



TIMELESS WISDOM AT WORK

## REST & RENEW

28% of Americans over 35 years old use some kind of sleeping pill to rest through the night, because their minds remain so active they cannot sleep. The average American takes less than five days vacation a year, and does not really rest. In our country it is considered normal to be available to others 24/7. The norm is rarely natural. Rest and renew is about self-care that taps creative inspiration and a deeper dimension of your being. A timeless pause without flat screens that refreshes... we have learned many creative ways from our clients, who have been courageous enough to bring rest and renew to their lives, into their organizations. Timing and preference is up to each individual but they must lean into being alone in solitude... fishing in Northern Canada, pilgrimage walks, river-walking, cabin in woods, wandering old cities of Europe, an afternoon at the forge in your garage, meditation retreat, some clients started with one morning a per week of verbal silence, or walks at lunch.

Inquiry

How do you recharge your battery?

Right Action

Engage a passion for an afternoon

