Wellness: The Spa and Beyond

Wednesday, August 30, 2017

Presented by
Theresa Rose
Business Motivational Speaker
Theresa Rose Presents

Moderated by
Lori Tenny
Director of Strategic Content
Meetings Today
Housekeeping

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Thank You to our Webinar Sponsors:
Today’s Speaker:

Theresa Rose
*Business Motivational Speaker*
Theresa Rose Presents, LLC.
Theresa@TheresaRose.com
Following this webinar, you will:

• How to articulate the importance of wellness initiatives and the high costs associated with not having them
• How to understand the wellness offerings that create the greatest return-on-value for the meeting client and attendees
• How to navigate the complicated litany of spa services and identify which ones are must-haves and which ones are no-thanks
• How to convey the emotional value as well as the financial justification for wellness programming to senior managers and stakeholders
• How to execute the five M’s of wellness every day in order to increase energy, decrease stress and dramatically improve productivity
Wellness: The Spa and Beyond

Meetings Today
August 30, 2017, 1:00pm ET

Theresa Rose
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Quick Intro

- Mindfulness Expert
- Massage Therapist
- Reiki Master
- Meditation Guide
- Spa Junkie

- Business Motivational Keynote Speaker/Emcee
- Management Consultant
- Award-winning Author
- Association Leader
- Former Owner of Healing Center
Why Wellness?

- Lack of boundaries
- Sleep disorders
- Electronic overstimulation
- Poor lifestyle habits
- Nature-deprived

Stress Bunny Syndrome
Current Spa Trends*

- Mindfulness
- Himalayan Salt Therapy
- Ayurveda
- Reiki
- Nutritional Counseling
- High-tech MedSpa & Anti-aging
- Spa Parties
- Customization & Connection
- Growing Target Markets

* DaySpa: Spa Industry Leaders Reveal Trends and Challenges for 2017
Wellness: Spa Day, Every Day

Be Mindful Today!
Movement
Meditation
Manifestation

Make more time. Get more done. Earn more money. Have more fun.

Write in the present tense a thoughtful, concise vision of your ideal life, considering impacts to your life physically, mentally, emotionally, spiritually, financially, vocationally, relationally, and recreationally.

I am so grateful that I...

________________________________

________________________________

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________________________________

Thank you, ______________, for this or something better!

Print several copies, place around your living and work spaces, recite multiple times daily until it is committed to memory. Continue to energize every day and modify when your vision grows.
SuperStrategy #1: Focus on the BMI
SuperStrategy #2: BodyScan/PMR
 Bonus SuperStrategy: Have-to Reframe

language, n.

speech, dial
Wellness Beyond the Webinar

Visit TheresaRose.com/havemore for your free ebook on how to bring more mindfulness into your day!
Thank You and Be Well!

Theresa Rose
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Questions?

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Our TAKE 10 feature, offered either on our website or via our Webinar Wrap e-newsletters, provides answers to some of the key questions we just did not have time to get to during today’s webinar. Look for an email coming soon!

Upcoming Events
• Why Can’t We All Just Get Along? Working & Meeting Multigenerationally
  Wednesday, September 20th at 1pm Eastern
  Presented by Joan Eisenstadt. Sponsored by Kalahari Resorts & Conventions

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Wellness: The Spa and Beyond

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