



Pivot: a Four-Stage Method Map for Your Next Moves in Life, Work & Creative Projects

No matter your age, life stage, or bank account balance, you can learn how to pivot toward next moves that make your heart sing. In fact, your best chance of success lies right under your feet. By doubling down on what is **already** working, you can quickly cut through confusion to move in a new, soul-stirring direction.

Whether you're stuck on a creative project or just looking to infuse some new life into a career or business you already love, this interactive and reflective session will walk you through the four-stage Pivot Method to:

- Identify existing strengths, interests and experiences, and craft a vision for success one year from now
- Scan for related skills, people and opportunities, without falling prey to analysis-paralysis or compare-and-despair.
- Reduce risk by determining small next steps and experiments
- Launch with confidence, bolstered by a process to help you adjust seamlessly and continuously as you move forward



Jenny Blake is an author, career and business strategist and international speaker who helps people organize their brain, move beyond burnout, and build sustainable, dynamic careers they love. She is the author of *Pivot: The Only Move That Matters is Your Next One*, which won an award for Axiom Best Business Book in the careers category. Jenny also hosts the popular *Pivot Podcast*, which *Entrepreneur* selected as one of the top 20 female-hosted business podcasts. Jenny's motto: *if change is the only constant, let's get better at it!* She lives in New York City in a studio apartment with her partner Michael and an alarming (and ever-increasing) 800+ books on their color-coded shelves. pivotmethod.com

Unleash Your Unicorn. Harnessing Joy + Light to Attract Clients

The world's gone mad with uncertainty and chaos. What's a Camper to do? It's time to call forth your Unicorn, and bring that sucka to work! Being "who you are, wherever you are" creates the most impact with your clients or employers. It also uplifts the planet. Convincing the market of your undeniable value starts with convincing yourself. We'll have a blast trying on essential tools and practices. Yes, we may pry off lids of joyful whoop-ass. No, this isn't limited to extroverts. Prepare for self-discovery, powerful declarations, and commitments.

In this workshop, KC will help you:

- Discover powerful mindset-priming exercises to reconnect with your Essence.
- Get paid to be "Who you are, wherever you are."
- Access corporate budgets by writing proposals as a "Trojan Horse" to bring your medicine into companies.
- Leverage The Audacious Question: "What if I've been preparing for this my entire life?"



Kristoffer Carter ("KC") is a coach, resident meditation expert, and Chief Spirit Officer for Camp-GLP. When not penning Camp GLP theme songs, KC coaches CEOs, Founders, and Heads of People in elevating team culture. In 2016 KC left corporate life and created a coaching and consulting practice. A Kriyaban yogi, father of 3, and singer/songwriter, KC infuses humorous writing with spiritual truths. You can read his *Full-Life Integration™ Manifesto*, and conquer the free 30-Day Meditation Challenge at ThisEpicLife.com.



How to Crush It Without Crushing Yourself: Self-Care For Your Adrenals, Body & Soul

Right now we're facing an epidemic. It's got a lot of different names: anxiety, uncertainty, overwhelm, burn out. The problem is that unchecked, they can turn into medical problems with real consequences: brain fog, digestive problems, headaches, disturbed sleep, sugar, carb and caffeine cravings, weight and blood sugar problems, depression, and even autoimmune conditions like Hashimoto's, RA, and others. It is, however, totally possible to do things a different way. In this class, I'm going to teach you the secret sauce. It has to do with knowing how to lean in – and when to lean out, to learn how to live with a full, rather than constantly depleted, energy bank account. It doesn't mean that things won't get crazy sometimes. That's life. But you don't have to pay with your health and sanity. And the crazy thing is, these are tools that have been proven to actually increase your productivity and success!

In this workshop you'll:

- Learn about your stress response system, what happens when it goes into chronic overdrive (and how to know if yours is!), and why it does specifically for so many entrepreneurs
- Decide how you really want to feel and how to get there as often as you can.
- Why You MUST Get Enough Sleep for Success (and Health)
- Why (and How) to Keep Your Blood Sugar Balanced for Best Brain Function
- The Importance of the Ultradian Rhythm Break for Peace and Creativity
- How to Multiply By Subtracting (yes, that is possible!)
- How to Use Stopping as a Spiritual Practice

At the end of our time together, you'll be realigned with your sense of purpose, and excited to re-enter your work, not feel like you need a 5-year vacation to reset your health and balance.



Aviva Romm, MD, referred to as “the face of natural medicine in the 21st century” by Prevention Magazine and named one of the 100 Women to Watch in Wellness by Mind Body Green, has bridged the best of traditional medicine with good science for over three decades. A midwife, herbalist, and Yale-trained MD, Board Certified in Family Medicine with Obstetrics, Dr. Romm’s focus is on the impact of stress on health and hormone imbalance in women, and the prevention of chronic disease in children’s health, with an emphasis on reducing unnecessary antibiotic use. Dr. Romm is one of the nation’s leaders in botanical medicine and is the author of 7 books on natural medicine, including the textbook Botanical Medicine for Women’s Health and her latest book The Adrenal Thyroid Revolution. She lives and practices medicine in western Massachusetts and New York City. avivaromm.com



How to Create the Abundance You've Been Dreaming About

Can you imagine feeling a sense of abundance every day regardless of what's happening in your life? Always knowing the universe has your back and that everything is not just okay but that it's perfect. During this workshop, we'll make it easy to commit to a new way of being by learning how to transform wealth, abundance and prosperity, from a thought into real experience.

Together we'll be exploring how to:

- Apply ancient secrets, tips, and techniques to help you clear away the stale and stuck energies that keep you in a financial 'holding pattern'.
- Stop 'money judgments' in their tracks and feel greater financial empowerment.
- Gain appreciation for how money struggles are merely a tool for revealing where you're ready to heal.
- Mindfully sweep away anything that prevents you from attracting the abundance that is your birthright.

If you're looking for greater financial confidence, satisfaction and joy, you will find that here and more.



Leisa Peterson is a sought-after author, podcaster, and coach who helps her clients create a life of abundance. She's the founder of *WealthClinic.com*, the *Art of Abundance* podcast, and maintains a thriving business and money coaching practice in Sedona, AZ where she's a regular guest on podcasts, radio shows and has been featured in the *Wall Street Journal*, *FastCompany*, *Forbes*, *The Week* and *Huffington Post*. She combines her skills of being a long time entrepreneur and money expert (CFP®, MBA in finance, 25 years in finance) then mixes in mindfulness practices, and other mindset shifting techniques to help entrepreneurs reconnect to their true selves while growing businesses that make the world a better place. A native of Northern California, Leisa currently lives in Sedona, AZ with her husband, Tim and their two children, Aidan and Zoe.

The Art of Noticing

One of the hidden unlock keys to an extraordinary life is your ability to be aware, to stop and actually notice what's going on around you. In this fun and engaging workshop with international adventure facilitator, Scotty Johnson, you'll head outdoors to reconnect with your senses and nature. You'll use the natural environment to learn to: pay more attention to and appreciate what is right in front of you, rekindle your child like spirit of unconditional play, adventure and creativity, and develop an awareness of what is truly important to you.



Scotty's aim is to help people lead more fulfilling lives. He founded 'Explore What Matters' - to provide people with opportunities to develop a deeper understanding of themselves, their beliefs and their values so they can lead lives more aligned with who they are and what is important to them. He specializes in using the outdoors, nature and wilderness journeys to provide reflective and thought provoking environments for people to establish a clearer sense of purpose and to learn new habits that can make a positive difference in their own and others lives.



Mastering Communication at Home, Work and in the World

Whether you're trying to communicate your wants and needs to your spouse, provide feedback to an employee or work through a conflict with a friend, communication can be difficult without key skills. Great communication is often blocked by our reactivity. Our tendency to aggressively rev up, fearfully silence, or frustratingly withdraw in conversations sets all of us up to feel disappointed, dissatisfied and, at times, hopeless regarding solutions. None of these responses leads to successful conversations. This workshop will get to the heart of helping us all get out of our own way so we can effectively master healthy, productive communication.

In this workshop, Lisa will show you:

- How to step into your communications with a Grounded Powerful Strength (GPS) and why that's important.
- How to filter messages communicated to you so that you're better able to process and respond to them effectively.
- The three conversation blockers to avoid in every conversation.
- How to navigate through the most difficult of conversations with accountability, rather than defensiveness or anger.



***Lisa Merlo-Booth** is a straight-talking and highly effective relationship coach, speaker and blogger. She has over 20 years of experience in the field of therapy and relationship coaching, and has a thriving private practice with a client base of individuals and couples spanning the United States and Europe. She is widely known for her frank talk on relationships, and for her emphasis on teaching men and women to break free from responding in the extremes (silencing or exploding) and, instead, to affect change in a way that is grounded, respectful and strong. When Lisa's not helping men and women step into the world with a Grounded Powerful Strength, she is in Massachusetts exploring the new world of being an empty nester with her husband and two adorable dogs. lisamerlobooth.com*

How to Be a TED-Caliber Speaker

Whether you are brand new to speaking, or you have been giving presentations for years and ready to amplify your impact, if you are an entrepreneur, creative or change maker, "give a TED Talk" is likely on your bucket list. In this lively, hands-on workshop, you'll discover what TEDx organizers look for in prospective speakers and how to harness the TED speaking style in any presentation you choose to give.

Specifically, through a variety of experiential exercises and practical activities, you'll explore how to:

- Unearth the big idea(s) that you want front and center whenever you speak
- Unapologetically articulate your points of view
- Develop soul-stirring presentations that move people to action
- Speak with unshakeable confidence and create lasting transformation for your audiences



*Branded a "Moxie Maven" by President Obama's White House Office of Public Engagement for her unique and effective approach to women's empowerment, **Alexia Vernon** has supported thousands of entrepreneurs and change makers to accelerate their speaking success through her online trainings, live events, The Spotlight Speaker Accelerator coaching program, and her premier mastermind, the Spotlight Speakers Collective. Alexia has delivered transformational keynotes and corporate training for Fortune 500 companies, college campuses, professional associations, the United Nations, and she delivered a TEDxWomen talk on the future of feminism. Her book, Step into Your Moxie: Amplify Your Voice, Visibility, and Influence in the World, will be released October 2018. alexiavernon.com*



From Brain to Book: How to Package Your Expertise into Book Form

If you're a creative person or entrepreneur, chances are you're passionate about what you do and you want to share it with as many people as possible. Writing a book can help you do that, but it may feel daunting, especially if you don't consider yourself a writer or you feel that writing is outside your expertise. But if you have already been creating a body of work, you're well on your way to writing that book. You just didn't know it!

In this workshop, you'll learn:

- A step-by-step process so you can take material you have already created—on a blog, podcast, or other creative outlets—and package it into a book.
- How to structure your ideas so you can hook your readers from the very first page.
- Exactly what steps to take so you can get this book published, so you can leave this session with a working outline and a concrete plan get your expertise out of your brain and into a book.



Gabriela Pereira is an author, speaker, and entrepreneur who wants to challenge the status quo of higher education. As the founder and instigator of *DIYMFA.com*, her mission is to empower writers, artists and other creatives to apply an entrepreneurial mindset to their education and professional growth. Gabriela earned her MFA in creative writing and has spoken and led trainings at conferences, companies, and college campuses, including TEDx, *Writer's Digest Conference*, *ThrillerFest*, *The New School*, *Claremont McKenna Athenaeum*, and *INBOUND*. She is the author of *DIY MFA: Write with Focus, Read with Purpose, Build Your Community* and the host of the *Writer's Digest Podcast* and *DIY MFA Radio*. diymfa.com

How To Wake Up to The Joy of You: Practice Radical Generosity to Yourself and Others

Joy is something that all of us know as children. It's inherited in our spirit and in our essence but as the conditioning of the world and belief systems start to creep in, we are robbed of our joy.

In this interactive workshop, we will peel the layers and rediscover what brings us joy and how we can tap into that place in our heart that knows love, connection, joy and oneness. This is an interactive workshop with guided meditations, engaging with each other, some journal writing, some dancing and, of course, a lot of hugging!

"Find out where joy resides, and give it a voice far beyond singing. For to miss the joy is to miss all." – Robert Louis Stevenson



Agapi Stassinopoulos is a best-selling author and speaker who inspires audiences around the world. In her recent book, *Wake Up to the Joy of You: 52 Meditations and Practices for a Calmer, Happier Life*, she takes readers on a journey and inspires them to let go of what doesn't work and instead create the lives they really want. She is currently conducting workshops on health and wellness for *Thrive Global*, a company founded by her sister, *Arianna Huffington*, to help change the way we work and live. Born and raised in Athens, Greece, Agapi has received her master's degree in psychology from the *University of Santa Monica* and divides her time between *New York* and *Los Angeles*. Unbindingtheheart.com



Create Engaging Event Experiences: An Event Planning Roadmap for Creatives & Entrepreneurs

You are a creative entrepreneur and/or change-maker with a desire to host a transformational event. You have an idea for an amazing retreat, conference, or workshop, but you aren't sure where to begin. Or you have a vision and passion for the experience you want to share with your clients and attendees, but you are getting bogged down in the details and analysis paralysis has set in. You know your expertise and your content that you want to impart to your tribe, but the how feels like climbing Mt. Everest. Having the logistical tools and roadmap to help you climb that mountain and execute your transformational event vision will help you increase your reach and impact, and ultimately grow your business.

You'll leave this workshop with:

- An understanding of the 3 critical considerations for events and how to approach each one
- A clear idea of how to make the event unique to you and your brand, without breaking the bank
- A roadmap to plan and execute your event
- Done-for-you templates and checklists (i.e., timelines and budgets) to ensure you've covered all the bases
- Insider tips and tricks for event success (including humorous stories of what NOT to do)
- Inventive ideas to create awe and magic for your attendees



Elizabeth Shaw is an eternal optimist, dedicated to building a world of optimism as an author, speaker, and entrepreneur. She is the founder and president of Davine Inc., with 20 years of experience planning events and providing strategic consulting for C-Suite leaders, national organizations, and small businesses. Although Boston has been Elizabeth's home-base for more than 15 years now, California, Paris, and Bologna, Italy are all places she considers "home." davine.com

Mind Over Chatter™: The Science of Personal Mastery

John Milton said, "The mind is its own place, and in itself can make a heaven of hell, a hell of heaven."

Learn to master your mind through simple skills and drills, so that whatever scenario you face in life, you can show up with clarity, strengths and resilience. Learn to work with guilt, criticism and overwhelm. Practice judging your judgments, doubting your doubts, and free yourself with space to flourish.



Emiliya Zhivotovskaya is a widely sought-after speaker, educator, facilitator and coach. She's the founder of The Flourishing Center, the nationally-acclaimed Certification in Applied Positive Psychology (CAPP) program (thefourishingcenter.com) and she maintains a thriving practice in NYC. Emiliya holds a Master's Degree from UPenn in positive psychology, is currently pursuing her Ph.D. in Mind-Body Medicine from Saybrook University, where she also teaches. She has been on the faculty for the Good Life Project since 2013. In her previous life (career) she was a professional party entertainer and has two fur babies—Buddy the cat and Dora the dog.



The 3-Step Process for Turning Digital Attention Into Revenue (on Autopilot!) using Facebook Ads

Ya' know that feeling...? The one where you spend countless hours perfecting a campaign inside Ads Manager that you know will change the game for your business.

Only it doesn't. You struggle to get it approved.

Then, once it's FINALLY active—crickets! And none of the 80-gajillion copy variations (that you spent a fortune on are working). *Cue ugly tears*

It's not your fault your ads are failing.

Why continue to do what's NOT working for 95% of marketers? When you could implement a SIMPLE FRAMEWORK (attracting customers to you like a magnet) of amplifying your sales message and turning your digital attention into revenue (on autopilot!).

What you'll learn...

- The three most common ad scaling bottlenecks (and how to fix them)
- How to turn your digital attention into revenue on autopilot
- How to use ads like email autoresponders (to stop ad fatigue once and for all)

By the end of this session, you'll have a blueprint to unlock your own personal Facebook 'ATM'.

Perfect for...

- Those running Facebook ads who feel like they're guessing and not getting results (read: FB ad budgets of \$0 - \$10,000/month)
- Small business owners and service providers
- Understanding what's preventing you from getting to the next level of ad success



Amanda Bond is the owner of *The Ad Strategist* and a HubSpot Academy Instructor. *Entrepreneur Magazine* calls her a "Facebook advertising genius" due to her unique way of simplifying the complexities of paid traffic with her vast analytical experience—from analyzing hundreds of millions of client ad impressions. A fiery personality, Bond mixes education and entertainment in a straight-shooting way to show people the right way to do Facebook advertising. Hint: It's all about creating a str-AD-egy. theadstrategist.com



Crack the Code: Learn the Secrets of Decoding Teen Behavior

Ever scratch your head after talking to your teen and wonder, “what just happened?” Trying to understand or communicate with them can leave you feeling like you are a stranger in a very strange land where the language, customs, and culture are completely foreign to you.

Whether you are a parent, educator or caring adult, it’s time to become fluent in teen. Learning the language and culture can help you and your child feel heard and understood while creating deeper levels of trust and connection.

In this engaging and interactive workshop, you will:

- Take a walk down memory lane to reconnect with the teen point of view.
- Gain a deeper understanding around the 3 W’s - what, why, when - of teen behavior.
- Learn to identify and respond to communication hot buttons with your teen.
- Decode the hidden messages in your teen’s body language.
- Get simple and fun conversation hacks to use with your teen.



Julie Smith, behaviorist + licensed psychotherapist, studies how teens and adults act, interact and influence each other. Basically, she speaks teen and helps others learn both the language and culture. It’s her job to understand what makes them - and us - tick and tock, to help build strong relationship at home, school, work and in the community. Julie splits her time between Portland and Denver with her three teens, who keep her on her toes with constant meme references, Dungeons + Dragons campaigns and nail-biting driving lessons. juliesmith.com

How To Write Personality-Driven Sales Copy

The best way to sell your services, products, or programs is to build trust with your audience. And the best way to build trust is to show up as your multifaceted self through personality-driven copy that sells.

In this workshop, Kira Hug shows you how to:

- Write personality-driven copy that feels like the real you using a little known 3-step formula
- Capture (and hold) your reader’s attention—even if they’re distracted (SQUIRREL!)
- Overcome ALL objections and hesitations, and eliminate risk from your prospect’s buying decision



Kira Hug is the Chief Conversion Copywriter at Kira Hug Media, Inc., Co-Host of The Copywriter Club Podcast & Co-Founder of The Copywriter Club (thecopywriterclub.com), where talented folks write like Ogilvy and drink like Hemingway. You could call Kira the “weirdest” copywriter on the block, mostly because she empowers business owners to embrace their eccentricities AND stand out in a crowded marketplace. Kira specializes in writing long-form sales pages and email sequences for course creators, thought leaders, and influencers. In a past life, Kira worked with global brands like Estee Lauder, and she also served as the Marketing Director for the venture-backed startup ActionableBooks.com and a handful of global nonprofits. Kira currently lives in Brooklyn with her partner, two kiddos, and pet snail. Kirahug.com



Self-Healing with Ayurveda: The Medicine is Inside You

Healing is widely thought to be something that happens after going to the doctor and taking a pill or having a test, procedure or surgery. This is based on the belief that “following the doctor’s orders” is the best way to get rid of a cough, control diabetes or to shrink a tumor. In this compelling workshop, Dr. Avanti Kumar-Singh shows that healing is an inside job...that the medicine we need to heal is already within each of us. Integrating real-life examples with knowledge from her 20-year journey to train in and experience a variety of healing traditions and modalities, she shares simple, actionable steps to help unleash our innate healing power using Ayurveda.

In this workshop, Avanti shows you:

- How Ayurveda supports vibrant health and the 5 self-healing strategies you can begin to implement immediately.
- Why it’s important to focus on adding positive habits that encourage health...rather than on eliminating habits that cause illness.
- How to use your symptoms and the Counter-Balance Effect™ to move toward health.
- Why you are not what you eat.
- 5 healing spices you probably already have in your spice “medicine” box and creative ways to use them.



Avanti Kumar-Singh, MD is a physician who, after training in emergency medicine, began a journey to find her joy again—and to help people truly heal. Realizing that you can “quit your job but you can’t quit your calling”, Avanti set out to discover what really makes people healthy and what predisposes them to illness. She now challenges medical professionals at all stages of their career to redefine their roles to become heart-centered, healing catalysts that practice what she calls true medicine and is leading a movement to empower patients to heal themselves. Avanti lives in Chicago with her husband and two children. avantikumarsingh.com

How to Cultivate a Life of Curiosity

Leaders, innovators, creatives, designers, artists and forward-thinking entrepreneurs live in the world of possibility. Cultivating more curiosity can lead you to more innovation, creativity, professional noticing and wholeheartedness in your work and life. But how do we do that when we need to balance a sense of security with risk-taking?

In this workshop, Steven Morris works with you to:

- Form beautiful questions that inspire and invigorate you.
- Investigate how to use curiosity to infuse more wholeheartedness in your work and life.
- Design tools and rituals to foster more curiosity that leads to a wider horizon.
- Cultivate habits and a path of choosing curiosity over fear.
- Activate more professional noticing in your life and work.



Steven Morris is on a mission to help organizations and their leaders rise to their potential to live and work wholeheartedly, all while making a positive impact on the world. Over the past 24 years, he has worked with over 250+ brands and 2,300+ business leaders on brand evolution, business innovation, organizational alignment, humanized marketing and wholehearted leadership. As well as being an accomplished fine art painter, strategist, and advisor, he is a partner in the artist-driven organizational transformation company called The Studio. Steve lives in San Diego with his wife, two boys and Aussie Shepard-mix Cocoa, and is a surfer, yogi, and trail runner.



The Perfect Intro: How to Confidently Introduce Yourself or Your Business (in Six Words or Less)

You never get a second chance to make a first impression. But unfortunately, most of us blow it. Often. We introduce ourselves all the time. And most of us do it poorly. One study says we meet about 1,000 new people per year on average. That's about 80,000 people in a lifetime.

After an embarrassing introduction to one of his heroes, Clay developed 'The Perfect Intro' a simple framework to confidently introduce yourself or your business, in only six words or less.

Key takeaways:

- The three myths about introductions
- Why we get introductions wrong and why nobody should use an "elevator pitch"
- Clay's simple Perfect Intro formula to confidently introduce yourself or your business, including -How to have a different Perfect Intro for each room and context (and when to use which)
- How to design and guide conversations to maximize true connection
- How to use your new Perfect Intro to improve your website, email signatures and social media bios



Clay Hebert helps creatives, leaders, and entrepreneurs tell better stories, grow their companies, fund their dreams and do work that matters. The founder of Fund Your Dream, he's helped over 175 entrepreneurs raise over \$75 million on Kickstarter and Indiegogo, and his work has been featured in *The New York Times*, *Washington Post*, *Fast Company* and *Lifehacker*. Clay was recently named one of the 50 Most Daring Entrepreneurs by *Entrepreneur Magazine*, along with Jeff Bezos and Elon Musk. clayhebert.com

The 7 Hidden Drivers of Success

Learn to build your SUCCESS SCAFFOLDING™ around the 7 critical drivers of success in any endeavor

We've all heard success is largely about having the "right plan," the perfect strategy, the best information. That, it turns out, is a lie. With near-unlimited access to information, systems and plans, if this was true, we'd all be happy, wildly-accomplished, fabulously-fit and deeply-fulfilled zillionaires. But, we're not. So many people still struggle to find high-level, lasting success in many parts of work and life. Turns out, whether you're looking to build a thriving organization or an awakened career, launch a product or division, or lose weight and get fit, the "plan" is only 1/7th of what you need. To succeed at anything worth doing, you must put in place the remaining six critical ingredients of your "Success Scaffolding."

YOU'LL LEARN:

- The 7 critical environmental and psychological elements that must be in place to succeed at anything significant
- The 5 key players you'll need to come along for the ride, and how to find them
- How to apply this powerful framework to nearly any meaningful quest
- So much more



Jonathan Fields is the Founder of Good Life Project.



Discover Your Creative Pulse (even if you think you don't have one)!

To live a creative life is to come alive. Colors become more vivid, experiences become richer, relationships ignite and ideas become sources of energy and possibility.

And, here's the thing...

EVERYONE is creative! We all - yes even YOU - have that capacity for creativity on a level that gives life vibrance. It doesn't matter whether you're a "stifled and forgotten" artist who left the magic behind in the name of being "responsible," or you've never even considered the possibility that some burning ember of creation might be alive in you. It IS there. And, when you find and fan its flames, when you reconnect with your creative pulse, amazing things happen.

This workshop will help you discover and unleash your creative pulse.

You will learn how to:

- Give yourself permission to make just for play's sake
- Find time even in a busy schedule to enjoy your creative pulse
- Identify and commit to projects that feel fun and playful
- Keep momentum going after classes and workshops
- Unplug from self-criticism and connect to inner joy



Since 1999, **Cynthia Morris** has helped writers, artists and entrepreneurs make their big dreams a powerful reality. Founder of *Original Impulse*, Cynthia is a certified coach, teacher, author and artist. The author of *Create Your Writer's Life: A Guide to Writing with Joy and Ease*, Cynthia has published seven e-books on writing and creative travel as well as a Paris historical novel, *Chasing Sylvia Beach*. Cynthia has maintained a creative practice for over 15 years, and attributes her professional success and personal well-being to staying connected to her creative joy. She lives in Denver with her husband Steve and is often seen zooming by on a bike, writing in cafes or dancing in the park. Originalimpulse.com

Make Your Own Mala

We've seen them worn by everyone from yoga teachers to celebs, the mala is a beautiful beaded creation often worn around the neck or wrist. Learn how to make your very own handmade traditional 108 bead mala to take home, in an enjoyable meditative creative making process with your mala making guru Shelley Adelle. You will be able to choose the color of your silk for threading, tassel and which healing beads & guru bead you are drawn to from a selection to make your mala unique to you. You will learn how to activate use and care for your mala.



Shelley Adelle is a Yoga Teacher, Spiritual Enthusiast, and Experimental Human, who is addicted to cookies, hugs, the creative process and living life in the zone! She lives in Vero Beach, FL where she teaches yoga, leads workshops and retreats. Come to the beach for a VIP weekend and some soothing salt air or get your very own personalized Home Practice Prescription online. shelleyadelle.com



Collage Your Vision

So much more than just cut and paste, collage is an art form of assemblage accessible to everyone. Join us for this class exploring elements and principles of design while creating a unique work of art to commemorate your Good Life Project camp experience.

Hand-crafting with Indigo Dye

You don't have to be a Deadhead to love tie-dye. It's sort of the ultimate symbol of freewheeling summer fun. And, yes, a staple of hippie-culture. Since it is the 50th anniversary of The Summer of Love, we wanted to add a special craft activity that honored the universal desire to rock tie-dyes, but also add a bit of a fun and blend in a special ancient "resist-dye" technique. So, instead of multi-colored madness, we're stripping it down and exploring a very special type of garment dyeing known as "Shibori." It's a super-cool technique that focuses on indigo dye (deep, rich blue). In this workshop, you'll learn the basic techniques and be able to create your own indigo-dyed item, from a scarf to a t-shirt and beyond.



Cassia Cogger —artist, teacher and author of *Creating Personal Mandalas*—is inspired to create artworks, creative courses and experiences that allow individuals to enter into greater relationships with their surroundings, becoming present to that which is essential. As much as she is excited by color, shape, pattern and beauty, she is more excited by what the creative process reveals. Her work has been featured at the National Academy Museum of Design in NYC, in *Watercolor Artist* magazine as a rising star as well as in a host of other galleries and private collections. Cassiacogger.com

The Stitched Mantra: Embroider Your Inspiration

Come relax with some slow stitching! Play with threads and fabrics to stitch your favorite word or phrase into a hoop. In this workshop, Sam will teach you how to lay out a design and then stitch it into fabric. Hang the finish pieced where it will inspire you daily. No embroidery or stitchery experience necessary!

In this class you will learn:

- How to layout and center a phrase for a hoop
- How to choose colors to make your words shine
- How to form letters with easy, big-stitch embroidery
- How to finish the hoop for hanging

You will leave with:

- Your words embroidered onto fabric and hooped for hanging - a great camp memento!
- Basic embroidery skills on which to build
- Instructional handouts to help you create more embroidered art when you get home



Sam Hunter is a pattern designer for the quilting industry and Camp GLP's resident quilt artist. She started playing with fabric and fiber when she was seven years old and hasn't really stopped since. After a successful tech career, Sam went back to school a few years ago and earned her MFA in Fiber Arts. Her passion is to help people to have more fun while they explore the tactile wonders of fabric and thread. Her latest project is developing slow-stitching retreats for travelers abroad. huntersdesignstudio.com



Get Your GLee(P) On: Join the Camp GLP Glee Club

Want to improve your connection with audiences?

Want to get people you lead to follow along?

Want to be more entertaining in the way you communicate?

Yes? Then join us for an experience you'll tap into every time you step in front of an audience, pitch an idea, lead a team, or make a video.

There's nothing like a rehearsal to bring out the best and the beast in all of us. David been directing rehearsals, auditions, and conducting major theatrical events for nearly 40 years. Learn his leadership and communication secrets which you can immediately apply to your life, your work presentations and your relationships.

Open to BOTH singers AND audience members.

- **Singers** – we'll put something epic together to perform at the infamous GLP Talent Show.
- **Audience members** – What? An audience for a rehearsal? Why not! Watch something amazing take shape. And you'll learn the same communication tools to use in your life. (You might even decide to join the choir!)
- **Everyone** – will learn invaluable lessons on leadership and audience connection.

My whole career is driven by connecting with audiences, and this session will make you better at connecting with yours.



David "Thor" Hastings is a polymath, dramaturg, project strategist, and TEDx speaker coach. His passion is helping performers—speakers, entrepreneurs, actors, singers, and salespeople—communicate at their highest level. His unique non-formulaic approach is rooted in synthetic problem solving and project management. This year, David has launched three new projects—an international speaker training program, HastingsAudienceConnect.com, community for actor/singers, AuditioningConfidence.com, and is the Artistic Director for the first Queer-identified chorus in the Western hemisphere, www.NWQueerChorus.lgbt. In his career, David has prepared more than 6,700 performances of 187 shows in 49 states and 17 foreign countries. In his spare time, David enjoys reading, meditation, Tai Chi, and "urban hiking." He is putting his chef skills to work writing a plant-based-eating cookbook.



Natural Solutions for Your Body: Self-Care with Aromatherapy

Discover the art of blending essential oils to create natural remedies for you & your family! This workshop is designed especially for people wanting to learn how to make their own self-care products using essential oils and natural carriers. Along with the immediate satisfaction of creating practical and luxurious products on the spot, in this workshop, you will also learn: How to use basic kitchen equipment to make body butters and lip balms; the importance of safe blending; how to customize a blend based on intention.



Amanda Cizek is a certified massage therapist, MELT Master Teacher Trainer, NCBTMB, ACE Certified Personal Trainer, and an educator in the fields of fascial health, wellness, and the healing arts. Her business, *Consistent Wellness*, incorporates MELT, massage therapy, and aromatherapy. beawesomeinyourbody.com

Better Boundaries Build Better Lives: How to Create Space For Your Good Life

To live a good life, you have to actively and consistently create and claim space for it. Building boundaries that create that space is both easier said than done and not as hard as many think once you understand which kinds of boundaries you need and how to establish them.

During this workshop, you'll learn:

- The difference between positive and negative boundaries — and which to use for what matters most
- How to decide which dimension of your life most needs some boundary creation
- Ways to give yourself permission to claim those boundaries and request others to honor them



Charlie Gilkey is a best-selling author, podcaster, professional speaker, and business advisor who helps creative people go from idea to done. Prior to founding *Productive Flourishing*, he was an Army logistics officer and PhD candidate in Philosophy. He believes that we can live in a world where we can love *Star Trek* AND *Star Wars*. productiveflourishing.com



Angela Wheeler, Ph.D. is a coach, author, speaker, and facilitator who teaches people how to thrive by becoming aware of their strengths, creating nourishing boundaries, and cultivating the courage to become their best selves in the world. Her body of work focuses on how we can grow and thrive through transitions rather than waiting for "the right time" to prioritize the work we're called to do. Stray neighborhood animals run from blocks away to love on her.



Group Guided Meditation: Fade-in Your Day

Yes, we realize it's crazy early... But, this is where The Magic begins each morning! Whether you're brand new to meditation or have an established practice, don't miss the precious opportunity to get centered, and bond with your fellow campers—in silence as the sun rises. KC has led our group guided meditations since our first morning together at Camp GLP 2014. Many first-time campers have left these sessions inspired to create their own daily meditation habit, and succeeded. Starting each morning with pockets of silence, deep breath work, and guided visualizations deepens our connection to ourselves and to one another, and creates a blank canvas to paint an extraordinary day on. Just wait until you experience our collective OMMMMM! It's quite The Vibe.

May want to bring: a blanket.



Kristoffer Carter ("KC") is a coach, resident meditation expert, and Chief Spirit Officer for Camp-GLP. When not penning Camp GLP theme songs, KC coaches CEOs, Founders, and Heads of People in elevating team culture. In 2016 KC left corporate life and created a coaching and consulting practice. A Kriyaban yogi, father of 3, and singer/songwriter, KC infuses humorous writing with spiritual truths. You can read his Full-Life Integration™ Manifesto, and conquer the free 30-Day Meditation Challenge at ThisEpicLife.com.

Morning Yoga

Camp GLP Yoga classes are all levels and will have the whole yoga team present for adjustments and questions throughout. All the classes incorporate breathing, mindfulness to start, leading into a gentle warming of the body, progress through moderate levels of challenge before longer gentle holds and a yummy savasana.

Friday: The fabulous Shelley Adele will teach an all levels class incorporating: Qi Gong, Chakra work and more

Saturday: You get the wonderful Krissy Shields who will teach an all levels Vinyasa/Hatha blend

Sunday: Awesome Erin Moon who will teach an all levels gentle flowing Vinyasa



Restorative Yoga

Rest and restore your energy with this beautifully deep practice. Unlike other forms of Yoga Asana (postures) this is not a practice of strengthening and stretching the body. Restorative yoga meets your body at the point before "stretch" and says "you are safe, you are supported, now lets hang out for a bit and soften into who you already are."

In this class, Erin Moon will guide you in:

- A short breathing and mindfulness practice
- 4 long-held postures supported by pillows and blankets (get cozy time)
- Provide hands on healing touch/ Reiki (to those who want it)
- Guide you through visualizations to help anchor the mind



Erin Moon (ERYT 500, 800 Therapeutics IAYT, moonyogatherapeutics.com) is an international teacher of Yoga Instructors and has been teaching yoga since 2005 (Jonathan Fields trained her in one of his fabulous past lives). She is the co-creator of World Spine Care Yoga Project, an international NGO training Yoga instructors as an active/preventative self-care and pain management tool. Erin is focused on providing tools and experiences that help others live with greater health, grace and vibrancy. She now lives in gorgeous Vancouver. When not in yoga studios, the mountains, the ocean or hopping on a plane somewhere, she is award-winning audiobooks narrator.

Intro to Mindfulness Meditation

You've heard about, seen people do it, read about it in the news. Seems like the magic elixir for life. You'd love to try it, but something in you says, "I can't meditate, heck, I can't clear my mind for second, let alone minutes." Great news! You don't HAVE to clear anything. Mindfulness isn't about dropping into a blissed-out, thought-free (and largely impossible to reach) state, it's simply about learning to notice, allow and gently direct your attention. ANYONE can do it. So, if you've been "mindfulness-curious," this is the perfect workshop for you!



Krissy Shields With nearly a decade of experience, yoga teacher, Krissy Shields, has taught thousands of students and training teachers. Along the way, she has cultivated a broad set of expertise in Hatha, Vinyasa and Kundalini yoga and pre/postnatal yoga as well as becoming certified in Applied Positive Psychology. She is also the founder of women's empowerment brand, Maha Mama, the mama of two spunky girls being raised in Hell's Kitchen, wife of a talented Iranian immigrant, sister to many and an artist as a citizen. krissyshieldsyoga.com



Movement Exploration

If you don't use it, you'll lose it. This couldn't be more true about our physical capabilities. Been surprised lately when you've tried something that used to feel easy, but no longer does? These movement exploration classes are designed to help you reclaim movement that you've lost for various reasons over the years, but desperately want back. Whether it's the ability to move your joints freely again, enjoy sports with your children, take adventures with your friends, play hopscotch with your grandchildren, or even jump on the monkey bars again, this class will safely and methodically lead you back into movements you may fear and certainly aren't including in your current life. With a medical background, Dr. Carla Cupido will lead you through a series of exercises that will not only have you laughing, but enable you to walk away feeling a sense of strength and confidence in your body you thought you'd lost.



Dr. Carla Cupido is a Chiropractor and movement expert who has been featured in numerous media outlets including Oprah Magazine, Running Times, Gaia Online Media and CTV. Carla's on a mission to drive a real change in our awareness of how our physical health directly impacts our game in our personal lives and in business. Carla lives in Vancouver, BC with her two young daughters and her husband where she can be found biking around town balancing herself and her girls on one bicycle. carlacupido.com

Pilates with Laughter and Play

No Pilates experience necessary. Let your inner child out and move with joy like you did when you were a kid. Giggle and guffaw your way to a strong core and easeful movement. Laugh your way through Pilates exercises that build balance, flexibility and strength modified for your fitness level and comfort. Take it down or amp it up. Play like you did when you were young and carefree, collaborate with a partner to support and challenge your movement. Help your body remember that deep gut laughter is the best ab workout there is!



Kristen Iuppenlatz Grech creates an encouraging and playful environment to access and explore the body, mind and spirit through laughter and play. With a lifetime of experience as an actor, director and teacher of improv theatre and Pilates she brings her infectious exuberant love of movement to her workshops and online courses. She is the owner of Pilates Collective in Sebastopol, CA and founder of pilateshomepractice.com. She continues to feel better as she ages while inspiring others to move with ease and joy no matter their limitations. Kristen loves to sing and dance, stand up paddle board and ski.

IntenSati

IntenSati is a unique workout experience. It combines cardio, strength-training, dance and yoga, with positive affirmations. Use your body to reinforce the change you want to see in your life. Join us for this high energy way to start your day: sweat, chant and leave inspired!



Emiliya Zhivotovskaya is a widely sought-after speaker, educator, facilitator and coach. She's the founder of The Flourishing Center, the nationally-acclaimed Certification in Applied Positive Psychology (CAPP) program (www.thefLOURISHINGcenter.com) and she maintains a thriving practice in NYC. Emiliya holds a Master's Degree from UPenn in positive psychology, is currently pursuing her Ph.D. in Mind-Body Medicine from Saybrook University, where she also teaches.



SUP (Stand Up Paddleboard) Yoga

This class promotes bold expression based on quiet connections. In the studio, at the beach or on the paddle board, be prepared to move, groove, explore and reflect on the symmetries that bob within and abound each and every one of us. Shelley teaches yoga on the SUP in layers. She treads lightly, builds from a foundation and tops with an incorporation of the elements by the sea or the human nature of the soul. Be prepared to be transformed. First time SUP Yoga is only for those who have at least 6 mos. land yoga experience.



Shelley Adelle is a Yoga Teacher, Spiritual Enthusiast, and Experimental Human, who is addicted to cookies, hugs, the creative process and living life in the zone! She lives in Vero Beach, FL where she teaches yoga, leads workshops and retreats. Come to the beach for a VIP weekend and some soothing salt air or get your very own personalized Home Practice Prescription online. Shelleyadelle.com

Rejuvenate the doorway to your body with the MELT Method Foot Treatment

The MELT Foot Treatment is a simple self-treatment technique that rehydrates our connective tissue, to make our bodies more buoyant, energized and grounded.

Just one small soft ball under foot for 10 minutes can help quiet the nervous system, reduce pain and tension in your feet, low back, and whole body brought on by everyday stress, overuse, and age. It's the perfect way prepare for exercise, bodywork, meditation, hiking, or your day in general!



Amanda Cizek is a certified massage therapist, MELT Master Teacher Trainer, NCBTMB, ACE Certified Personal Trainer, and an educator in the fields of fascial health, wellness, and the healing arts. Her business, *Consistent Wellness*, incorporates MELT, massage therapy, and aromatherapy. beawesomeinyourbody.com