

## Empower Your Team with Positive Adjustments for Lasting Change:

Personal Excellence Systems for Optimal Performance & Team Building. Infrastructures with Accountability and Weekly Action Steps.

Customized personal excellence workshops are designed to empower your team to make lasting positive changes in their personal and professional life.

Customized Team Coaching and 1:1 Executive Coaching

30 Day, 3 Minute a Day Wellness Programs

Corporate Meetings, Key Note, etc.

### Personal Excellence Seminars/Workshops:

- ◆ Stress Management/wellness
- ◆ Personal Excellence/wellness
- ◆ Team Motivation & Building
- ◆ Effective Management
- ◆ Diversity in Communication and Work Styles
- ◆ Collaborative Corporate Culture
- ◆ Work Life Balance – Life Satisfaction
- ◆ Creative Engine Optimization – Yes you are creative!
- ◆ Motivate – Create – Collaborate
- ◆ Play together – Stay Together – Keeping Employees Happy
- ◆ OCD – Office Collaboration Deficit



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*“These programs are amazing; they enrich and expand your experience with life in ways that you forget are possible. She equips you with concrete skills that create shifts you can feel instantly. Whatever hardship or challenge you are facing or if you are a seeker like me, looking to expand your territory in this world, Lauren creates a program that is congruent with your gifts and talents and then empowers you with the ability to go for what you want, emotionally, spiritually and physically. I personally highly recommend her work in this world.”*  
**Shellie Hunt, CEO Success By Design/The Women of Global Change**

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- ◆ Executive Coaching
  - ◆ Leadership
  - ◆ Stress Management
  - ◆ Wellness
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## Empowerment Performance Productivity

Our customized personal excellence workshops and 1:1 coaching are designed to empower individual and teams to make lasting and positive changes in their personal and professional life. Invigor addresses these as a triangular support system: Mind, Body, Soul. Healthy choices and solutions to build up your team's communications, stress management and functionality along with the sustainable systems for purpose driven life-balance satisfaction.

*"After just a few sessions things began to shift for me. I gained clarity. Decisions that once had been difficult, even agonizing, became easy. I stressed less and produced more. My creativity returned. My relationships improved. Thank you for your compassion and vision."*

Lindy Royer

### Who We Are

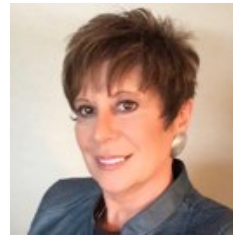


**Lauren E Miller, Stress Relief/Personal Excellence Educator; Founder and Managing Partner of Grab & Go Stress Solutions, International Award Winning Author/Speaker/**

### Trainer/Coach.

Lauren received her BS degree from CU Boulder in Journalism/Psychology; post-graduate in Education; Master of Education in Adult Education Degree with a Specialization in Human Resource Development from Rutgers University; is a Dale Carnegie Graduate; 2nd degree black belt from the World Wide Tae Kwon Do Federation; Certified Master Business Success Coach; NLP/EFT Master Practitioner (two energy psychology modalities that result in profound positive behavioral transformation).

Lauren has received National and International recognition including Ladies Home Journal; Redbook; Family Circle; Success Magazine; CSNBC; MSNBC; Lifetime; Discovery and the International Journal of Healing and Care and is a contributing writer for Colorado Biz Magazine and HR.com's Personal Excellence & Wellness Magazines.



**Rhonda P. Sheya** is a 30-year marketing and communication veteran. She has worked for and consulted some of the most well known companies in the world; St.

Jude Children's Research Hospital, The Walt Disney Company, Disney Family owned Shamrock Broadcasting, ABC Radio Networks, KMGH TV, CBS Radio, The Colorado National Guard, Martin Marietta, DaVita, municipalities, non-profit organizations and universities. Co-author/founder PR Helper.com, Do It In the Kitchen Fitness Videos, Invigor, & Creative Engine Optimization Workshops.



**Invigor** is a solutions based coaching process that celebrates human vitality while nurturing the desire to succeed on a personal, professional and team level. All programs are customized to fit the needs of both the corporation and the individual. Programs are designs to create lasting positive change in home and work life balance.



Rhonda & Lauren on the set of FOX News.

### Contact Us

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Visit us on the web:

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