

The Hidden Stress of the Mental Load :

Why Day-to-Day Life Feels So Overwhelming and What Actually Helps

How can I have better health habits with this active job?

Health On the Go:

Smart Strategies for Active Workers to Live Healthier

How can I overcome the constant ups & downs of life?

Building a Resilient Personality:

Make It Easier to Let Stress Bounce Off of You & Stay Peaceful

How do I quit eating my feelings?

Create Your Emotional Eating Freedom:

Five Steps to Finally Free Yourself from Emotional Eating

How do I get away from this phone and destress in a healthy way?

Why Scrolling Isn't Rest:

How to Actually Recharge Your Energy

How do I make and keep new habits to improve my health?

Secrets of Successful Goal Setting:

Create, Implement & Maintain Healthier Habits Within Your Busy Lifestyle

How to I deal with change with all of this stress and busy-ness?

Navigate Change with Confidence:

Practical Tools for Life's Transitions

Inquire for pricing.

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