

Re-Nature Consulting Lunch + Learn Series

De-Stress at Work with the Power of Nature

- The WHO cites that **stress is a global epidemic** and significantly impacts our ability to thrive
- Studies show that we spend **90% of our time** in buildings
- Traditional offices **significantly contribute to the stress** we experience in the workplace
- We can enjoy greater harmony by tapping into the **power of nature within ourselves** and our spaces



Initiator



Inspirer



Mediator



Organizer



Imaginator

WORKSHOP DESCRIPTION

One of the great causes of stress is when we are in disharmony with the natural world. In this session, Maureen shows how we can learn to de-stress when we make simple changes to our work space for greater support, empowerment and connection.

She guides the group to discover their personal stress response and Five Element archetype. Maureen provides solutions to pause and re-direct stressful thoughts and actions, plus minor work space

adjustments for each archetype, such as:

- water image on screensaver
- artwork with trees
- metal object on desk
- red pillow on chair
- a stone in the drawer

Maureen shares valuable mindfulness tips and nature connection ideas.

At the end of the session, participants will receive a plan based on their archetype. *Follow up one-on-one coaching is available.*

Based on the ancient system of the Five Elements in Eastern philosophy and Chinese medicine, learn your stress response and solutions for greater well being at work.



MAUREEN K. CALAMIA

BBA, CFSP, BBP

Maureen is a thought leader and expert in transforming spaces and clients lives through the inspiration of nature, biophilic design and feng shui. Author of **Creating Luminous Spaces** (Conari Press 2018) she offers corporate consulting, one-one-one coaching and training sessions. Maureen has spoken to a wide variety of audiences including architects and interior designers, corporations, healthcare, non profits and realtors inspiring many to shift their perspective around environments, nature and stress.

Testimonials

"One of the most informative workshops on how I relate to others"

"Maureen has inspired me to see myself and my work space differently"

"Fascinating. Could have stayed for another two hours!"

"her knowledge and passion make this class a real winner."



**RE-NATURE
CONSULTING**

inquire at:

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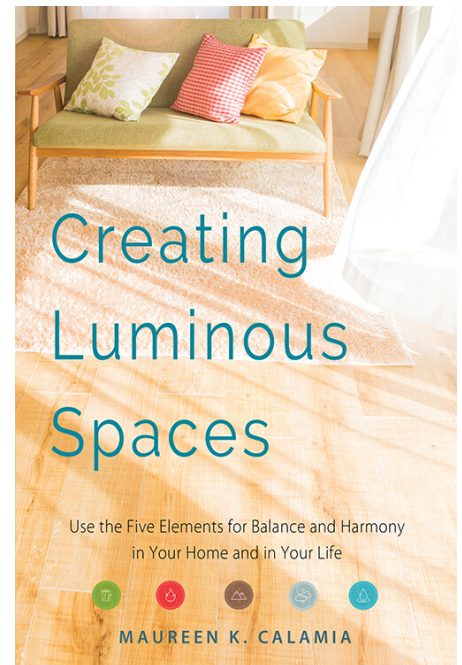
"...an antidote to hectic modern living"

"...helps readers determine their archetypes; all will benefit from Calamia's tips to manage stress: stop and breathe and practice mindfulness, awareness, and restorative activities. An antidote to hectic modern living." — Barbara Jacobs, Booklist Online

"a wonderful and practical new guide for using ancient Chinese wisdom in our modern lives!" - Jean Haner, author of Clear Home Clear Heart: Learn to Clear the Energy of People and Places

"It will change the way you think, how you view your surroundings, and how you live." - Dr. Eva Selhub, author of Your Brain on Nature and Your Health Destiny

"a profound system that can provide a map for life. Chart your own course by honoring the power of place and the benefits of nature. Helps you understand yourself better and become keenly aware of your surroundings – plus, it's fun!" - Dondi Dahlin, author of the international bestseller, The Five Elements



"an excellent job making the elements at once understandable and usable in this carefully researched and thoughtful book!" - Denise Linn, author of Sacred Space and Feng Shui for the Soul

"Maureen has given you the power of Mother Nature's tools in your hand." - R.D. Chin, feng shui master and teacher, author of Feng Shui Revealed

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"We are in a time of a great shift in consciousness and we are just starting to understand, again, the ways of nature and its power over us. The ancient and the modern ideas come together in this **cutting-edge path to help guide us** during this shift and discover our **hidden light within our authentic selves.**" — Maureen K. Calamia



To book Maureen for your event, email bookings@luminous-spaces.com, or call 631.513.0059