

Run Hard. Rest Well. partners with leaders who desire to ignite a passion for new and innovative strategies that position people to thrive, organizations to excel, and mission to advance.

Ignite



Leaders cast a vision for Run Hard. Rest Well.® by introducing their team to **Restorative Wellness** through a fun & refreshing experience that fortifies a renewed desire for good work and a rest that refuels and recharges.

Choose from 4 options ...

- Staff Workshop
- Staff Retreat-Keynote
- Virtual Webinar
- Video Series

Integrate



Transformation requires that we "keep the conversation going." Our First Steps Bundle provides streamlined support and encouragement for your staff. This easy to use bundle creates a **Community Commitment** to Restorative Wellness through ...

- Take Ten
- Take Two: Quick Quotes and Questions
- Implementation Coaching

Impact



explore ways to bring hope and help to the people you serve & the community you love by introducing them to Restorative Wellness.

To do this, we work together to create innovative strategies for impact that is low-cost, high-yeild, and aligns to your goals and priorities.

- Events
- Tips, Tools, Resources

Restorative Wellness

Disrupts the **Status Quo**

dismantling our perpetuate overload

Offers a **Wellness Paradigm**

that provides a new perspective on rest which 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

Caught the Vision? Contact Us!



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