



Detox Your Life • Leadership Core Balance • The Enlightened Leader

Develop the Leader Within

Wellness, Self-Care Workshop Series

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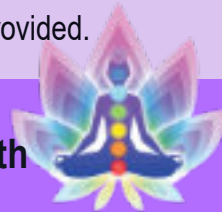
Almost everyone in a leadership role is struggling with something. The pressure of work puts a great strain on their mental and physical health. Worry and limited time are a constant drain on their energy and motivation. Yet they are expected to be internally grounded, stable and enthusiastic...everyday! Most organizations are at a loss on how to provide support or unaware specialized training is even available. Emerging leaders, new leaders and experienced leaders need novel thinking to mentally cope with their life in this role. These pioneering workshops were created to provide "inner work training" based on clinical research, real world experience and Eastern philosophies. They offer unique methods and holistic techniques that are exciting and intriguing, providing alternative perspectives for mental stability, core balance and self-care. In many countries around the world these practices are commonplace. However, in the U.S. they are just beginning to have an impact on organizations with remarkable success! These interactive workshops offer new perspectives, unconventional tools, proprietary surveys, case studies and live demonstrations.

One-on-one coaching is available to support all of the workshop concepts!

Workshop 1: Detox Your Life-Add Energy Increase Your Capacity

Discover the sources of deep stress that limit your capacity and drain your energy with a proprietary personal survey. Learn new techniques to free yourself from this burden! Most leaders are "monkey minded" meaning they can't shut their mind off. They can't stop thinking about their job and relax. It tends to consume them and negatively impact all aspects of their lives. They also lack knowledge of their own "natural talents" and those they work with. This leads to talent/ task mismatches with disastrous results for them and their team. This session provides insights into a person's natural talents and genetic skills with a proprietary survey. Also, how to spot talent in others! The goal with talent matching is to match the right people to the right tasks. It is designed to "set people up for success." Participants will learn how to maximize the use of their natural talents on the job as well as help new hires and their coworkers do the same. When people use their natural talents at work, they enter a positive mindset known as "flow." They do high quality work, are happy, efficient, energized and most important...they escape the: eat-work-sleep-repeat, depression lifestyle trap. Also, ideas and time will be provided to set daily, weekly and monthly short-term, inspirational goals using vision boards. These short-term goals will encompass important mental health areas such as: clean eating, exercise, relationships, family, friends, nature, pets, vacation, fun, and hobbies. All of these are necessary for leaders to recharge their batteries when not at work and keep them healthy and solidly grounded. Additionally, ideas on how organizations can implement these concepts for all employees to team build and boost morale will be included. A checklist of negative energy activities will be covered and a list of positive energy boosting activities. Learn common pitfalls that sap energy, perfect health and how to reverse that trend! Case study examples to illustrate the concepts will be provided.

Workshop 2: Leadership Core Balance and Inner Strength-A New Perspective, Chakra Clearing and Energy Movement for Improved Physical and Mental Health



Most people have never heard of Chakra and if they have, that is pretty much the extent of their knowledge. This session will introduce leaders to the basics of the seven Chakra energy centers in the body. It will also cover how they affect leadership traits and health. Chakra clearing as a leadership and physical diagnostic aid is gaining momentum in the U.S. The techniques of energy healing and Reiki are becoming more popular. Many leaders experience migraines, headaches, digestive problems, neck pain, back pain, chronic pain, depression, anxiety and sleep issues. These can correlate to blocked Chakras! These symptoms often times can be greatly alleviated or even eliminated with non-invasive energy techniques. Thereby strengthening specific leadership qualities. Several other advanced techniques: NLP (neuro-linguistic programming) and "imagineering" will be covered for health, positive attitude maintenance and stress reduction. This session will introduce participants to Chakra clearing using specific frequencies of sound correlating to each of the seven Chakras for rapid healing, leadership trait amplification and perfecting meditation practices. The whole class will participate in a sound frequency guided meditation as a live demonstration.

Workshop 3: The Enlightened Leader- "Future Self" Creation and Raising the Collective

Do you have the power to recreate yourself into a more influential Leader? A positive, high frequency individual capable of inspiring others? The answer is yes! However, you need advanced psychological methods and specialized training to do this. The method for total leader reconstruction is called Tulpamancy! It is not just purchasing a new wardrobe or changing your hair! You must become a leader from within, recreate from the inside out! Tulpamancy has been used in various ways by famous people including: NFL Vikings Super Star Justin Jefferson, Gold Medal Olympian Noah Lyles, World Champion Body Builder Arnold Schwarzenegger, Singer/Actress Lady Gaga and a host of others. Learn their secrets to complete persona recreation, high energy, high performance and inner strength. Participants will learn how to use the "magic mirror" method of energy transfer and future-self construction. Understand how to rapidly achieve goals by "bending time" with quantum physics. Gain secret knowledge on the concepts of becoming a positive high vibration individual, changing your core frequency, resonance and synchronicity awareness. Learn how to tune-in to your personal success frequency through imagineering to receive intuitive guidance, discernment, out-of-the-box ideas, solve problems and attract helpful people. Learn how to raise the collective consciousness of your team to keep morale high! The last module covers design and construction of relaxing office spaces, Feng Shui meditation safe spaces in your home or workplace for personal energy work. Examples will be shown of uniquely built, custom energy wellness rooms and personal in-home meditation spaces. Learn how these spaces can easily be constructed and used in the workplace for all employees!

Instructor: Dr. Mike Monroe Kiefer has advanced degrees in genetic engineering and behavioral psychology. His experience in alternative Eastern philosophies, highly advanced psychological training methods and energy work began at the age of seventeen. He has extensively researched, spoken, written about, made videos on, life coached and trained people, leaders and emerging leaders around the country for 30 plus years. He has researched miraculous healings, Olympians, entertainers, and self-made millionaires. His life changing books and proprietary personal surveys include:

The Powermind System-Life Guide to Success

The Powermind Natural Talent and Genetic Skills Test

Superconscious Power -The Science of Attracting Health, Wealth and Wisdom

Spiritual Strength-Training Techniques for Spiritual Restoration

Spiritual Power and Spiritual Ascension

He speaks regularly at conferences, High Schools, Colleges, businesses, government agencies and non-profits. His unusual life and story and life coaching work is amazing!

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Life Coaching - Energy Work

Resonance...sometimes you see an image or read a message and it resonates with you. I know my coaching services only resonate with a select few. These are the few I am trying to reach! The people that I work with are not drawn to my coaching, energy work services because their life is humming along perfectly. I am usually working with the lost, alone or those who know something is not right with their world. These folks often times have traveled the standard path of clinical aid and nothing has worked. I don't claim to have all the solutions for everyone. However, I have spent the greater part of my life studying and practicing alternative, Eastern methodologies. Techniques and practices most people have never heard of or even know exist. For example- Reiki, Energy Healing, Chakra Balancing, De-Armouring, Regression Resolution Therapy, Sound Therapy, Imagineering, Tulpamancy, Deep Trauma Clearing and more. The average person would simply blow these teachings off as flat out nonsense. In the West we are mentally conditioned by the information we are exposed to from childhood to think that "there is a pill" for everything. I am not against pills. But what about the person that suffers from: migraines, headaches, random pain, nightmares, night terrors, PTSD, anxiety, panic attacks, loneliness, history of failed relationships, depression, loss, child abuse, not fitting in, inability to connect, feeling your potential isn't being used, feeling your life is spinning in circles, etc. Where do you go to fix these issues when an aspirin a day ain't cutting it? When I was 17 years old I was broken and got rescued by a living miracle. I spent 4 glorious years with her until her untimely passing. She introduced me to alternative, holistic methods as a teenager. I continued to research what she taught me throughout my life and practiced these methods with clients who experienced remarkable results. These clients were the "hard cases." I have written many books on these subjects and continue to write. However, it's not likely your cure will come from reading a book or studying a diagram. A skilled, experienced, coach/energy worker needs to act as a guide. I have witnessed and had others give personal testimony to miracles that have no logical explanation, yet they happened. If your life is going great, Congratulations! However, if this message resonates with you or you know someone who needs guidance, I was placed here to help and you to read this for a reason! Don't delay! Contact me! You are my purpose!

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