



# 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
- Support Bundles
- Organizational Coaching

### 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
- 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 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

Learn more at:

[RUNHARDRESTWELL.ORG](http://RUNHARDRESTWELL.ORG)