



When we care for ourselves –  
nurturing wellness on every level,  
tapping our natural talents, and  
being mindful of our roles and relationships –  
we become more centered and successful in  
our homes, workplaces and communities.

## *Live Well, Work Well Retreats and Seminars*

Anna Dvorak, Healthy Living Guide  Jen Miller, Business Coach

Anna and Jen have teamed up to offer seminars, day retreats and weekend retreats for executive teams and functional groups of 5-12 who are looking to harness their effectiveness through a group experience with an insightful strengths coach, and experienced wellness expert.

Each session will be couched artfully in a specially chosen space and supplemented with exquisitely-crafted fresh and locally-sourced meals thoughtfully prepared by Anna. You will experience the power of her intentions for your wellness through her meals, teaching, and skincare products and enjoy the lingering effects of health and peace as a result of Anna's accessible, hands-on approach to wellness.

Through Jen's insightful strengths-coaching, participants will gain critical insight for leveraging both their own strengths and the strengths of the group while accessing strategies for maintaining a steady stream of energy throughout the workday. Results? Fresh motivation, renewed confidence, and enhanced team performance—basically, a readiness to flourish.



[www.annadvorak.com/livewellworkwell](http://www.annadvorak.com/livewellworkwell)  
[www.furtheredintentions.com](http://www.furtheredintentions.com)



*We offer a full array of experiences based on the specific needs of your team:*

---

### **Lunch and Learn (2 hours):**

Bring your bag lunch and your Strengths Finder Results. Gain a deeper understanding of strengths principles and create a plan for developing your natural talents into cultivated strengths. Learn techniques to avoid the mid-afternoon slump and tips to transition well through the various stages of your demanding day.

### **Half-day seminars:**

Identify what you uniquely bring to the team, and how the team is positioned to accomplish its objectives via customized analysis of the team's strengths and by strengths distribution across the Four Domains. Look for new ways of working to more fully allow your strengths to shine, combined with an organic, gourmet lunch using the best of local and seasonal ingredients while learning about healthy foods and life practices to support your mood, energy and health.



### **Day Retreats:**

Indulge your desire for deeper learning around team-based strengths. Grow through customized sessions exploring how your team's strengths can be harnessed to achieve your functional goals. Gain a working knowledge of strengths language and promote understanding in positive and nurturing environment. In between sessions, enjoy delicious, vibrant foods, from smoothies and juices to an organic, gourmet lunch prepared with the best of local and seasonal ingredients. Be enlightened by a Wellness in the Workplace workshop, covering mindfulness, breathing techniques and guidance for finding balance with skin, diet and exercise. Ideal for corporate teams, boards of directors, teams of employees as well as like-minded colleagues across different businesses.

### **Weekend or Two-Day Retreats:**

Arrive to a calming retreat environment and feel yourself nourished and inspired on every level; mind, body and soul during a two or three day retreat designed to further your intentions for a successful work life by integrating your strengths with your current roles and your life goals. Quiet, reflective time for relaxation and rejuvenation, balanced with insightful and honest strengths coaching will leave you inspired and ready for action by the end of the retreat. You'll enjoy delicious, vibrant foods designed for optimum health, from custom-blended juices to gourmet meals prepared with the best of organically grown local and seasonal ingredients. Indoor working sessions will be complimented with seasonally-appropriate outdoor trail walks to promote active learning. *Optional massage available during the retreat.*

***Pricing available for groups of all sizes.***

For more information about retreats and classes offered by Anna Dvorak, visit [www.AnnaDvorak.com](http://www.AnnaDvorak.com)  
contact: [Anna@AnnaDvorak.com](mailto:Anna@AnnaDvorak.com)

For more information about coaching services provided by Jen Miller, visit [www.furtheredintentions.com](http://www.furtheredintentions.com)  
contact: [Jen@FurtheredIntentions.com](mailto:Jen@FurtheredIntentions.com)  
<http://www.facebook.com/StrengthsWay>