



sage
workshops

promoting

*authenticity

*balance

*harmony

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Maureen Kelly has been a consultant in the many uses of the Myers-Briggs Type Indicator® for over 25 years working with all size businesses as well as individuals to increase communication and awareness of life direction. Some of her clients have included Northwest Airlines, MCA Records/Nashville and Columbia/HCA.

She is also a certified yoga teacher, Heart Rhythm Meditation instructor, sound healing practitioner and currently working on her certification in acupressure.

The combination of these modalities has led her to offer workshops that incorporate the 'cerebral' along with the 'physical and emotional'. Her goal is to celebrate the integration of these qualities bringing balance and therefore increased joy and peace to our lives.

Maureen is also the author of five books relating to personality, balance and healing.



Maureen Kelly - Sage Workshops

“The amount of happiness that you have depends on the amount of freedom you have in your heart.”- *Thich Nhat Hanh*

Imagine a scenario where **EVERYONE WINS.**

When we are in a state of balance,

- * We are more productive
- * We are more creative
- * We are HEALTHIER (fewer 'sick days')
- * We experience life as life is meant to be experienced

COMMUNICATION & WELL-BEING

Maintaining Balance In a Stressful World

A 90 minute workshop beginning with an **OVERVIEW OF PERSONALITY**

looking at...

- * four different temperament types
- * how particular preferences can strengthen us (in balance) or increase stress levels (out of balance)
- * how interactions and miscommunication with others can become a source of tension
- * specific areas where ALL types face imbalances

We then proceed to

WELLNESS TECHNIQUES...

Tools that participants can take with them to practice and maintain balance including:

- * Breathing exercises
- * Acupressure Points
- * Simple Qigong Moves

Concise enough to fit into any schedule...

Important enough to include in any schedule.

Please visit www.sageworkshops.net for more information on this as well many other seminars.

“Who looks outside, dreams; who looks inside, awakens.”- C.G. Jung