



workshops by alii

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# BE YOUR BEST YOU WORKSHOP

*“Success is liking yourself, liking what you do, and liking how you do it.”*

*– Maya Angelou*

By learning tools to enrich self-empowerment, optimism, confidence, mindfulness and balance, we can develop skills for a successful & fulfilling life, and be resilient despite any obstacles.

## Corporate Team Building Mindfulness Training Seminars



90-Minute Program & Toolkit



Provide Your Corporate Team with Valuable Tools  
to Enable Each Team Member to 'Be Your Best You' Every Day,  
Both at Work and in Life by Building a Toolkit to:

#1: Optimize Everyday Well-Being

#2: Develop a Positive Mindset

#3: Enhance Performance

#4: Increase Mindfulness

#5: Empower Confidence

#6: Release Stress

#7: Boost Energy

**For scheduling, please email [alii@aliigoedecke.com](mailto:alii@aliigoedecke.com)**

# Be Your Best You ... Today & Every Day!

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