



# True Nature Wellness

Your Guide to Personal Growth

## The Guiding Principles of *True Nature Wellness*

- **Authenticity:** With every offering of service through *True Nature Wellness*, I remain authentic to my driving passion to serve others in leading more fulfilling, empowered, and healthy lives.
- **Audience-Centered:** I let the specific needs of each audience guide my instruction and steer clear of “cookie-cutter” approaches. I commit to meet people where they are at on their road to wellness.
- **Accessible:** I create programs that are accessible to all skill levels and knowledge levels. I use my creativity to find successful ways to include all types of individuals in the learning experience.
- **Adaptable:** Whether teaching from ancient practices or drawing from more modern day techniques, I am prepared to adapt my offerings in whatever way each unique situation calls for. I seek to be firm with my intentions for the programs I offer, but flexible with the form they may take.
- **Inclusive:** With every program or class, I strive to create a welcoming and nurturing environment for all types of individuals. I encourage a sense of community in any group offering I present.
- **Integrative:** I encourage participants to involve all parts of themselves in the *True Nature Wellness* experience. I educate my clients about all the different ways of knowing we have available to us (body, mind, breath, etc.) and encourage them to think of wellness in an integrated way.
- **Interconnected:** I help individuals connect the specific lessons from their *True Nature Wellness* experience to the rest of their lives so that they may apply their new insights to make positive, sustainable changes in their lives.
- **Engaging:** I design programs that are fun, light-hearted, uplifting, and inspiring, while still being rich with content and effective in teaching strategies for health. I transform old beliefs of wellness having to be all “work” and no “play.”
- **Evolving:** In long term programs or work with clients, I constantly reevaluate the clients' goals and adjust my services to meet their ever-evolving needs.
- **Proactive:** I encourage clients to take an active role in shaping their *True Nature Wellness* experience so that they can begin to take ownership of their own health and well-being and discover a new empowered self.

It is my genuine hope that *True Nature Wellness* will leave you with the ability to look at wellness in a whole new light – as something much, much more than just the absence of sickness. So, let's get started. Your life awaits...