



List of Services

Motivational Public Speaking and Group Facilitation

- Prepackaged and customized workshops, seminars and retreats
- Strategic empowerment and efficacy development

Holistic Health Education

- Individual consultations
- Group consultations, support group facilitation
- Online courses, available for visiting lecturer assignments

Lifestyle/Health Coaching

- Work/life balance
- Stress management
- Corporate efficiency strategies
- Dis-ease reversal, weight loss, emotional balance

Therapeutic Mind/Body Nutrition

- Group facilitation
- Dis-ease reversal and weight loss strategies
- Therapeutic nutritional training for chefs and food preparation professionals
- Strategies for reversing emotional trauma and overcoming addictions

Self Mastery

- Qigong introduction, theory and practice
- Qigong Strength Training (educing mind and body connection/strength)
- Breathing Strategies for:
 - Educing creativity and innovation
 - Increasing energy, mental focus, acuity and concentration
 - Overcoming emotional trauma, mental disorders and addictions

Movement and Therapeutics

- Can train and certify individuals and groups to become Reiki I and II practitioners or Reiki Masters
- Radiant Health Healing Touch Therapies, including CranioSacral Therapy, Ayurvedic Massage, Visceral Manipulation and the healing of sports injuries
- Dance and drama as a healing art