



MER Life Design

**MARIE ELENA RIGO
SPEAKING TOPICS / WORKSHOP OFFERINGS**

Inspirational

Spiritual / Holistic / Personal Development

- *Everyday Feng Shui: Enhance Your Home & Your Life*
- *Making Self-Care a Priority: Nurturing Techniques for Your Mind, Body & Spirit*
- *Creating a Zen-Like Home/Office: Three Simple Steps to Inner & Outer Peace*
- *Embrace Your Space: Clear, Arrange & Beautify*
- *Living Consciously: Easy Meditation & Mindfulness Techniques*
- *Fulfillment at Your Fingertips: Three Basic Principles to Enrich Your Life*
- *Projections: What Your Pet Peeves and Preferences Reveal About You*
- *The Power of Intention: How to Manifest the Life You Want*

Business

Communications / Work-Life Balance / Leadership / Creativity / Productivity

- *The Balancing Act: Maximizing Office Productivity & Personal Fulfillment*
- *HDC (High Definition Communication): A New Standard for Clarity in Conversation & Correspondence*
- *The Einstein Approach: A Creativity Workshop for Business Professionals*
- *Embrace Your Space: Optimizing Your Workplace for Productivity, Success and Peace of Mind*
- *Practical Positivity: How to Maintain Optimism & Focus in Challenging Times*
- *Advanced Leadership Skills: Managing & Communicating with Clarity & Compassion*
- *Personal Responsibility, Professional Results: Transforming Reactions into Resolutions*

WORKSHOP DESCRIPTIONS

Inspirational Spiritual / Holistic / Personal Development

- *Everyday Feng Shui: Enhance Your Home & Your Life*

Want your home to look and feel better? This interactive workshop provides practical and professional tips to create a nurturing and supportive environment. In addition to learning about the basic principles of Feng Shui including: “Chi” or Energy, the Five Elements, the Command Position, and more, you will discover simple clutter clearing techniques and interior design solutions for different rooms in your home.

- *Making Self-Care a Priority: Nurturing Techniques for Your Mind, Body & Spirit*

Self-care is one of the most important tools in our lives. When we are healthy, balanced and well on all levels, things just flow. And, when challenges arise, we are more equipped to handle them. When we fail to take care of ourselves, everything becomes more difficult and we are significantly less effective and productive. This program imparts wisdom and inspiration to make self care a priority. Participants will learn what it is, why it matters and how to develop and maintain positive habits that will reduce stress, increase fulfillment and optimize well-being.

- *Creating a Zen-Like Home/Office: Three Simple Steps to Inner & Outer Peace*

Did you know that your environment not only has a physiological impact on you – but an emotional and psychological one as well? Explore how to apply the principles of Zen Buddhism to many aspects of your life – including your surroundings. This workshop will give you techniques that help you find inner peace by creating a Zen-like space in both home and office.

- *Embrace Your Space: Clear, Arrange & Beautify*

Whether you are at work or at home, your environment plays a critical role in your well-being. By implementing the ancient principles of Feng Shui, you can create a more positive flow of energy in your home, office and life. This session imparts simple and effective tips to clearing clutter, reducing stress, maintaining clarity and focus – and, creating nurturing and supportive surroundings in which to work and live.

- *Living Consciously: Easy Meditation & Mindfulness Techniques*

Life can be hectic and frenetic. And, at times, our thoughts can overwhelm us. This makes it challenging to stay centered or focused on any one thing – and can impact our well-being. Mindfulness and other meditation exercises are a powerful way to create a balanced, focused and peaceful state of mind anywhere, anytime. In this session, you will learn how to be in the present moment, clear the mind, reduce stress, calm the nervous system, and relax and rejuvenate the body.

- *Fulfillment at Your Fingertips: Three Basic Principles to Enrich Your Life*

While there may not be a silver-bullet for happiness, there certainly are ways to bring more peace, joy and fulfillment into your life. In this workshop, you'll learn three simple techniques to employ everyday...and for years to come.

- *Projections: What Your Pet Peeves and Preferences Reveal About You*

We all have likes and dislikes...and our reactions to events and circumstances indicate more than we think. When we experience upset, most of the time it is merely an indicator of something unresolved within us. This program teaches you how to identify projection, take responsibility, and prevent unnecessary pain and suffering for yourself and others.

- *The Power of Intention: How to Manifest the Life You Want*

It's a scientific fact. Our thoughts generate our emotions as well as drive our behavior. Learning simple tools to facilitate positive intention will help create clear, focused ways of thinking that will influence and enhance every area of your life – as well as help you attract more of what you want and less of what you don't.

Business/Professional Development **Communications / Work-Life Balance / Leadership / Creativity / Productivity**

- *The Balancing Act: Maximizing Office Productivity & Personal Fulfillment*

Life can be hectic and frenetic, especially when working in a demanding field. By when we address the physiological, emotional and psychological impact our surroundings have on us – and improving it, we can optimize our workplace for productivity and success. Similarly, when we combine basic mindfulness and meditation techniques with the power of intention and positive thinking, we can create more equanimity, efficacy and personal fulfillment in our lives. During this two-part workshop, you'll learn practical tools, tips and techniques to clear clutter, arrange furnishings, quiet your mind, reduce stress and maintain a positive outlook – and create balance inside and out.

- *HDC (High Definition Communication): A New Standard for Clarity in Conversation & Correspondence*

With a few critical skills, we can immediately and dramatically improve the quality of our communications. Those who participate in this workshop, report a higher level of trust within their organization, effective communication between/across positions, and improved interpersonal relationships.

- *The Einstein Approach: A Creativity Workshop for Business Professionals*

As Albert Einstein said, "We can't solve problems by using the same kind of thinking we used when we created them." This process helps tap creativity at a different level. Unlike traditional brainstorming, participants connect to their own true creativity, bringing forward high-quality, innovative solutions to even the most challenging business and personal issues.

- *Embrace Your Space: Optimizing Your Workplace for Productivity, Success and Peace of Mind*

Whether you are at work or at home, your environment plays a critical role in your well-being. By implementing the ancient principles of Feng Shui, you can create a more positive flow of energy in your office and life. This course imparts simple, efficient and effective tips to clearing clutter, reducing stress, maintaining clarity and focus – and, creating nurturing and supportive surroundings in which to work and thrive.

- *Practical Positivity: How to Maintain Optimism & Focus in Challenging Times*

Change is the only constant. And, the reality is, most people have difficulty maintaining a positive focus – especially amidst unexpected or undesirable change. By employing skills such as a learning orientation to life, reframing issues as blessings and the power of positive intention, change can be both graceful and beneficial.

- *Advanced Leadership Skills: Managing & Communicating with Clarity & Compassion*

This advanced-level course looks at what it takes to be a good leader. By identifying the leadership qualities that exist in personal lives, we can often enhance and develop them to be more effective leaders, mentors and coaches. This offering includes training in giving and receiving feedback effectively.

- *Personal Responsibility, Professional Results: Transforming Reactions into Resolutions*

This advanced-level offering is designed to go beyond basic communication skills and looks at an individual's response-ability (ability to respond or react) to circumstances or conditions. It also encourages participants to examine their personal responsibility in creating the situations they experience. By shifting from a victim-mindset to that of a creator, we enhance and better our own lives and the communities and organizations that we serve.

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