

## Healing via Nature Pty Ltd

Specialising in:

Speaking Engagements ~ Events

In-House Seminars and Training

or Self-Train with our Interactive CD-Rom Videos

**Learn dynamic skills and techniques to:**

- Improve your lifestyle and performance
- Enhance your career
- Transform the way you communicate and relate to others
- Enrich the quality of your relationships...

**Natural Health ~ Vitality & Wellbeing**

Gain Vitality, Stay Well and Productive throughout your day

**Weight-Loss ~ Your Ideal Body Image**

Discover the real reasons for weight gain, create your personal Healthy Eating Plan, feel Vital and maintain your Ideal Body Image for Life!

**A Balanced 'Stress-Free' Approach to Life!**

Create harmony in your day, enjoy fulfilling your commitments and achieve your desires.

**Motivation and Self-development**

We customise tailored programs to meet your trainings needs. Create innovative environments and improve productivity with healthy, dynamic personnel.

**Soul Growth Series Interactive CD-rom videos...**



Contact: (07)5576-3422

[www.healing via nature.com](http://www.healing via nature.com)

*Quality is never an accident; it is always the result of high intention, sincere effort, intelligent direction and skillful execution; it represents the wise choice of many alternatives.*

William A. Foster

# Corporate Training

*creating Healthy Staff  
and increased Productivity*



Phone: (07) 5576-3422

Burleigh Heads, Qld



# Empowerment

## Healthy Mind, Body & Soul



### Specialists in Business Improvement:

Recognising needs and rewarding employees with tangible and effective steps to...

*Wellness*

*Vitality*

*Stress management  
and Effective Communication*

Increase company *productivity* and *profitability*

### Topics covered:

- **Healthy Eating ~ Healthy Body...**  
Beat today's biggest health risk and energy zapper – 'Diabetes' and 'Obesity' with tasty and vitalising food ideas and eating plans that suit the busy business person. Learn how to boost your energy, improve health, aid concentration and avoid the afternoon energy slump
- **Healthy Mind ~ Healthy Priorities...**  
Learn stress management techniques and easy-to-use priority systems. Identify individual value systems and how they contribute to the effective execution of daily tasks
- **Healthy Attitude ~ Healthy Communication**  
Discover your personality type and interaction style and how it contributes to daily outcomes. Learn effective communication skills to affect profitable business relations, healthy staff morale and smooth operations.

### Benefits:

- Feel Healthier, Vital and Enthusiastic
- Learn how to beat the afternoon "Energy Slump"
- Implement easy-to-use priority systems
- Deflect behaviours which sabotage progress
- Discover communication styles that enhance business relationships & staff morale
- Affect plans which integrate short & long-term benefits



Narelle

Healing via Nature



SOUL GROWTH SERIES™



Leonie

Australia's Narelle Duncan (N.D.) and Leonie McDonald (N.D.) have amalgamated their 15 years of clinical natural health experience to bring you Healing via Nature's...

## 'Soul Growth Series'

Healing via Nature promotes health, wellbeing and a balanced approach to life.

The Soul Growth Series focuses on 7 essential areas of life –

- Healthy Eating and an Ideal Body Image
- Personal Relationships
- Family
- Career
- Finances
- Health & Well-being
- Self-awareness & development

Soul Growth Series

presented on

Interactive CD-rom videos

For further information

[www.healingvianature.com](http://www.healingvianature.com)

(07)5576-3422

We tailor packages to suit your training needs

# Corporate Training Packages



### Package Features:

- Educational training targeted to meet all learning styles to capture optimal participation
- Delivered by professional Speakers with a combined 15 years lecturing experience
- Visual displays
- Interactive activities
- Lecture Content Workbook
- Take-home "Soul Growth Series" Interactive CD-rom video—*promoting continued learning & application!*

### 1/2 Day Package:

A 3 hour training package including a 15 minute session break. The 1/2 day package provides the flexibility of choosing 1 of the topics relevant to your staff needs.

Choose from...

- *Healthy Eating... Healthy Body*
- *Healthy Mind... Healthy Priorities*
- *Healthy Attitude... Healthy Communication*

Each staff member will receive a "Lecture Content Workbook" and a "Soul Growth Series" Interactive CD-rom Video for continued learning and application (*retail value \$39.99*).

**Price: \$2,500 (1-25 participants)** 25+ participants add \$75 per person

### 1 Day Package:

A 6 hour training package including 2 x 15 minute session breaks and 1 hour lunch break. The 1 day package provides the flexibility of choosing 2 of the following topics relevant to your staff needs.

Choose from...

- *Healthy Eating... Healthy Body*
- *Healthy Mind... Healthy Priorities*
- *Healthy Attitude... Healthy Communication*

Each staff member will receive a "Lecture Content Workbook" and a "Soul Growth Series" interactive CD-rom Video for continued learning and application (*retail value \$39.99*).

**Price: \$5,000 (1-25 participants)** 25+ participants add \$150 per person

