

BALANCE

BEAUTIFULLY BALANCED ME

FOR LEADERS WHO WANT TO BRING HEALING

The busyness and pressure of modern life takes its toll on everyone.. OUR BEAUTIFULLY BALANCED ME JOURNEY provides and opportunity to step back and connect with yourself again, find peace and greater balance.



A JOURNEY OF BALANCE:

These journeys are for leaders who know that their teams are experiencing fatigue and burn out. We leverage modern meditational techniques to seek balanced goals, thinking about our well being, navigating toward sustainable, positive and beautifully balanced outcomes. We recognise that we can perform our best when we look after ourselves and the important others in our lives. We take a mindful, gentle and intentional approach to achieving beautiful balance.

PLOTTING THE JOURNEY:

01.

Take time away to
focus on yourself

02.

Achieve greater
peace-of-mind
through balance

03.

Learn how to
declutter your
mind and focus
more clearly

04.

Improve your
health and well-
being

05.

Explore new
ways of doing
things with better
results

JOURNEY OUTCOME:

- An opportunity to place focus on personal well-being
- Learn how to find a better balance between work and personal life
- Gain greater personal focus
- Find new approaches for personal health and greater well-being
- Navigate new paths to greater performance through gentle mind work

NURTURE

THE NURTURE DOMAIN FOCUS ON ENABLING WELLBEING



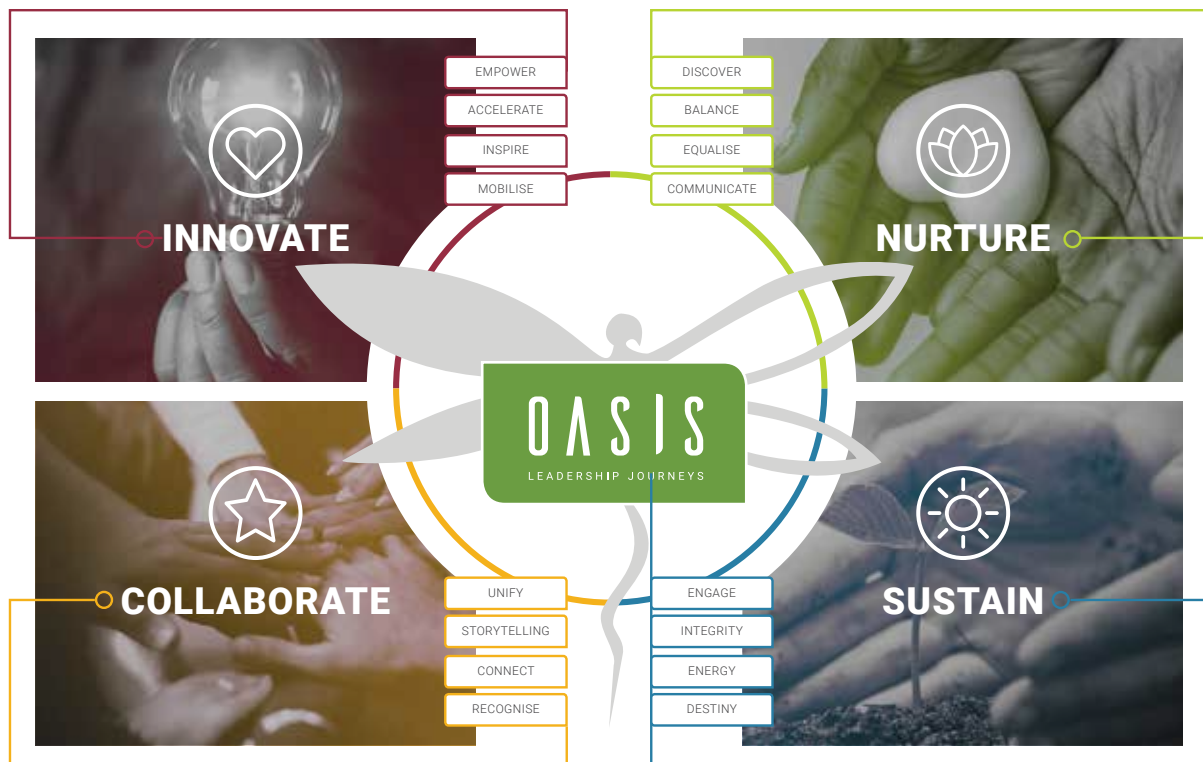
About Empanda

Helping Leaders to engage, enable and evolve tomorrow's world.

Journeys and experiences that help business leaders to engage, enable and evolve. We are artists of facilitation and storytelling, with a real world Inspiration Centre designed to welcome you, and a virtual platform to enable scalable, interactive connection with our wider world.



HELPING LEADERS TO ENGAGE, ENABLE AND EVOLVE THEIR WORLD



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ENGAGE. ENABLE. EVOLVE