

"Joy doesn't choose you, you choose it."

Are you living your most joy-filled life or is stress and exhaustion getting in the way?

15 MINUTE Pause

15 Minute Pause Well-being Workshop is a half-day interactive discovery to explore where you are now, where you want to be and how to get there. This is an opportunity to give your brain a rest from the worries, stressors and to-do's of life. You will take the Life Energy inventory and find out which 7 key life areas are in need of recharging. This workshop provides time to reflect, relax, and see what's getting in the way of living your most joy-filled life.

Find out how to:

- Increase your self-care.
- Slow down to notice the "joy-gems" already in your life.
- Make valuable changes in simple and doable steps.
- Apply the insightful tools, tips, techniques and resources for moving forward in a positive way.

Join Michelle Burke, Consultant, Coach and Co-author of *15 Minute Pause* and Tracy Pattin, Trainer and Podcast Host of *Hollywood & Crime*, your facilitators of your 15 Minute Pause experience. To learn more, visit 15minutepause.com.

Attendees will learn how to:

- Cultivate a daily 15 Minute Pause experience
- Reclaim time for yourself, relax and find more joy in your life
- Identify your innate gifts - we all have them!
- Make pausing an integral part of your life
- Discover where your life would be if you were 80 years old and living your life the way you are now

Participants will also receive a copy of *15 Minute Pause, A Radical Reboot for Busy People*

Get the most out of your 15 Minute Pause Workshop. Make it an adventure. A Staycation or Daycation.--enjoy the beautiful surroundings. Limited space - Register today to reserve your place. Register with a friend and receive **20% off!**

Testimonials

"Great tips on practicing awareness, and showing gratitude for what seems insignificant. I've been more mindful since practicing these simple yet, powerful techniques."

-Dr. Minerva

"Keeping to your simple 15 minute practice is a very powerful and manageable life strategy."

-Ryan, Yoga Practitioner

Register today at 15minutepause.com

