



The New Path to Victory

MIND-BODY WELLNESS PROGRAM

Each of us wants to thrive both personally and professionally, but striking an effective balance between work-life and home-life is not easy. Often, the demands on one's time and energy can negatively affect one's mental and emotional state, take a physical toll on one's body, and decrease overall health and quality of life.

The Corporate Warrior **Mind-Body Wellness Program** provides education, tools and techniques for individuals to effectively reduce psychological stress and gain control. The result is vast improvements in one's mental health, physical health, and overall Wellness.

*"Great reminder of the long term effects of stress.
Something we all 'know' but rarely think about."*



"Stress is diminishing my quality of life without me realizing it. By taking conscious steps to step out of my mindset, I can improve my quality of life."

THE SPECIFIC BENEFITS INCLUDE THE FOLLOWING:

- greater composure and emotional calm
- reduced levels of frustration/irritability/feeling overwhelmed
- improved sleep (duration and quality)
- reduced muscle tension and soreness
- positive mental health and physical wellness
- enhanced efficiency, productivity, and performance
- more optimal balance between work-life and home-life