

SUPER S/HEROS UNLEASHED



Unleash Your Inner SuperS/Hero!

Benefits for Teachers/Administrators

- *Focus on Your Love for Teaching*
- *Improve Critical Thinking and Reasoning Skills in Your Students*
- *Increase Creativity/Collaboration in Your Classes*

Empower Students to Overcome Their Greatest Challenges

- Improve Self-Esteem
- Reduce Stress and Increase Energy
 - Improve mental, physical, emotional and social health and wellbeing
- Transform the Stress of Academic Pressure into High Level Academic Performance
 - Increase mental focus, acuity and concentration
 - Develop interpersonal and collaborative skills
 - Increase creativity and innovative capabilities
- Develop Resiliency Skills and Transcend
 - Rejection and disappointments
 - Bullying and antisocial behaviors
 - Temptation of drugs, sexual pressures, etc.

Presented by: Dr. Phyl ("The Ma'at Maven") and her League of Extraordinary Super S/Heroes



Having used holistic healing strategies to eliminate the medication for and completely heal herself COPD (Chronic Obstructive Pulmonary Disease), Dr. Phyl develops and provides health prevention and intervention programs that help individuals and organizations achieve Radiant Health of the body, mind, and emotions.

Dr. Phyl is the ultimate Body Whisperer. She is a Motivational Speaker, Board Certified Naturopathic Doctor, an Ayurvedic Practitioner, Life and Health Coach, Qigong Instructor, Reiki Master and Licensed Massage Therapist (#MA64036). Her wide range of professional education also includes Holistic Health Education, Training, Therapeutic Nutrition, Clinical Aromatherapy and Herbology. Her *League of Extraordinary Super S/Heroes* are modern day warriors of truth, justice, self-empowerment and personal excellence.



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