



## Popular Programs

### Living Your Purpose

We're not just here to make a living ....we're here to make a difference! The search for purpose and meaning in life is something that never ends. This program will explore ways in which we can find integrity by aligning our natural abilities, gifts and passions on a daily basis. Living a life guided by purpose allows our emotional as well as physical energy to build. It's one of the greatest stress-busters too! Energy coaching exercises will be integrated to open our hearts to the exciting possibilities of purpose.

### The Power of Knowing What You Want

Did you know that writing down what you want can lead to miraculous results? This fun-filled program will inspire you to think big about your dreams. You will be inspired to write a long wish list that includes money, real estate, travel, relationships, career, health, education and life's simple pleasures. Instead of just moping about things that seem beyond your reach, join Betsy for a session that can change your life. As part of the program, Betsy will teach energy coaching techniques that help participants incorporate added clarity and creativity into daily life.

### Your Energy Is Your Business - What is Your Energy Attracting?

We live in a world filled with powerful energies and we each have the ability to use our own energies to perceive intuitive information, connect with others, and attract business and personal relationships. What are people picking up from your energy and how does that play into your business and professional life? Learn about the vital role energy plays in health, relationships, communication and attraction. Participate in lively exercises to strengthen and balance the energy you project to others. Learn to use your energy as a positive professional resource.

### Transforming Goals into Reality with the 90-Day Success Plan

Congratulations. You know what you want and have a long list of dreams and wishes. Now is the time to set the stage for action. Using Betsy's 90-day planning system, you'll select specific, measurable, attainable, reasonable and time-specific goals that will bring your reality closer to those big dreams. You'll commit to your goals for career, relationships, health, financial, personal life and fun.

### Compassion in the Workplace

Compassion is defined as "a deep awareness of another's distress, coupled with a sincere wish to relieve it." Compassion is a powerful perspective for corporate life as well-- understanding what the customer needs and finding a way to deliver the solution. Compassion is the power that allows a stronger connection with customers, co-workers, superiors, employees, and suppliers. Why not give it a try? Effective business leaders know that compassion adds value through creating solutions, new perspectives, relief, efficiency and improvement to the situation. Learn to deliberately integrate compassion into your market and work environment. Come away with an appreciation for an amazing gift that always brings an even greater return to the initiator.

### Building Excellent Relationships

Building excellent relationships is a habit that produces wonderful results. What's your track record on the relationship front? Want to strengthen or add some new relationships? This workshop will provide a framework to evaluate past and current relationships and offer strategies to attract the perfect mentors, advisors, clients, partners and friends for an upward spiral of success. Explore actions that lead to outstanding relationships in both your personal and professional life. Participate in a healing coaching exercises to "erase the old tapes", deliberately attract powerful new relationships and open your heart and mind to lasting and mutually beneficial connections.

### The Integrity of Consistent Persistence

Success requires consistent and persistent action. Getting people to like you, respect you and trust you demands honesty, follow through on commitments, and a reliable track record. It's "walking the talk" or better known as the "integrity factor". Today's program will explore integrity and feature stories from amazing women who demonstrate integrity, persistence and consistency in their business and personal lives. Come away with a bundle of practical ideas to help you practice integrity in your life.

## **Clearing Fears and Doubts with Positive Action**

Is there something holding you back? Fears and doubts are normal for everyone, **BUT** when negative thoughts take over your mind, you lose touch with the joyful life experiences you deserve. In fact, you may even be attracting more negative experiences! Fortunately there are 6 specific actions that you can begin using today to harness the energy of **deliberate positive thinking**, *no matter what your emotional state*. Learn affirmations to wipe out negative thoughts forever. Participate in a powerful group meditation to attract prosperity (and money) to your life. This seminar will send you into the real world with a positive sense of peace that is powerful and lasting.

## **Introduction to EFT for Positive Stress-free Living**

EFT (Emotional Freedom Technique) is based on ancient principles of acupuncture and is becoming one of the most popular methods for high energy, stress management and personal improvement. EFT involves tapping on acupuncture points to gently realign the body's energy system, without the discomfort of needles. EFT helps eliminate disruptions in the energy system caused by emotional experiences and stressful memories. When integrating EFT into daily life, people experience greater confidence, resilience to stress and a significantly improved state of well-being. This is a valuable tool for every human being to learn, know and share. Experience EFT for yourself!

## **EFT Applications for Children - Focus on Learning and Behavior**

EFT (Emotional Freedom Technique) is an innovative self-help technique developed by Gary Craig, a Stanford engineer. Based on the ancient principles of acupuncture, EFT is being successfully used by executives, athletes, professional speakers and holistic health professionals worldwide. EFT involves tapping on specific acupuncture points to gently realign the body's energy system, without the discomfort of needles. EFT helps eliminate energy disruptions caused by emotional experiences, difficult situations and stressful memories. This class is designed for parents and teachers and will introduce the basics of EFT, demonstrating a variety of ways to integrate EFT into the home and classroom to address challenges such as emotional outbursts, distractions, test anxiety, building attention span, handling stress, and overall mental clarity. Note: Instructor recommends bringing a water bottle to class.

## **Introduction to EFT- Focus on Business and Professional Success**

EFT (Emotional Freedom Technique) is an innovative self-help technique developed by Gary Craig, a Stanford engineer. Based on the ancient principles of acupuncture, EFT is being successfully used by executives, athletes, professional speakers and holistic health professionals worldwide. EFT involves tapping on specific acupuncture points to gently realign the body's energy system, without the discomfort of needles. EFT helps eliminate energy disruptions caused by emotional experiences, difficult situations and stressful memories. This class is designed specifically for executives, business professionals and entrepreneurs and will introduce the basics of EFT, demonstrating a variety of ways to integrate EFT into business situations. Challenges such as public speaking, sales presentations, networking, professional presence and overall mental clarity will be covered. Discover how to integrate this amazing technique to bring your career to the next level. Note: Instructor recommends bringing a water bottle to class.

## **Introduction to EFT - Focus on Weight, Cravings and Wellness Support**

EFT (Emotional Freedom Technique) is an innovative self-help technique developed by Gary Craig, a Stanford engineer. Based on the ancient principles of acupuncture, EFT is being successfully used by executives, athletes, professional speakers and holistic health professionals worldwide. EFT involves tapping on specific acupuncture points to gently realign the body's energy system, without the discomfort of needles. EFT helps eliminate energy disruptions caused by emotional experiences, difficult situations and stressful memories. In this class we will enhance our understanding of EFT by focusing on the core issues underlying weight management. Together we will practice ways to use EFT to address anxiety about weight loss, self-image, our thoughts about food, healthier food choices, chocolate and sugar cravings, calming our stress eating patterns and providing support for regular exercise. Bring your challenges and questions. Note: Instructor recommends bringing a water bottle to class.

## **Planned Success - Create a Business Plan that Supports Your Dream (2.5 hours)**

Only a fraction of new businesses make a profit in their first three years and even fewer take the time to put plans in writing before throwing money into their business. After that, those few with a plan, don't keep it fresh and up to date. It's no wonder businesses are failing. If you find writing a business plan to be a dreaded task, put your fears aside and come to this workshop. Designed to help both existing businesses as well as new ones, you'll use Betsy Muller's guided questionnaire and process to get your thoughts on paper and a clear idea of where your business will go. Discussion will include a wide variety of issues such as market analysis, competition, pricing, management competencies, sales process, networking, operation plans, cash flow projections and risk management. Feel empowered knowing that planning increases your odds for success.