



# BALANCE Program

More information at [www.gaia-insights.com/liveyourbalance](http://www.gaia-insights.com/liveyourbalance)

## Because, we are human.

Do you feel you are in sync or a bit off balance? Are you struggling with the current demands of your role or with the strains of the pandemic? Is it a challenge to juggle your career with your personal life? You are not alone if you are finding it hard to maintain your personal well-being at the moment...

## This is why GAIA Insights is launching BALANCE.

Our new open enrollment program for individuals will equip you with practical tools and strategies to maintain a positive, healthy and productive balance in your life. By learning to understand your own habits, personal motivators and any barriers you currently face, you will be able to experience, implement and anchor new behaviors for results that really last.

## The BALANCE program is for you if:

- You are a leader, entrepreneur, manager or employee who recognizes the importance of health and well-being – **you want to take care of yourself, and those around you;**
- You are part of an organization who wants a team or small group to participate. Please reach out to [justine.benson@gaia-insights.com](mailto:justine.benson@gaia-insights.com) to discuss if special rates apply to you.

Join thousands of other participants who describe our programs as “life-changing”.

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**You only have one life. Live it.**

## Program Content

**BALANCE is anchored in four pillars.** You will explore each of the topics at length, as well as understand their close connection and how they build upon each other:

Physical Balance	Mental Balance	Emotional Balance	Spiritual Balance
<p>Explore the many elements of developing and maintaining physical well-being and resilience. Learn how exercise, activity and movement can improve your energy levels, the importance of healthy nutritional and hydration habits, and crucial information around sleep patterns, effective rest and recovery.</p>	<p>How does the brain affect thoughts and behavioral patterns? You will discover helpful tools and strategies to optimize mental focus, presence and mindfulness. This will help you to be better equipped to manage setbacks, build mental resilience and influence negative thought patterns.</p>	<p>Examine emotional triggers, how you can recognize stress factors effectively and how you can better manage emotional responses. Stress factors can include financial aspects, relationships, trauma and more. Also explore the limbic system of the brain, the causes and effects of stress, as well as strategies for you to manage emotion in the heat of the moment.</p>	<p>Inquire into how you can gain energy from faith and spiritual connectedness. Clarity about your own values, principles, morals and beliefs can help you understand what is influencing your actions. You will discuss the terms "purpose and meaning" and how this has shaped your life so far.</p>

## Live Your BALANCE

The **BALANCE** program includes **14 webinars of 1 hour each** and **4 masterclasses of 3 hours each**, as well as designated small group sessions, practical assignments, 1:1 individual feedback from a Mentor upon demand and a self-assessment to measure the impact of your balance journey. This design, however, is flexible and we can customize it to suit your requirements and budget.

### Special Offer

Receive **1 free mentoring call** to develop your personal balance plan, **3 free individual coaching sessions** throughout the program, and **early bird access** to our exclusive knowledge library if you are one of the first 10 people to register.

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**GAIA Insights** is a boutique firm providing customized leadership development solutions that participants describe as "life-changing". Since 2012, we have designed and delivered premium programs around the world that are highly personalized, for sustained results. Together with carefully selected experts from our global network we develop authentic, inclusive and courageous leaders who lead from within. GAIA Insights is a Certified B Corporation®.

Our clients include:

