



Our Stellar Services

Coaching

Coaching has been proven to have dramatic effects on achievement of one's life purpose, mission and goals. You will work with one of our world class professional coaches who will provide you with support, guidance, direction and resources to help get you where you want to be.

After an initial assessment of your goals and interests, we will match you with a coach who best fits your needs and areas of interest whether they be relationally, financially, career, spiritual, etc.

Your coach will also point you in the right direction in terms of workshops or groups or activities (both in and out of Transformations) that will be useful to you in helping you to achieve your ideal life.

Groups

Transformations will have regular groups for individuals who want or need intensive work on specific areas; these types of groups may focus on the following types of activities:

- ***Meditation or Mindfulness***
- ***Relationship Development***
- ***Millionaires Club (Wealth Building)***
- ***The Artist's Way (Artistic and Creative Endeavors)***

Workshops

We offer a variety of workshops to help individuals in various stages and areas of holistic development.

Community Outreach

All of our coaching, group, and workshop services are available for community groups - schools, faith-based groups and institutions, businesses etc. We can and will tailor our programs to suit your needs. *Sessions can take place at our center, your location or at some third party location.*

Holistic Practitioners Forum - Meets first and third Friday of each month from 8:00 am to 10:00 am (meets twice a month)

Agenda

8:00 – 8:30 am	Networking
8:30 - 9:30 am	Presentation
9:30 – 10:00 am	Discussion

Who should attend

Anyone who considers themselves a Holistic Practitioner and provides Holistic Services to others, such as:

Psychologists	Life Coaches
Psychotherapists	Clergy
Massage Therapists	Yoga/Meditation Teachers
Chiropractors	Fitness Instructors
Nutritionists	
Energy Healers	
Holistic MDs	
Holistic Teachers	
Human Resource Professionals	

Topics

How to Sell and Market Holistic Services
Entrepreneurism for the Holistic Practitioner
Taking Your Practice to the Next Level
Newest practices in Holistic Care and Education

Holistic Seekers Meeting - Meets the 2nd and 4th Friday of each month from 8:00 am to 10:00 am (meets twice a month)

Agenda

8:00 – 8:30 am	Networking
8:30 – 9:30 am	Presentation
9:30 – 10:00 am	Discussion

Who should attend

Anyone who considers themselves a holistic seeker and wants to take their holistic journey to the next level.

Topics

We will cover a broad range of holistic topics to give the seeker an overview of the types of modalities and learning opportunities that are out there. Guest presenters will cover a number of areas, including:

- Spirituality
- Holistic Health
- Relationship Success
- Career Satisfaction
- Financial Security
- Inner Peace
- Emotional Balance
- Mind/Body Connection

If you are interested in finding out more about Transformations, please call (856) 470-1399 or visit our website at www.readytotransform.com.