



WELLNESSTOGO.CA

MIRACLE BOOST OF HAPPINESS

workshop series

Become and Stay Happy while
dealing with personal, career, and
business challenges

WELCOME TO **THE MIRACLE BOOST OF HAPPINESS WORKSHOP SERIES!**

IF WE LEARNED ANYTHING FROM 2020, IT WAS THAT SUDDEN UNEXPECTED CHANGES CAN HAPPEN.

INSTEAD OF WATCHING FROM THE SIDELINES AND FEELING POWERLESS, I'M WORKING TO MAKE 2021 A YEAR OF CONSCIOUS TRANSFORMATION FOR YOU.

JOIN ME AND JUMP INTO ACTION!

IF YOU ARE A BUSY INDIVIDUAL, BUSINESS PROFESSIONAL, OR ENTREPRENEUR THIS PROGRAM IS DESIGNED TO HELP YOU START CONNECTING THE DOTS TO WHAT'S MISSING.

GET READY TO UNLOCK A FULLER, HAPPIER, AND MORE BLESSED LIFE IN EVERY WAY YOU CAN IMAGINE!

- LEARN HOW TO INTEGRATE THE TOOLS AND PRINCIPLES TAUGHT IN MY BOOK, *CREATING SACRED SPACE: A JOURNEY TO SELF-HEALING AND LIVING THE LIFE OF YOUR DREAMS*, AND *THE 7-DAY MIRACLE BOOST OF HAPPINESS KICKSTART AUDIOS!*
- DEVELOP NEW UNDERSTANDING FOR THE THEORIES I TEACH, AND YOUR ABILITY TO CREATE DETAILED STEPS ON HOW TO ADD PRACTICAL APPLICATIONS INTO YOUR DAILY ROUTINES.
- REFINE YOUR SKILLS AND IMPLEMENT CHANGES IN REAL-TIME.
- EMBRACE THE MINDSET OF THE PERSON YOU WANT TO BE AND DEVELOP THE MINDSET OF A WINNER.
- FIND MOTIVATION, INSPIRATION, AND SUPPORT IN AN INTIMATE SETTING.
- RECEIVE TOOLS SPECIFICALLY TAILORED TO SUIT YOUR INDIVIDUAL CIRCUMSTANCES.

This 4 Week Program includes:

- Four 90-minute live Group Coaching and Engagement sessions with Q & A.
- Small groups (maximum of eight participants). Limited enrolment will allow for more intimate sessions and immediate feedback.
- Get support to discipline yourself to get going and keep going
- Get focused on your most valuable goals and the activities that support them
- Group calls are designed to help each participant integrate the principles and practices of their personal transformation in a fun and exciting way.
- Improve your self-esteem and your self-image as you demonstrate your ability to take control of your life
- Opportunities to participate and engage. Ask questions and receive coaching support as you work towards your goals, implement new behaviours, and take action with new ways of thinking.

\$997- Value Program with additional \$197 - Value Bonuses

Act soon and receive FREE gifts and tools to help you succeed and start connecting the dots:

- Live with less stress emotionally in your day-to-day
- Get healthier mentally, physically, and spiritually
- Feel a sense of Clarity and Purpose
- Simply feel awesome about yourself

Special EARLY BIRD pricing of \$147

Spaces will fill quickly. Regular price \$1194

Contact: ingrid@wellnesstogo.ca or wellnesstogo.ca for more details on enrollment to see if this program is the right fit for you

1st Step: Complete your Well-Being assessment

2nd Step: Get the follow-up

3rd Step: Schedule enrollment date and availability

Bonuses:

1 - One-on-One Happiness Management Blueprint session

- Getting you organized and aligned with your unique plan so you can follow an outline to take the next steps

6 Happiness Principles audios

- Listen to these audios anywhere at any time to gain support and reinforce your core values daily

“Teach me How to Stay Calm & Focused when feeling Anxious & Overwhelmed.” – Audio Incantation Session

- A tool to naturally reduce anxiety and fear in your body and mind
- Helps you spend time to work through your worries in the present moment

OPTIONAL BONUS:

3 Months of Accountability Training and Follow up sessions

- Weekly 15 min 'Flash' check-ins either by email, text, or phone
- Discuss your wins, results, or challenges
- Keeping you motivated and on track with What you've done, What is the next priority task, and What are you stuck with?

WORKSHOP Series pricing \$27/mth

Regular price \$47

Contact info: Wellnesstgo.ca or ingrid@wellnesstogo.ca