



THE SOULFUL LEADER PROJECT

Flow is the source code. When you are in flow, productivity increases 500%, learning increases 230% and creativity increases exponentially... well-being & happiness are inherent.



Stephanie J. Allen

Stephanie has over 25 years as a therapist, an instructor, a published author, an award-winning speaker, and entrepreneurial consultant. She has worked with some of the world's top companies on corporate health and wellbeing, stress management, and in the treatment of chronic pain.

Maren Oslac

Maren is a business disrupter with a passion for excellence and a drive to help successful leaders increase their impact and abundance and step up to the next level of life. Her lifetime combo of business, the arts, education and spirituality makes her perspectives unique and insightful.



To make 'shift happen' in your business:

Contact us directly: Stephanie - (902) 694-3098; Maren - (630) 564-0199

Discover more on our website: www.TheSoulfulLeaderPodcast.com

Get to know us through our podcast: The Soulful Leader Podcast (on all podcast platforms)

72% of Entrepreneurs are affected by mental health issues and burn out.

Leaders & Entrepreneurs are:

- 2X as likely to suffer from depression
- 6X more likely to suffer from ADHD
- 3X more likely to suffer from substance abuse
- 70% more likely to suffer from sleep deprivation

There IS a better way.

There is a new, inclusive and empowering way to do business. One that brings the power of each person's gifts and strengths to the table and leverages community.

Stephanie and Maren are changing the way that business does business by bringing best of personal development into the boardroom.

All of our work directly connects leaders with their personal flow, their mission and their purpose. Our goal is to shift the old 'need to do it all' mentality and instead foster confidence, connection and a positive, effective culture that works in today's uncertain times.

We bring a new, empowering way of being into BOTH work and life. Be a part of making shift happen with us.





MENTAL WELLNESS & RESILIENCY TRAINING

IGNITE YOUR CAPABILITY

- Discover the energetics behind shifting from stress to flow
- Learn your personal flow energy, the foundation behind the 8 paths to flow
- Build your support (and team) to increase your productivity and reduce stress
- Deepen your conversation with your gifts and strengths

INCREASE YOUR CAPACITY

- Work/Life Balance: Tools to Empower
- Master saying 'no' without feeling guilty
- Eliminate self sabotage and transform your inner critic
- Go beyond survival to THRIVE in uncertainty
- Change challenges into opportunities

ATTRACT YOUR CLIENTELE

- How to say 'no' to attract the right clients
- Owning what sets you apart from your competition
- Stop people pleasing and start gaining and retaining
- Shift from 'sales' tactics true connection that attracts and retains clients

Workshops are available singly, or as a series.

Contact Stephanie - (902) 694-3098 for more details, references or to schedule.

~ **Double your productivity with half the stress.**

~ **Become a resilient Entrepreneur.**

~ **Shift burnout, anxiety and poor cash flow to abundance & attraction.**

Work related stress is created by doing things that are outside of our natural gifts, strengths and passions. Most people were not taught healthy ways to deal with stress, anxiety and challenges so they find themselves overwhelmed, lonely and isolated.

Our workshops are designed to address these challenges and provide solutions that expand time, restore energy and increase effectiveness... essential tools for every leader or Entrepreneur, especially in today's climate.

The training gave me tons of practical tools and information in regards to running my business.

~ Paige W.

All our workshops are experiential. Attendees work directly with us and everyone leaves with concrete tools and takeaways to move them from survival to thriving.

INSPIRE YOUR CULTURE

- Working together to overcome limitations
- Building Trust & Value
- Create an environment that allows you and your team to thrive
- Increase productivity
- Develop mindset mastery that keeps you resilient
- Attract the right people, the right skills and the right moments to make magic happen