

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

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

## Re-energize Your Life

The Life Energy Experience is a Wellbeing Workshop - an interactive getaway to explore how to Re-energize Your Life. This workshop provides time to visualize, reflect, re-energize. Find out what's draining your energy and getting in the way of living your most joy-filled and energized life. Discover where you are, where you want to be and how to get there. This is your opportunity to give your brain a rest from the worries, stressors and to-do's of life. Take the Life Energy Inventory, a wellness tool to find out which of the 7 key life areas are in need of recharging. Learn how to get off the stress treadmill and make valuable changes in simple and doable steps. You will walk away with insightful tools, tips, techniques and resources for moving forward in your life in a positive way.

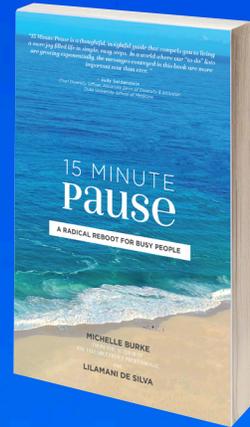
Join Michelle Burke, sought-after Consultant, Coach, Co-author of 15 Minute Pause and Podcast Co-host of Re-Energize Your Life with Tracy Pattin. Tracy Pattin is a successful Producer, Trainer and Co-Facilitator of The Life Energy Experience. They bring their positive energy, insights and twenty years experience working with individuals, teams and organizations. Clients include: Stanford University, Snap Inc., HTC, Sony PlayStation to name a few.

**To learn more, visit [www.energycatalystgroup.com](http://www.energycatalystgroup.com)**



## Attendees will learn how to:

- Create your “i-Matter Equation”
- Identify your Innate Gifts - we all have them!
- Recognize the “Meddler” voice that's stopping you from living your most energized life and what to do about it
- Cultivate a personal daily self-care and gratitude practice
- Identify and decrease Energy Drainers and their impact
- Apply the tools, tips, and techniques to your daily life



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

Get the most out of Re-energize Your Life Workshop and make it a personal exploration, a Staycation or weekend retreat! Enjoy the beautiful surroundings of this 4 star resort. Limited space - so register today at [www.energycatalystgroup.com](http://www.energycatalystgroup.com) to reserve your place or 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

*"I can't stop thinking about the things I've learned and applying them ever since taking Re-energize Your Life Workshop! Taking 15 minutes a day to do something for myself has been crucial to my well-being. I've also learned to identify the "meddlers" in my life and mind, quiet the noise and activate the "player"....skills I didn't have before this workshop. I feel completely re-energized!"*

-Poppy Buscemi, Mom of 2 boys and Entrepreneur

*"Re-energize Your Life...a well-being Workshop" provided me with a new energy and outlook personally and professionally. It gave me great tools and tips on how to positively respond to situations in both arenas of life! I cannot wait to attend the next one!"*

-Cynthia Sparagna, Estate Agent

*"I loved the ReEnergize Your Life workshop! It was transformative and I discovered new ways to relax and take a break from my daily routine."*

Lisa Lovullo, EA

*"ReEnergize Your Life accomplishes what it sets out to do — provides strategies for a much-needed recharge."*

Beth Cone-Kramer, Writer

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