

HOLLY STIEL PROGRAM DESCRIPTIONS

Taking Care of Yourself So You Have What it Takes to Take Care of Others

High self-esteem is absolutely essential to good customer service. It's simply impossible to constantly give to others if you do not take care of yourself. They say it best on airplanes, put your own oxygen mask on first, then assist your child. It's the same at work and in your personal life. You must take care of yourself, so you have what it takes to take care of others. Life, family, business, relationships -- all are filled with situations that create stress. The question is how do we respond to that stress? How do we take care of ourselves when we are already overly busy and overextended?

Holly Stiel has been on a lifetime quest for the answers. Her days as a concierge were filled with the pressure of being front and center, constantly bombarded, doing too many things in too little time while maintaining composure, calmness, and grace. She quickly recognized the necessity of taking care of herself and began a journey of healing and self-discovery that led to everything from acupuncture to Zen.

From that bounty of experimentation, she's selected the ideas that are most practical, time sensitive and budget conscious, for balancing your life and re-defining the way you view health and wealth. Participants are taken on their own personal journey, leaving with a deeper understanding of what self-care truly is and why it is important to them as well as the people in their lives.

Curriculum includes:

What self-care is and is not – Breaking the barrier that self-care is the same as selfishness, opening up a space to give yourself permission to take care of you.

Take a self-care assessment – Take your own personal self-care temperature and assess how well you are taking care of yourself in seven important areas.

Ways we sabotage our self-care – Learn the eight ways you sabotage yourself and what you can do to counteract them.

Our word is our reality – Gain awareness of the barriers you put up to convince yourself that you can't care for yourself. Banish the pervasive myths of "no time," and "no money."

Barriers to self-care – Learn about boundaries. It's not just time, but our perspective of time that keeps you stuck. Take a personal journey through your own 24-hour cycle. See firsthand how you spend your time and re-frame it to

Holly Stiel | 728 Bay Road | Mill Valley, CA 94941 | 415.383.4220 | holly@thankyouverymuchinc.com

include those things that bring you joy and nurture your spirit.
Finding the sacred in the midst of the insane – Discover 20 things that you can do in 20 minutes or less and 20 things you can do in 2 minutes or less that cost no money.

Finding the sacred in the midst of the insane - Discover 20 things that you can do in 20 minutes or less and 20 things you can do in 2 minutes or less that cost no money.

The "Crowning Ceremony" – Take the first step on the path of self-care by committing to a personal appointment and declaring how you will nurture yourself during that time.

Self-Care techniques

- Breathing – Learn simple, yet powerful and effective techniques to reduce stress.
- Massage – Learn about different massage techniques and their effectiveness. Try one that is absolutely free and always available.
- Stretching – The most overlooked self-care technique. Learn simple and easy exercises to do at home, at work and while waiting in line.
- Mindfulness – The philosophy that teaches being present in the moment. The present is the only place where joy can be accessed. Experience a mindfulness exercise that opens your eyes to the power of being present.
- Grounding & Centering – The most effective and efficient technique Holly has ever learned. It is a breathing and visualization technique used by athletes and actors to enhance their performances.
- Humor – Approaching humor as mindfulness. Bringing humor into your life and your work requires that you are present and aware that it is all around you. Learn the four places humor can be accessed and experience the emotional shift this amazing strategy offers.

What attendees are saying:

"Holly, I took an entire day for myself. I turned the phone off. I just hung out. It was the best day I've had in years. I just wrote to say thank you!"

"I wish every woman at this convention could be in this breakout session. I've lived my life not believing that I deserve and I have taught that to my daughters. Starting today, I'm going to change that. I felt the presence of God."