



Run Hard. Rest Well.®

Our proven process begins with inspired leaders who set a pace and ignite a passion for individuals to thrive, families to flourish, and organizations to excel.

Ignite

Inspire

Integrate

Impact

Influence

Ignite

Leaders cast a vision for Run Hard. Rest Well.® by introducing their team to Restorative Wellness through a refreshing experience that fortifies a new passion for work and rest through...

- Workshops
- Seminar Series
- Staff Retreats
- A Conference Keynote
- Video Series

Available In-Person and Online

Integrate

Pave the way for lasting cultural change through next step options that integrate Restorative Wellness into your organizational values. Leaders can choose...

- Do It Yourself Options
- 2.0 and 3.0 programs
- Consultation for Best Practices and Staff Policies
- Coaching: individual and small group

Influence

Invite industry leaders to catch the vision of Restorative Wellness. Together we can position employees to thrive, families to flourish, and organizations to excel locally and worldwide.

Inspire

Transformation requires that we keep the conversation going. Included in all presentations, our First Steps Follow-Up package provides streamlined support for leaders. This creates a community commitment to Restorative Wellness through simple inventories and strategic staff meeting tools.

Impact

We encourage you to explore ways to bring hope to the winded, worn, and wounded by bringing Restorative Wellness to those you serve

- Clients
- Members
- Students
- Your Community
- Your Organization
- Business Partners

Disrupts the Status Quo
dismantling our culture's inclination to normalize and perpetuate overload and exhaustion

Offers a Wellness Paradigm
that provides a new perspective on rest that refreshes and recharges, guilt-free



Heightens Self-Awareness
of our good, bad, and ugly. It offers help and hope to people who are winded, worn, and wounded

Positions People
to be change agents in their own lives and in the lives of those they love, lead, and serve

Learn more at:

RUNHARDRESTWELL.ORG