

Sing...Dance...Love ...Work...Be Grateful ...Think Positive...Have Fun!



Eileen Lichtenstein
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I'm often asked how I manage to be so active and visible and still have a life. LOL. Yes, balance is important and a daily challenge. It's been said that nothing in the universe is balanced anyway... it's all organized chaos. If that's the case (or not) what we need to do is design a lifestyle and career that **best matches our intrinsic motivations**.(ie: Be passionate about what you do. Yes, you have choices...) Well, I'm so passionate about coaching – speaking-and facilitating that it fits my preferences to a tee that I have an abundance of energy. Of course, **self-care is vital** too! I recently came across this wonderful Scottish Proverb: "*It's only work if you'd rather be doing something else.*" Of course, there is a time-place-season for everything. Turn-turn-turn...

Inner strength and being centered are keys to life and business success! Specializing in work-life balance, stress reduction management, and career issues, I help improve people's ability to access the power already within them to bring about the balance needed to achieve their goals. Balance brings power to the process of decision-making! You will want to be a part of my incredible life changing stress management seminars!

Richard Rutherford,
Aflac, Regional Manager, says:

"EFT together with Eileen's coaching and breathing techniques have helped me focus and achieve certain tasks towards goals as well as a sense of calming and confidence.

I've gained the ability to make decisions with confidence and to follow through. Clarity, calmness, confidence, motivation. Now I have these tools to start each day and transition into new chapters of the day with greater ease."



With a background that includes innovative training, speaking, coaching, fitness-dance and Biofeedback, I offer individuals and groups mind/body modalities integrated with traditional coaching and training strategies to facilitate success.

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