

5 Programs to Choose From

I am excited to offer super-efficient and effective **Wellness & Excellence 30-Day Programs**.

What's so great about these programs is how *cost-effective* and *scalable* they are—in fact, my programs do what most B2B professional development programs can't do—they are available to family members, customers, clients, and patients.

Lauren

1. The Art of Stress-free Living
2. A Cancer Conqueror's Mindset
3. Work-Life Balance
4. Cultivate Healthy Relationships
5. Stress Solutions for the Soul



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**Lauren's 30-Day
Wellness Programs**

*"Love yourself enough to
live a healthy lifestyle."*

Lauren's Unique Excellence & Wellness Program Benefits

- It's convenient: Lessons arrive on your desktop & are available on all mobile devices. No meetings. No fuss.
- It's quick: A daily 3-minute video learning lesson, followed by 5–7 minutes of reflection for insight and application. That's 10 minutes invested to create a more productive day.
- It's consistent: Each Program runs for 30 day—research shows consistency or ritual for 21–30 days is far more effective in creating change than “information dump.”
- It's captivating: Each cinematic video contains a story, lesson, and reflection activity to reinforce concepts and gain personal insights for growth and accountability.
- It's cumulative: Employees/customers/clients rate their progress and set daily intentions.
- It's collaborative: Employees/customers/clients can set reminders, start groups, and share encouragement.
- It's customizable: Your logo, key messaging, and monthly goals can integrate.
- It's cost-effective: You won't believe it ... less than \$1 a day (see below).
- It creates success: The program was developed in partnership with Avanoo, the leader in behavioral change video research.
- Choose from any of 5 programs
- Daily Personal 3-minute videos from Lauren for 30 days
- Each day contains a story, lesson, and daily action
- Track your daily progress and watch your growth
- Share encouragement with others in the program

Essentially, there are two simple options. The first is the basic (non-customized) video/audio, which contain a daily focused story/lesson and 24-hour action step for 30 Days for all team members/clients/customers as specified in a collaborative proposal. The second option customizes the header, dashboard, video screen, with your logo and any key messages.

For 50% SAVINGS Use Code:
LOVELIFE

Depending on the number of participants, your cost will vary between \$20 and \$50 per seat.

Clear benefits for your Company

- The perfect investment: personal; meaningful; enduring; helpful. Offers a skill set and daily action steps to create happy/healthy life styles. Instant added value to your company.
- The perfect touch-point: 30 days, 3 minutes a day, doable.
- The perfect branding: Your logo and additional customization as contracted.
- The perfect feedback: Track adherence and efficacy over time.
- The perfect partners: Lauren and Avanoo take care of everything!

Click the link below or copy and paste into you browser to enjoy two 3-minute samples:

The Art of Stress-free Living: <https://app.avanoo.com/first3/461>

Work-Life Balance: Get Off the Seesaw!: <https://app.avanoo.com/first3/501>

