

PERSONAL PERFORMANCE WORKSHOPS

Helping YOU stay young, healthy, and fit!

Putting Your Power to Work for You!

The benefits of building strength and conditioning go beyond feeling great and looking good. Being strong and in shape helps you stay young, healthy, and fit so you can live the life you envision. In this workshop, learn 5 vital aspects of building a strong body and a strong mind and how they can help you accomplish what is most important to you.

Seven Habits for a Healthy Lifestyle!

Habits for a healthy lifestyle are really choices that we make each and every day. In this seminar, Pam highlights her “seven choices” for building a strong body and a strong mind - hallmarks of a healthy and vibrant life. She also shares tips for balancing the demands of your life and work with the goal of being strong, healthy, and fit.

Master Your Energy; Master Your Life!

Come to this workshop and learn how to train your mind and your energy to be more powerful and successful in life. Pam shares her system for mastering the “mental game” - personally and professionally - and create a winning mindset. Learn how to lead your energy to success!

Be Unstoppable! Develop an athletic approach to life and work!

Great athletes epitomize the success that can be achieved by mastering one’s strength and conditioning as well as mastering one’s energy. With physical fitness and mental focus and fortitude, athletes learn how to keep moving and keep achieving - no matter what. You can too. Live and work from a place of strength. Learn Pam’s approach to developing unstoppable energy!

Note: Seminars and workshops are tailored to your organization/group and are offered as 90 minute, 3 hour, or full day sessions.