

*To help corporations and individuals make healthier choices, increase productivity, improve creativity and employee morale, eat a healthy diet, live a well balanced life, and enjoy more out of what life has to offer.*

**Here is a list of group workshops that I offer:**

Wellness  
Stress Management  
Employee Engagement  
Body Language and effective Communication Skills  
Organization and Time Management  
Networking  
Creating a brand and marketing yourself  
Eating well on the run  
Work Life Balance  
Diversity training  
Professional attire  
Nutrition  
Attitude  
Self-esteem & confidence  
Anger management  
Music & Meditation  
Laughter & happiness  
Forgiveness and healing  
Attaining and maintaining healthy body weight  
Boyology 101 – Self esteem and dating etiquette for healthy relationships (Teens)  
Image consulting  
Effect of media and advertising  
Conscious living  
Wellness through Persian Dance

**Other areas for experience in a confidential private setting:**

Executive coaching  
Eating disorders  
Life Coaching  
Grieving  
Stress management  
Self-esteem  
Confidence building  
Healthy weight loss & management  
Assertiveness  
Boundaries in healthy relationships  
Depression  
Anger management  
Managing Type II Diabetes, Cholesterol or High Blood Pressure  
Couple's counselling