

# Vision Board Workshops

Presented by Kimberly Petrosino

**Author of "The Small Change Solution: A 52 Step Guide to Getting the Naturally Healthy Lifestyle You Want" and "Secrets of a Happy Healthy Working Girl: A Small Change Approach to Wellness at Work"**

A well-rounded healthy lifestyle consists of more than the food on your plate and the number of hours you log at the gym. My formula for a Happy Healthy Heart is equal parts **Healthy Living + Happy Living**. Creating a Vision Board not only helps you get clear on your goals, it helps you stay on track reaching them! Plus, it's super therapeutic – and FUN!

**Why it will make an amazing addition to your wellness event:** Vision Board Workshops are a perfect chance to get crafty, bond, share goals, and meet new people. These workshops are terrific for corporate retreats and employee wellness days to give your employees the opportunity to get their goals for the year on paper in a fun way. They are also great for direct sales reps such as Avon, Arbonne, and Mary Kay, small offices and other groups who are on a mission - whether it be toward healthier living, stress management, or marathon training. Basically anyone with a goal needs to take this workshop!

**So what's so special about THIS workshop?** I am armed with all of the supplies you need for a successful workshop, from posterboard to magazines to fun finishing touches. I will also tailor your workshop to your group! Does your business rock a certain color? Going for a certain theme, like Valentine's Day/Heart Health in February or a Summer of Self Lovin' in the warmer months? In addition to my usual haul of supplies you will find everything you need for your special group.

**What is the investment and what does it include?** My Vision Board Workshops are \$10/attendee (minimum \$200; please inquire for smaller groups. Additional fees may apply if travel is involved). You will receive:

- ❖ A 90 minute workshop including my mini talk "The Power of Vision Boards" and guidance and inspiration while you work on your boards
- ❖ Use of magazines, crafting tools, paper, stickers and any other tools I provide for the duration of the workshop
- ❖ Every attendee will leave with a copy of one of my books (you can decide which, but it must be the same for all attendees), "Secrets of a Happy Healthy Working Girl: A Small Change Approach to Wellness at Work" or "The Small Change Solution: A 52 Step Guide to Getting the Naturally Healthy Lifestyle You Want" (each a \$13 value!).

**It has been proven that a **Happy + Healthy** employee is a more productive employee. Book your workshop today by emailing [kimberly@happyhealthyhearts.net](mailto:kimberly@happyhealthyhearts.net)!**