

Build Your Practice, Balance Your Life: How To Have It All

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INTUITION finding the best path
CONSULTING™

“A journey of a
thousand
miles begins
with a single
step”

Lao Tse



What's the plan?

- My journey: telling my story
- What worked for me
- Finding balance and building the best YOU
- Your journey
- What works for you

How did I get here?

- I was always interested in health and wellness
- I was afraid of chemistry
- I majored in Medical Sociology and Anthropology
- I took my first step...

And then...

- I learned a lot of things I didn't know about health and wellness from many different perspectives
- What was it like working in health and wellness before the internet?
- What was formative?

More footsteps

- Expanding my horizons: adding more to the toolkit
- Major step toward developing a focus
- Building relationships that last

The journey continues

- Developing the confidence to go in a new direction
- Leveraging relationships built along the way
- Mission-centricity
- Creating intentions

What works?

- Wanting to serve
- Loving what I do
- Cultivating a niche
- Utilizing relationships: networking, collaborating, mentoring

What works?

- Positioning myself as an expert
- Being generous with time and spirit
- Being confident
- Coming from a place of caring

What are the sticky points?

- Anxiety about clients
- Money worries
- Fears about growth and change
- Competition
- Boundaries: having them/pushing them

My Top 10 Principles for Balance

- Less Is More
- Be Creative
- Be Excellent
- Always Learn
- Have a Sense of Humor

My Top 10 Principles for Balance

- Nurture your connections
- Be grateful
- Have a long-term mindset and commitment
- Have fun and enjoy life
- Be Healthy!

How did you
get here?

- What was your first step?
- Where has the first step led you?
- Is where you are where you want to be?

What does
your journey
look like?

- Identify the steps that led you to where you are today
- Define what success looks like to you
- What's your intention?

What's Next?

- Tell Your Story
- Set your professional and personal goals
- Ask yourself some BIG QUESTIONS
- Create your intentions
- Get ready for the good stuff!

THANKYOU!



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