

Re-Nature Consulting Lunch + Learn Series

Why Nature in the Workplace Matters

- **10% of employee absences** can be attributed to the workplace environment
- As little as a **10-minute walk in nature** can reduce stress
- **Even ONE live plant** in the workplace enhances a feeling of well being, impacting productivity and morale



Initiator



Inspirer



Mediator



Organizer



Imaginator

WORKSHOP DESCRIPTION

Research proves that our environments have a significant impact on how we think, feel and behave and have the potential to drain or contribute to our well being. Maureen shares the idea of biophilia (our love of life) and how traditional workplaces are being upgraded, changing how we live in the modern world.

This new trend is seeing its greatest growth in the corporate

sector, where investment in employee well being is becoming the standard among the top businesses in the U.S.

In this session Maureen provides simple tips for employees to tap into the power of nature (biophilic design) to achieve greater balance and support in their work space.

Office biophilic design consultations also available.

Corporate America is recognizing the importance of the access to nature in our everyday places and its impact on the bottom line.



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**

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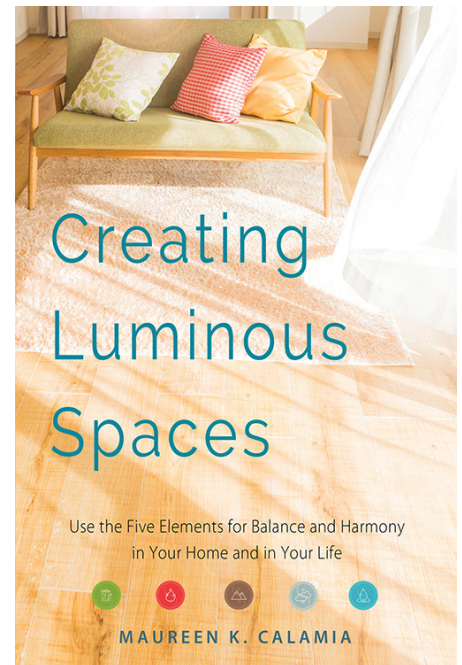
"...an antidote to hectic modern living"

"...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, or call 631.513.0059