

THE
**DISENGAGEMENT
DETOX**



**WASH AWAY TOXIC BUILD UP
RECONNECT WITH YOUR VISION**

Our Next Cohort Begins August 22nd

THE DISENGAGEMENT DETOX PROGRAM PROVIDES YOU WITH THE ESSENTIAL ELEMENTS TO CULTIVATE TRUE WORKPLACE WELLNESS WITHIN YOUR ORGANIZATION... BEGINNING WITH YOU.

This is a 16-week online coaching cohort that teaches people-centered practitioners the path to true resilience through a Healing Qigong energetic detox. Let's build a toolbox that you can use indefinitely to strengthen your resistance to disengagement and burnout moving forward.

YOU WILL...

1. Learn the 5-step framework that integrates Healing Qigong into a personal detox you can do on an ongoing basis.
2. Remove the wall that was built the moment your resilience began to function for the purpose of survival.
3. Discover your vision for why you chose the path to work with people.
4. Strengthen your resilience to serve you and your desired intentions for manifesting organizational change.

The definition of self-care has defaulted to buzzworthy terms with a blanket universal formula that only generates frustration for those who are desperate to find relief. Our current working societal construct is counter to anything this wellness trend is hoping to achieve. A bubble bath will not cure your burnout.



FIVE IMPACTS OF STRESS

- 1. Stress makes it difficult to control your emotions.** A study found that even mild stress, such as that encountered in daily life, may impair the ability to use cognitive techniques known to control fear and anxiety.
- 2. Stress can promote disease.** Stress has been linked to illnesses that include cancer, lung disease, fatal accidents, suicide, and cirrhosis of the liver.
- 3. Stress can ruin your heart.** Stress damages your heart because stress hormones increase your heart rate and constrict your blood vessels. Forcing your heart to work harder.
- 4. Stress weakens your immune system.** The connection between mind and body is often underestimated. But everyone has experienced a cold when they can least afford to. That's because the high demands stress puts on the body make the immune system suffer making your more vulnerable.
- 5. Stress can lead to long-term disability.** After a five-year study of 17,000 Swedish working adults, ages 18 to 64, one in four were awarded disability benefits for physical conditions. Nearly two-thirds drew benefits for mental illness.



INCLUDED:

- (8) 75-Minute Live Classes
- (8) 45-Minute Group Coaching Sessions
- (8) Guided Audio Meditations
- (14) Qigong Exercise Video Tutorials
- Downloadable PDF Workbook
- Access to our On-Demand Online Learning Hub, the **Intuitive HRart Institute**

THE SCHEDULE & TIME COMMITMENT

Our LIVE meeting times will be Monday nights at 8PM EST starting August 22 and running through to December 12. We will meet for 45 minutes or 75 minutes, depending upon whether it's a coaching session or a class session. If you are unable to make a session, a replay will be made accessible within 24-hours on the online learning hub.

Additional work includes practicing simple Healing Qigong exercises that can be completed in 10-minutes or less daily.

A CLOSER LOOK AT EACH LESSON

Lesson #1: Assessing Disengagement Levels

1. Discuss how energy relates to engagement in the workplace.
2. Articulate the intention and purpose behind the Disengagement Detox.
3. Explore the power of breath work.
4. Discuss the many forms of egos that might encourage resistance.

Lesson #2: The Impact of Workplace Related Anger

1. Practice an exercise to remove unwanted stagnated energy from our bodies.
2. Discuss the ideal for processing anger.
3. Explore how anger is stored in the body.
4. Identify what anger reveals about our personal wellness.
5. Learn a method for releasing stored anger.

Lesson #3: The Impact of Workplace Related Grief

1. Practice a new exercise to remove unwanted stagnated energy from our bodies.
2. Discuss the significant internal impact of sadness.
3. Explore how grief is stored in the body.
4. Identify what grief reveals about our personal wellness.
5. Learn a method for releasing stored grief.

Lesson #4: Overcoming Work Related Doubts

1. Practice a new exercise to remove unwanted stagnated energy from our bodies.
 2. Discuss the significant internal impact of self-worth.
 3. Explore how doubt is stored in the body.
 4. Identify what doubt reveals about our personal wellness.
 5. Learn a method for releasing stored doubt.
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EACH LESSON IS TAUGHT LIVE IN A 75-MINUTE SESSION

Lesson #5: Overcoming Work Related Fear

1. Practice a new exercise to remove unwanted stagnated energy from our bodies.
2. Explore how fear is stored in the body.
3. Identify what fear reveals about our personal wellness.
4. Learn a method for releasing stored fear.
5. Cultivate new energy to replenish when we are depleted.

Lesson #6: Calming Work Related Restlessness

1. Learn a method for deep emotional release.
2. Explore how anxiety is stored in the body.
3. Identify what anxiety reveals about our personal wellness.
4. Learn a method for releasing built up anxiety.
5. Experience a meditation for letting go of past experiences holding us back.

Lesson #7: Remembering Your Vision

1. Practice a workout that cares for our energy.
2. Explore our many forms of ego to uncover what they reveal for our healing journey.
3. Learn the three acts of misalignment that signal we are moving away from our Connected Path.
4. Learn three modalities to continue doing our healing work.
5. Experience a meditation to cultivate inner harmony.

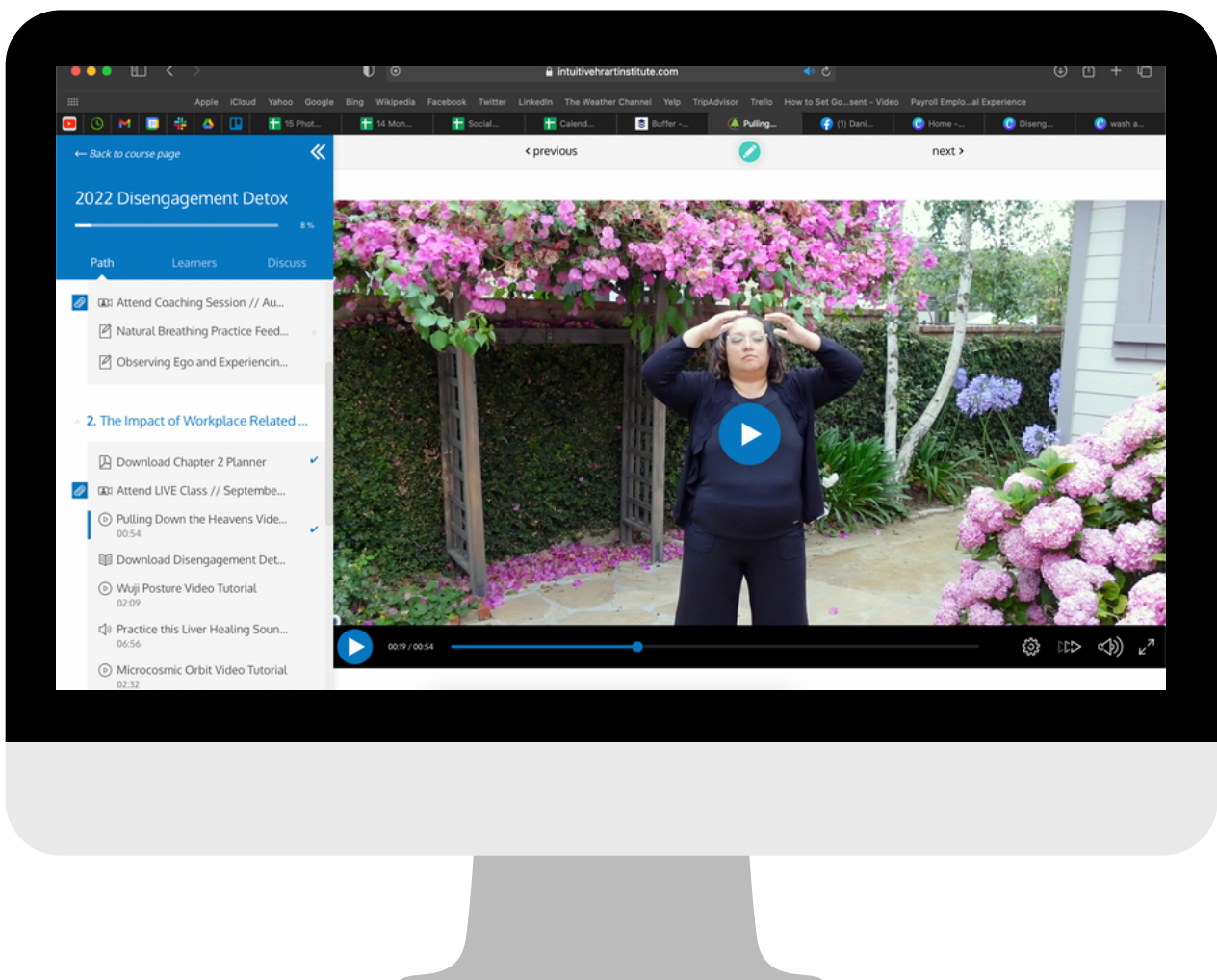
Lesson #8: Strengthening Your Resilience

1. Create our own personal energy care workouts.
 2. Discuss the power of boundaries and how to energetically establish them.
 3. Experience a meditation for energetic protection.
 4. Learn a personal practice for energetic protection at work.
 5. Commit to a personal energy care routine.
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I know that if it was not for me learning about Qigong Therapy I wouldn't be where I am today, which is much healthier and I have gained mental clarity.

TAMIKA B., VP OF HUMAN RESOURCES
DISENGAGEMENT DETOX ALUMNI



PROGRAM TUITION:

One-Time Payment \$797 or
(4) Monthly Payments \$200

GET STARTED

Register online...

Go to: www.intuitiveHRartinstitute.com/detox

Register with a person...

Call (717) 430-2850 or Email hello@HRartcenter.com

Tuition fees may be paid by check via invoice, to do so please contact samm@HRartcenter.com directly.



*See you in
August!*

I know you're tired and I know the world feels so heavy right now. Despite this you keep showing up every day because you care about people. Let's pull you out of survival mode, heal your burnout and disengagement, and strengthen your resilience.



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