

Trainings and Workshops
with
Rebecca Evans
Empowerment Coach & Transformational Speaker

Finding Purpose in Your Work You can find purpose, even in the mundane. You will learn how to stay motivated and continue progressing through every task, personally and professionally. You will learn the art of inner motivation and how you can maintain the changes you make in your life. *(DVD available at group discounted rates for on-site and continuing education)*

Unempowered Language Learn how your language impacts your life. Body language and the power of positive talk are the key tools presented in this workshop. Create an atmosphere of dynamic and motivating communication at home or in the office.

Get Fit to Manage Your Business or Your Day Find tools for those who multi-task - just to live! If you're feeling like Superman (Superwoman) or an Air Traffic Controller - it's time to get balance! Learn to prioritize the important things. You CAN get fit not only to manage your practice - but, to manage your lives! *(DVD available at group discounted rates for on-site and continuing education)*

Finding Time for Fitness Why Find Time? Think of fitness as preventative medicine. Fitness enables you, increases performance and creativity. Fitness empowers you. Learn techniques to "pencil in" the minimum time for the maximum benefits that fit your lifestyle and fitness concerns.

Getting the Most from Your Time Learn how you can best utilize the time spent in your personal life and business by choosing the BEST things for you, choosing opportunities that bring you closer to your long term vision and choosing opportunities that inspire you. You will learn to say NO without the guilt, know your agenda, create a time line and get organized. *(DVD available at group discounted rates for on-site and continuing education)*

Image from the Inside Out for Your Home First impressions do matter. This workshop helps you restructure your home so you are sending the right message. Your home environment can create an atmosphere that either helps you get ahead in life, or holds you back. Learn how to make your home work for you. *(DVD available at group discounted rates for on-site and continuing education)*

Image from the Inside Out for You

First impressions do matter. This workshop helps you restructure your look so you are sending the right message. How you dress, you speak, what you choose not to say and body language all play important roles when building customer and personal relationships and creates an environment that either helps you get ahead in life, or holds you back. Learn how to make your look work for you. *(DVD available at group discounted rates for on-site and continuing education)*

Image from the Inside Out for Your Workspace

First impressions do matter. This workshop helps you restructure your workspace so you can work as productively and efficiently as possible. Your office plays an important role when building customer and personal relationships and creates an environment that either helps you get ahead in life, or holds you back. Learn how to make your workspace move you forward. *(DVD available at group discounted rates for on-site and continuing education)*

Fitness, Influence and Faith What choices have you made that affect your health, fitness level and overall well-being? Do you ever wonder how to make different choices that would enhance or improve your quality of life? This workshop will you reclaim balance in your lives and perspective for your future. *(DVD available at group discounted rates for on-site and continuing education)*

Fitness From the Inside Out What's really holding you back? It's not just about fitness, but geared towards any goal. This workshop is about the way we operate. Fitness From the Inside Out offers the opportunity to search within and address the methods that sabotage you – and how you can change the way you operate to start reaching your goals. *(DVD available at group discounted rates for on-site and continuing education)*

Creating Balance within the Chaos

Each of us is doing more, wearing a multitude of hats – parents, managers, janitors and taxi cab drivers –yet we are receiving less appreciation – especially from ourselves. If you're feeling stressed or overwhelmed, it's time to get balanced. Learn to prioritize and eliminate the feeling of chaos with control. *(DVD available at group discounted rates for on-site and continuing education)*

Diet is a Four Letter Word

DIET – a quick fix plan that involves depriving one of the food one enjoys without results. A hopeful plan to an easy method for feeling better about oneself.

What's your description? Learn why diets don't work and your perception of a quick fix plan leaks into other areas of your life. How to change your approach and be successful with your relationship with yourself and with food.

Menu Planning for the Fast Paced Life

How to organize, pre-plan and pre-prepare easy meals and menu plans to set yourself up for energy, success and health.

Presentations from the Inside Out

The art of presenting the deal, closing the sale and motivating the crowd is a need for everyone in any relationship. This workshop is really about inner motivation and communication. It teaches you how to deliver your ideas and the methods that work with professional motivational speakers that truly sell emotional buy in.

The Art of Self Discovery

Recover the life you were once passionate about. Discover your greatest dreams and ambitions and find out what your true potential is. This workshop teaches you how to target positive influences and creates awareness in the areas you are holding yourself back. *(workbook available at group discounted rates for on-site and continuing education)*

Desktop Fitness

Get fit behind your desk! Learn simple techniques and strategies to stay balanced and healthy with a 9 to 5 schedule, without a gym pass. Desktop Fitness offers employees effective exercises, stretches and relaxation techniques that they can do throughout their day and stay healthy.

Goal Setting from the Inside Out

Learn effective coaching techniques for setting goals, keeping to realistic deadlines and attaining the overall vision, personally and professionally, that you desire.

Are You Starving Yourself Out of Success?

Do you need energy in your menu plan or in your schedule. Starving yourself from success is about the "diet" in your life, recognizing the things you are spending your time on and where you need to refuel or revamp changes in your lifestyle to lead a more productive and less stressful existence. *(workbook available at group discounted rates for on-site and continuing education)*

Postural Assessments

Lecture includes postural assessments and exercise/stretching techniques for spinal care.

Seminars are individually developed based on organizations' goals and desired outcome. Although these are topics that have been both presented and written by Rebecca Evans, they hold unique tools and ideas to help each person live a more purposeful and successful life.

Speaker's fee to be determined once event is scheduled.

10% retention fee is required to reserve a date with Rebecca Evans.

DVD's and workbooks are not included in the speaker fee and are an additional charge based on the number of items pre-purchased.

All materials are included in fees.

Length of seminars can be established as:

- 1. Lunch & Learns – 45 minutes to 1 ½ hours*
- 2. After Work Bites – 45 minutes to 2 hours*
- 3. Pre-Work Nibbles – 45 minutes to 1 ½ hours*
- 4. Saturday Events – 45 minutes to full day seminars*
- 5. Teleconferences – up to 2 hours, national phone in conference calls.*

Participants receive hand outs as downloads and are presented with an interactive teleclass workshop.

Full day events/retreats can include posture assessments, body fat percentage, fitness/exercise time, relaxation and a workshop.