

## Re-Nature Consulting Lunch + Learn Series

# Empower Well Being with the Five Elements

- Investing in employee well being contributes to **greater productivity, creativity**, and lowers absenteeism and turnover
- Wellness programs **inspire important behavior changes**
- Workplace wellness is a **deciding factor for job selection** among Millennial's and Gen Z'ers



*Based on the ancient system of the Five Elements in Eastern philosophy and Chinese medicine, learn your archetype and ways to feel greater well being and mindfulness 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.



Initiator



Inspirer



Mediator



Organizer



Imaginator

### WORKSHOP DESCRIPTION

In this session, Maureen shows how we can learn to uncover our personality archetype and make simple changes to our work space for greater support, empowerment and connection.

After a few fun prompts, Maureen guides the group to discover their archetype: Initiator, Inspirer, Mediator, Organizer, and Imaginator, as well as their unique talents and strengths.

Maureen provides simple suggestions to personalize the work place, such as adding a plant, object, or specific colors, as well as mindfulness and nature connection tips. Teams and co-workers will have a greater understanding about the relationship dynamics between each archetype.

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

### 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**

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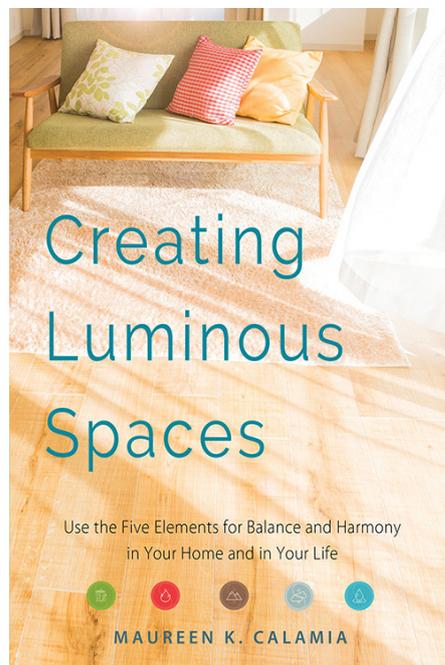
# "...an antidote to hectic modern living"

"...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

Partial List of Clients: Interior Design Society National Conference, N. Y. State Outdoor Educator's Conference, Save the Children Headquarters, BrandPharm Advertising, GloWorm Advertising, Port Jefferson Chamber of Commerce, Douglas Elliman Real Estate, HeadStart LI Headquarters, SUNY @ Stony Brook, SUNY @ Old Westbury, Rise Media, Inc, Green Island Group, My Wines Direct

"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](mailto:bookings@luminous-spaces.com), or call 631.513.0059