



AMA (Ask Me Anything) with Jonathan & Stephanie

One of last years favorite moments came when Stephanie & Jonathan shared the stage for a Q & A on building a business and life together. So, this year, we decided to dedicate a workshop session for a fuller AMA conversation on a wide range of topics.

Stephanie and Jonathan Fields are the co-founders of Camp GLP.

Book Launch Breakout: Key Strategies for Success

Blood, sweat, heart, and soul have gone into the writing of your book, and understandably, you want to get it into as many hands as possible - but what are the best strategies for success that don't leave you feeling overly promotional or sleazy in your approach? And what's the proper timeline? This workshop will teach you:

- How to use your book launch as a marketing mechanism for your larger business
- The few, key strategies that have the biggest impact
- What tactics are a waste of time, energy, and money
- A month-by-month roadmap of what to tackle & when



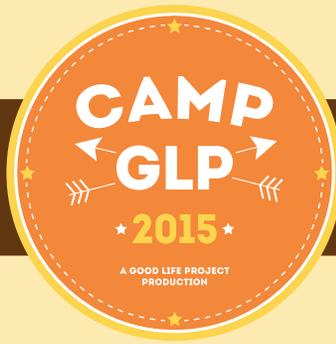
Jayme Johnson is CEO of Worthy Marketing Group, a boutique agency helping mission-driven authors and experts launch their books and products to grow their brands and businesses. Her team has helped support some of today's biggest voices like, Gretchen Rubin, Brené Brown, AJ Jacobs, Jonathan Fields, Eric Ries, and others. Jayme lives in Atlanta, GA, with her husband, baby boy, two furry cats, and has no shame about being a little obsessed with Taylor Swift.

Bookbinding

Craft an heirloom quality leather journal using the long stitch/link stitch method. Create your book using a continuous thread joining beautiful papers and pages into an unforgettable work of art.



Cassia is an artist. A mother. A teacher. A creative explorer. She has shown work in galleries across the country as well as The National Academy Museum in New York City. Most recently she can be found playing with clay and bookbinding, two loves that she has explored intermittently for over 20 years.



Capture the WOW!: The Power of Visual Journaling

You've seen those journals – the ones bursting with color, drawings, and doodles. They seem to pulse with life. You're wowed. You want that color and play in your life. Then you think, "I can't do that." In this workshop, journal keeper and creativity maven Cynthia Morris will show you how to:

- Learn 12 simple tools that make it easy to capture wonder in your journal.
- Free yourself to be messy, playful and enjoy journaling your way.
- Make time for quick journal entries even in a busy schedule.
- Improve every part of your life through illustrated journaling

But best of all...have fun with your tribe of creative people & capture all the great moments of camp in your journal this weekend.



Cynthia Morris is an acclaimed creativity coach specializing in writing books. She's one of our core GLP Immersion faculty and loves sharing what's she's learned from being an artist, published author, and founder of the creative online hub, *Originalimpulse.com*. Cynthia teaches her Capture the Wow visual journaling method worldwide, leading everyone from executive teams to aspiring artists on a journey of visual discovery and expression. She's on a mission to help creative people everywhere liberate their creative genius.

Create Your Own Art with Image Transfer

How cool would it be to take a great image of nearly anything, then transfer it onto different media, objects or surfaces to create amazing multidimensional works of art? Join Camp GLP Artist Mentor, Cassia Cogger, for a rich exploration of the secret world of image transfer art. We will play with images brought by you to create unique works on various surfaces, and you'll create a cool piece of art to hang at home.

Cassia is an artist. A mother. A teacher. A creative explorer. She has shown work in galleries across the country as well as The National Academy Museum in New York City. Most recently she can be found playing with clay and bookbinding, two loves that she has explored intermittently for over 20 years.



Essential Tech Tools to Build an Online Biz

“Essential Tech Tools” ...{{yawn}}, right? Wrong! Your business is anything BUT a yawn, and navigating your way through the ocean of apps, tools, widgets, gadgets, shopping carts, etc. is a truly essential part of launching and running a successful online venture. Whether you’re a super-techy-hands-on entrepreneur, a break-out-in-hives-just-thinking-about-tech type, or someone in between, Rachel will guide you through a maelstrom of technology options available for every level of online business mogul.



Personal branding expert and digital business builder **Rachel Gogos** works with entrepreneurs as well as high school and college students to help them discover, develop, and market their authentic souls online and thrive in their daily life. The mother of two energy-infused 7 and 9-year-old girls, Rachel often juggles web design and development with car pool lines and whipping up the next batch of souvlaki. She is the founder of ThebrandiD.com, iDentityshoppe.com, and MyPath101.com.

Excellence Unlocked: Harnessing Your Full Potential

Ever wonder if there’s a relationship between a happy life, a flourishing life and your ability to be massively successful and perform on an elite level in any one specific area? For years, we were taught to believe performance and success would lead to happiness and joy. Turns out, that’s not the case. Recent science reveals, it’s the exact opposite. In fact, done wrong (which is how it’s most often done), the mad quest for high-level achievement often leads to gutted happiness and satisfaction. In this workshop, led by NYU professor and performance coach to elite achievers in business, art and sport, you’ll discover the truth about the link between high-performance, happiness and life-satisfaction. And you’ll discover a set of tools to help you aspire toward excellence without blowing up the things that matter most.



Dan Lerner has long been fascinated with performance excellence and the realization of unique potential. As a strengths-based performance coach, teacher, and speaker he works with both established and high-potential musicians, athletes, and numerous Fortune 500 companies and executives to leverage the advantage that a healthy psychological state can bring to their performance both at work and at home. Currently he is on the faculty at both New York University (where he teaches “The Science of Happiness”) and the University of Pennsylvania (where he works with the graduate program in Applied Positive Psychology).



Find Your Writing Groove and Get Your Words into the World

Wouldn't it be amazing to consistently get your great ideas out of your head and into writing? You've imagined the success and satisfaction that is possible as a writer - it's time to get your writing groove on! New connections and opportunities come from sharing your ideas in writing, not hoarding them in your head.

Let's make it easy to commit to your writing so you can focus, follow through and finish powerful pieces. Your blogs, newsletters, and course materials can consistently flow out of you.

Writer's coach, author and artist Cynthia Morris shares a process to make sure your writing is a power tool that can guide your enterprise in the right direction.

You'll leave this workshop with an editorial calendar, a writing schedule and a system to finally enjoy being the writer you know you are.

Cynthia Morris is an acclaimed creativity coach specializing in writing books. She's one of our core GLP Immersion faculty and loves sharing what's she's learned from being an artist, published author, and founder of the creative online hub, *Originalimpulse.com*. Cynthia teaches her *Capture the Wow* visual journaling method worldwide, leading everyone from executive teams to aspiring artists on a journey of visual discovery and expression. She's on a mission to help creative people everywhere liberate their creative genius.

Go with the Gut - cooking demo

The "microbiome" is hot. Turns out, the ecosystem of "non-human" critters that live inside your gut may well control everything from mood to illness and ability to inflammation. In this workshop,

Culinary Wellness Educator Marti Wolfson will:

- Introduce the concept of the microbiome
- Reveal the delicate balance of our gut bacteria
- Show how good/poor nutrition can impact gut bacteria and the rest of our health
- Share the most essential gut-friendly foods to include into your daily diet

Marti will teach you how to prepare:

- DIY Caraway 'Kraut
- Maple Mustard Tempeh with Ginger Bok Choy
- Artichoke Miso Dip
- Chocolate Avocado Pudding with Raspberries



Marti Wolfson, founder of MW Culinary Wellness LLC, is a nationally recognized Culinary Nutrition and mindfulness educator, consultant, and public speaker. Marti is known for her ability to transform people's awareness around food and their health. She teaches around the country and was a 2014 TEDx CapeMay speaker.



Growing Together or Apart

Is your personal journey of transformation threatening your relationship? Are you afraid to follow through with your own growth for fear of your partner not being supportive or that you may grow apart? Change is challenging. It kicks up all of our fears around loss and abandonment. Join psychotherapist and transformation expert Terri Cole and learn how to successfully navigate the place where your growth and your relationship collide. In Terri's seminar you will learn:

- The 20 Simple Truths to Relationship Harmony
- How to implement a weekly State of the Union (pun intended)
- Communication Do's & Don'ts to keep the conversation expansive and fun



Terri Cole is a licensed psychotherapist, transformation coach, and an expert at turning *Fear into Freedom*. For almost two decades, Terri has empowered many individuals including celebrities and professional athletes alike through television, radio, her popular TEDx talk, workshops, and online courses that redesign limiting mental beliefs to create extraordinary lives.

Harness the Power of Recurring Revenue

It's the holy grail of business, building a source of revenue that recurs like clockwork. Whether you're building a local professional practice, a large scale venture or an online business, Jonathan will walk you through the big benefits, the often-overlooked giant risk and then share 5 recurring revenue models that can be applied across a variety of endeavors, both online and offline.



Jonathan Fields is the founder of Good Life Project

How to Build a Business With a Small, Hyper-engaged List

What would happen if you ditched the "big list building" model and, instead focused on building a small, deeply-connected community, served them like you could never serve a "big list," then turned that level of engagement into a seriously profitable business? That's exactly what Australians, Leah & Naz from RYPL did. In this fast-paced, fun, and hands-on workshop, they share their secrets to building a successful business and hyper-engaged community with less than 1,000 subscribers.

You will learn:

- The crucial steps to creating a 200+ strong and connected community
- The real numbers, how a small-list venture can flourish financially
- How to create trust and foster lifelong connections
- The Common Myths About Building An Engaged Community



Leah Hynes is Co-Founder and Chief Inspiration Officer at RYPL - Rock Your Purpose Live - a community of individuals disrupting the status quo and making a meaningful impact on the world. In 2013 Leah left her successful 10-year career in Public Relations, moved into her mother-in-laws basement with her husband and three-year-old, and launched RYPL along with her co-disruptor Nazrin Murphie. A powerful communicator, mindset coach, speaker, and writer, Leah loves nothing more than hitting the ski slopes with her family closely followed by hitting the dance floor to good beats!

Nazrin Murphie is Co-Founder and Chief Disruptor at RYPL - Rock Your Purpose Live - a community of individuals disrupting the status quo and making a meaningful impact on the world. Naz has always been interested in helping other people and making a difference - it's why she joined the police force in the first place. But after 12 years she felt lost and powerless in the 'system' she found herself in. Naz decided it was time to take back her power and with her co-conspirator, Leah Hynes, launched RYPL and created an environment where together individuals could make a meaningful difference in the world. As a kick-arse transformational mindset coach, impactful facilitator and speaker, Naz's deep care and love for her community has helped thousands silence their inner critics and enable their own 'disruptors'.

How to Craft Your Compelling Story

By telling personal stories the right way, you compel people towards you, move them into action and eliminate competition. But how do you get your stories from rambling, hour-long epics into punchy two minute tales that instantly move your listener?

In this workshop, Marsha Shandur shows you:

- which parts of your story to keep and which to lose (so that you can get it from three hours to three minutes!)
- how to get your listeners' attention within the first twenty seconds (and why that's so important)
- which "rules" of storytelling are essential for keeping people engaged and making your story have huge impact
- how to tell a story that is engaging, emotional, educational and entertaining.



Marsha Shandur is the organizer and host of, and story coach for True Stories Told Live, Toronto's biggest storytelling show. She has told stories at Dare!, The Toronto Storytelling Festival and onstage at Portland's World Domination Summit—where, this year, she coached storytellers for the stage. As the founder of YesYesMarsha.com, she shows freelancers, creatives and entrepreneurs how to tell their personal stories - and, as a Networking Mentor, how to build meaningful business and career connections that move their career forward faster. She has been featured on the BBC, Forbes, Art of Charm and The Muse. Transform the way you think about storytelling and networking – and see Marsha in a variety of wigs— at YesYesMarsha.com



How to Sell Yourself without Selling your Soul

Do you cringe at the thought of selling? Wish you could confidently and authentically sell your products and services without resorting to sleazy sales tactics or manipulation. In this workshop, you'll learn how to create a foundation of trust with your prospects before you even start a sales conversation, and discover a sales structure to move your prospect closer to a sale without ever feeling like you've had to 'sell'. You'll also receive worksheets, scripts, and guides to craft a sales conversation that meets your specific needs and personal brand without the need for manipulative sales tactics.



Jason Billows is a business and leadership coach who believes business should be about more than just the bottom line. He is the founder of Constant Clients, where he has helped hundreds of coaches, consultants, and other professional service providers to succeed at business without compromising the other priorities in their life. (And he walks his talk) Within 6 months of founding his first two coaching businesses Jason was booked solid with clients while staying home with his two young children. He is also one of only a few Elite Certified Book Yourself Solid Coaches who travels throughout North America helping business owners to get Booked Solid. You can learn more about Jason at: www.ConstantClients.com and www.JasonBillows.com

How to Tap Instagram to Grow Your Business

You've been hearing all the rave about Instagram and what it's doing for businesses around you. Ever wonder how YOU can use it to leverage your business and make your brand stand out? With over 365,000 Instagram followers (and counting!), the co-founder of Simple Green Smoothies, Jadah Sellner, will share the behind-the-scenes secrets and strategies on how YOU can grow an engaged Instagram following and drive traffic to your website and products. Jadah will also share the tools her company uses to keep their community happy and the momentum going. Learn how to make Instagram work for you, your business and your brand. Come with a smart phone in hand and really quick fingers!



Jadah Sellner is a world-changer, marketing strategist, and the co-founder of Simple Green Smoothies, which has grown to over 365k Instagram followers, 289k Facebook fans, 20 million website page views, and 300,000+ email subscribers...in just 2 years. Her "healthy obsession" with green smoothies and her community building super power has made her website the #1 online resource for the green smoothie lifestyle and changed the lives of over 1 million people. When she's not blending spinach, you can catch her reading Shel Silverstein poems at the dinner table, having dance parties with her daughter and husband, and helping dreamers take over the world at jadahsellner.com.



Make Your Own Mala

We've seen them worn by everyone from yoga teachers to celebs, the mala is a beautiful beaded creation often worn around the neck or wrist. Learn how to make your very own handmade traditional 108 bead mala to take home, in an enjoyable meditative creative making process with your mala making guru Shelley Adelle.

You will be able to choose the color of your silk for threading, tassel and which healing beads & guru bead you are drawn to from a selection to make your mala unique to you. You will learn how activate, use and care for your mala. You will also be given a handmade pouch to keep your completed mala in!



*Yoga Teacher & Studio Owner, Spiritual Enthusiast, Experimental Human: With a passion for Yoga and Energy work that is accessible **Shelley** brings joy to each class and encourages you to connect to the voice of the great teacher within! A former military brat, farm girl from Texas & actress Shelley spent almost ten years in NYC where she studied with the top teachers in the industry. An artist, reiki practitioner, writer, blogger, studio mama hen & friend...check out more at www.yogapagodavero.com or follow me on Insta/ Twitter @shelleyadelle #lovewins*

Making time for YOU: Radical Self-Care

What if you made self-care as mandatory as breathing? What might happen to your body, your mind, your abilities...your life?! In this workshop, self-care savant, Kristoffer Carter, will teach how you to align your rituals (ie. meditation, running, lifting, writing, eating clean) in a way that moves them from shoulds to Musts to DONE, even when you've got a life that seems too busy for little more than survival. In this workshop we'll work on developing your plan. Remember: Radical workloads (should) require radical self-care.



*Since completing Good Life Project's first Immersion program in 2012, **Kristoffer Carter ("KC")** has been asked back as a facilitator, resident meditation expert, and Chief Spirit Officer for Camp-GLP. By day, KC leads Sales Education & Development for Centro, an online media start-up with over \$350MM in annual sales. Since starting with Centro as the 44th employee, KC has helped lead the company through explosive growth to over 650 employees, all while winning awards for their legendary culture. A devoted yogi, father of 3, and singer/songwriter, KC is obsessed with Radical Self-Care. You can find his manifesto "The Framework" as well as guided meditations at ThisEpicLife.com.*



Mastermind Magic: The Power of Small Groups

Mastermind accountability groups are suddenly everywhere. But is it the right tool for your business and should you be in a group yourself? Mastermind groups can add huge value to your clients and joining a successful group can speed you to massive growth. But this deceptively simple coaching tool is often done poorly. In this workshop with mastermind master-facilitator, Liz Scully, you will learn:

- Exactly what is and isn't in a mastermind group
- The answer to the two most commonly asked questions
- The two secrets to powerful masterminds
- The single biggest mistake that mastermind coaches make
- Why you even need a Mastermind coach at all

Bring your Mastermind ideas and questions and we'll Mastermind one or two with the group.



*Want to earn more and work less? Emmy award winning **Liz Scully** runs highly effective mastermind teams that are ridiculously fun and highly effective. In the groups she puts together for herself and other coaches, you're focused and not derailed by the million things screaming for your attention. Bringing skills from film to create teams that actually achieve amazing results from many brilliant minds brought together.*

Mindfulness (guided practice)

Mindfulness is all the rage. Classes, apps, books, centers, corporate programs and even a magazine boast near miraculous changes in nearly everything that matters. Kinda leaves you wondering, what exactly IS mindfulness, how does it work, and where can I try it? In this workshop, NYT bestselling author and Shambhala Buddhist meditation teacher, Susan Piver will help guide you into the practice, what it's about and not about, how to do it right (hint: it's a trick question), then she'll guide you through a simple practice and answer your questions.



***Susan Piver** is a New York Times bestselling author, founder of the Open Heart Project, and renowned meditation teacher.*



Start Finishing: Get Your Ideas Into the World

The challenge with being an aligned entrepreneur is not having great ideas, but actually bringing the ideas that matter most to life. To be successful, you have to be more than just a dreamer or idea-generator - you have to be a finisher. During this workshop, you'll learn the key finishing principles and techniques I've taught to thousands of creative entrepreneurs.

You'll learn:

- How to take Big Ideas and convert them into achievable goals
- How to take those goals and convert them into doable plans
- The not-so-secret techniques to keep continual momentum on your projects



Charlie Gilkey helps creative people finish the stuff that matters. He's the founder of *Productive Flourishing*, author of the best-selling *The Small Business Lifecycle*, and host of the *Creative Giant Show* podcast. He lives with his wife, Angela, in Portland, Oregon.

The 4 Keys to Breakout Problem Solving

As an entrepreneur or professional, you are faced with constant challenges - daily and strategic - that you must solve yourself. How do you train your mind to switch out of constant worry and into productive problem-solving - within minutes? In this workshop, you'll discover an easy-to-practice four-part process called the IDEA Method. This method draws from the science of creativity to help you identify, track, and solve challenges with less fret and more creative insight.



Jeffrey Davis interviews and works with innovators, scientists, and psychologists to discover how people flourish in times of challenge and change. His boutique company *Tracking Wonder Consultancy* helps independent professionals, thought leaders, and teams have greater impact and influence by shaping irresistible brand stories and captivating books. As a result of their work together, his clients have landed on the NYT best-seller list, on Top 100 Thought Leader lists, and in Oprah's arms. Author of *The Journey from the Center to the Page* and online columnist for *Psychology Today* and *The Creativity Post*, Jeffrey lives in the Hudson Valley of New York with his wife and two girls. He can be bribed with deep dark chocolate.

The Art of Kick Ass Confidence

From the boardroom, to the bedroom, and in every nook and cranny of our thoughts, CONFIDENCE is the one thing that loves to keep YOU from getting what YOU truly want in life...that is...UP UNTIL NOW. Calling all campers who've ever said, "I'm not good enough...I can't...I'm not smart enough...I'm not talented enough!" Your moment has arrived and it's time to leave the "you ain't got it going



on" voices behind. You're about to create your own Kick Ass version of Kick Ass Confidence...your way! During this fun, interactive playtime led by Rick Clemons, we're going to dive into your .1ness (don't worry, we'll explain it when you get here) so that you can kick butt and be confident in any area of your life you desire. We're going to be up on our feet, playing, practicing, and pushing some fun envelopes in a very safe and loving way to build up confidence. You'll discover powerful tools for planning your great escape from your self-created prison, enabling you to jump arms wide open into a life where you say, "Sameness be damned. I'm digging my diff and living a life of Kick Ass Confidence." Please bring your cell phone with you to this workshop.



Rick Clemons creates ways for people who've got it going to get it going more by drawing on their .1 differentness to make them genuinely remarkable. "Dig your diff," he says. Or, as his alter ego and muse, Lemonodd-Pop, would say, "Come out with it, already!" As the Curator of Differentness, for his .1 Project, Rick invites people to join him in a revolt against the pressure to hide the parts of ourselves that make our world go around. Together, they playfully and strategically dig into their .1 drawer and pull out what is begging to be activated or more purposefully integrated into their lives and work. "There are things in there we are afraid to show. It can feel like posting your diary on Facebook," he says. "That's why we go at it differently." Rick knows the hard work of being true to one's self. He came out as a gay man at 38, with a wife and two kids. His work as a Coming Out Coach and Podcaster (Coming Out Lounge) has proven his talent to guide people, regardless of sexuality, out of hiding, even if what they are hiding is their own brilliant differentness. Rick is an author, speaker, podcaster, blogger, life strategist, and host who, as Lemon-odd Pop says, "Takes you to the party, the pulpit, the wake and back to the party." Learn more about Rick at RickClemons.com.

The Art of Noticing

One of the hidden unlock keys to an extraordinary life is your ability to be aware, to stop and actually notice what's going on around you. In this fun and engaging workshop with international adventure training facilitator, Scotty Johnson, you'll head outdoors to reconnect with your senses and nature. You'll use the natural environment to learn to: pay more attention to and appreciate what is right in front of you, rekindle your child like spirit of unconditional play, adventure and creativity, and develop an awareness of what is truly important to you.



Scotty's aim is to help people lead more fulfilling lives. He founded Yela! - to provide people with opportunities to develop a deeper understanding of themselves, their beliefs and their values so they can lead lives more aligned with who they are and what is important to them.

He specialises in using the outdoors, nature and wilderness journeys to provide reflective and thought provoking environments for people to establish a clearer sense of purpose and to learn new habits that can make a positive difference to their own and others lives.



Scotty has worked in the field of coaching and leadership development for over twenty years and has worked with the business schools of Insead in France, and Dartmouth and Wharton in the USA on their MBA & Executive Leadership Development Programmes.

The Science of Mindfulness, Meditation & Positive Energy

Positive energy, you know it when you come across it, you know when you're lacking it, but do you know how to leverage it? Learn how to maximize your energy by understanding how mindfulness, meditation, play, movement and gratitude affect you physically and mentally. Use simple, proven and powerful practices to harness your vitality and help you flourish, led by Emiliya Zhivotovskaya.



Emiliya Zhivotovskaya www.emiliya.com is a leading voice in the world of positive psychology & the science of flourishing. She is a widely sought-after speaker, educator, facilitator and coach. She's the founder of The Flourishing Center, the nationally-acclaimed Certification in Applied Positive Psychology (CAPP) program (www.getcertifiedinpospsych.com) and she maintains a thriving practice in NYC. Emiliya holds

a Master's Degree from UPenn in positive psychology, is currently pursuing her Ph.D. in Mind-Body Medicine from Saybrook University and has completed over 700 hours of certifications in yoga styles, including Anusara, Vinyasa, Yoga Education for Schools, Yoga Therapeutics, Yoga Tune Up and Laughter Yoga, Thai Massage, Reiki and intenSati. She holds a Professional Certified Coach (PCC) accreditation from the International Coaching Federation (ICF) and has been on faculty for the Good Life Project since 2013. In her previously life (career) she was a professional party entertainer and brings her joy for creating fun learning experiences to everything that she does.

The Science of Resilience: Build Mental & Physical Toughness

Resilience keeps you acting when you most want to quit. It is the unlock key for success in long-term, massively-challenging endeavors. Until recently, people thought you either had it or you didn't. But a growing body of breaking research reveals that mental and physical toughness is not only a mindset that separates those who succeed from those who plateau, it is a teachable and buildable skill. This engaging workshop with the founder of The Flourising Center and the Certification in Applied Positive Psychology, Emiliya Zhivotovskaya, shares the power and science of resilience and offers 3 specific, actionable strategies to build it.

The SoulCode Project: Reconnect With Your Sacred Center

The SoulCode Project workshop is a fun, fast-paced "Journey to the Center of the Soul" experience led by Jennifer Boykin that clarifies what a person really wants and breaks through the everyday gunk and soulful sludge that keeps us tethered to stuff we don't really want.

Using cards, basic art supplies, feathers, sparkles and more workshop participants create their own



unique Wisdom Decks to take away with them. The Wisdom Decks are a daily reminder to build each day on what matters most.

Takeaways include:

- Laughter, good old-fashioned play, and a lot of soulful introspection
- A personalized Wisdom Deck to take home
- A greater understanding of the life-changing connection between intuition, wisdom, and soulful clarity.



Jennifer Boykin is the creator of *Life After Tampons*, an online community for women whose *Big Secret* is that they yearn for something more. She helps them get unstuck and onto their *Big Dreams*. At her "day job," Jennifer runs *Rock Bottom Consulting*, a firm that helps reluctant salespeople develop a soulful marketing and sales practice.

The Synchronicity Experience: Awaken Your Spiritual Rebel

Synchronicity is that magical place where the unseen world of energy combines with the physical world to create an experience, event, coincidence to guide people with more ease in their life, business, relationships. Are you feeling a calling to incorporate more spiritual principles into your life and/or business while stepping into a bolder more soulful you? Come join this interactive experience where you will:

- Uncover blocks that are holding you back and shift them
- Gain more clarity on a current project or issue
- Create more time in your life
- Powerfully connect with your intuition
- Create your rebel action plan
- Let go of struggle and stress
- Experience an activation meditation to awaken your souls calling
- Have more fun creating your new reality



Monica Kenton is a shaman, author, speaker, and entrepreneur. She helps consciousness seeking entrepreneurs and professionals break free of beliefs, patterns, and habits that are keeping them from their highest potential. She combines spiritual/energetic principles from ancient wisdom with modern day strategies to create rapid transformation. Her work has been called fast, intense, powerful, life changing, and



radical. Using her own unique methods, within 4 months she left her University teaching job of 21 years while replacing her income and doing what she loves, as well as find the love of her life in that same time frame. She teaches others that anything is possible....and it can take less time than one thinks.

Turning Your Brand Into a Merchandise Machine

What if you could create merchandise that not only drove revenue, but also accelerated the growth of your business, brand and vision? In this workshop, Fellow Flowers co-founder, Mel Charbonneau, takes you into the mysterious world of merchandising. Since starting her business three years ago, Mel has gone from seven simple products on her website to over 200. She's been able to successfully scale with limited cash flow and make money and meaning by staying true to basic principles, listening to her customers and creating an exceptional user experience.

Tips, strategies and takeaways we will tackle:

- How to create authentic buzz and buying behavior
- What your sales margin should always include
- Effective strategies for maximizing sales with limited cash-flow
- How and when to sale and discount your merchandise (and if you should do it all)
- Resources and lessons learned in packaging and shipping
- Where to start—suggestions for bringing your first products to market
- Guidance on selecting a POS platform, processor and online shop that fits your needs and budget.



Mel is a believer in big dreams, that what we create should serve a greater purpose and that authentic stories truly can change the world. She is the co-founder of the women's running company Fellow Flowers, which aims to honor, share and celebrate the reasons behind why women run. Fueling her work is a passion for community building, strategic and authentic marketing, and aligning herself with like-minded, action-oriented dreamers to share in the fun. Prior to launching Fellow Flowers, Mel spent over eight years in marketing, communications and brand development. Mel lives in Madison, Wisconsin where she actively volunteers with several local organizations, including serving on the board of directors for the Dane County Girls on the Run chapter. She speaks regularly to various audiences on the topics of entrepreneurship, big-hearted dreams and creating alignment between work, life and service. She is inspired by her three beautiful daughters – Alexis, Allison and Margaret, and by her husband, Jason.



Unshakeable: Reclaiming Your Center in the Entrepreneurial Storm

Entrepreneurship ain't for sissies. The ups and downs of conceiving, growing, scaling, and succeeding with a world-changing, transformative business can threaten to knock the best of us off our centers. But...do you know what your center truly is? At the end of the (busy) day, when you take off the many hats you wear, are you clear on who is there to begin with? When it comes to being fully at choice in the life and work you're creating, this is the place to begin. Join Life Leadership Coach Laura Neff in this workshop designed to help you learn how to discern your "Core Elements"...the centermost parts of you that, when clearly identified and defined, can make all the difference in becoming unshakeable amidst the daily tempests of life and work.



Laura Neff works with entrepreneurs, leaders, and soulful world changers to create a consistent experience of confidence, clarity, and peace within themselves, their work, and their lives. Laura has been a Life Leadership coach since 2006, is on the Good Life Project 2015 Immersion faculty team, and lives in Charlotte, NC with her husband, dogs, cats, and chickens!

Become Your Own Massage Therapist

Tight neck and shoulders from typing on the computer all day? Do you find yourself aching for more and more frequent body work? What if the best massage therapist was your own two hands and a set of small rubber balls?

In this workshop you'll learn the art of keeping your body vibrant through self massage techniques. From releasing tension in your neck, to preventing arthritis from typing, we'll even teach you how to give yourself a mini-face lift! With specially designed Yoga Tune Up® Therapy Balls and movement routines you will learn to work through layers of tissue and muscle to massage deeply into your high tension zones.

Join us for this hour of play and self-discovery where you'll uncover that the key to self-love is through radical self-care, led by Emiliya Zhivotovskaya.