

ENLIGHTENED LIVING TRAINING

8 Dimensions Of Wellness



CONSULTING
COACHING
TRAINING

Sustainable Wellness Solutions
for Personal, Professional and Performance Improvement

www.enlightenedlivinghypnosis.com



Enlightened Living Training provides private coaching and group training workshops on a variety of wellness topics. Some of the most popular topics and workshops are listed here:

- Smoking Cessation
- Stress Relief
- Overcoming Worry
- Overcoming Sadness
- Weight Loss
- Sleeping Techniques
- Pain Management & Relief
- Healthy Eating
- Learning Confidence
- Overcoming Fears

Our company can create a wellness plan for your business. We design and consult with the goal of maximizing the impact of your financial commitment to the health and well-being of your most valuable assets — your employees.

Contact us today to discuss how we can partner with you to assist you with meeting your personal or corporate wellness goals.



Randi Light, MS — Chief Executive Officer
Mental Trainer & Transformation Specialist

ENLIGHTENED LIVING TRAINING

Ogden Dunes IN 46368
219.929.8726 phone

www.enlightenedlivinghypnosis.com
randi@enlightenedlivinghypnosis.com



Ask about our Peak Performance Athletic Training Options