

## Defying Gravity:

*How to find Happiness and Life Balance despite the weight and distractions of life*

### Tell me... does this sound familiar?

Your day is packed full of checking off to do lists, running errands, taking care of responsibilities...but at the end of the day you say to yourself:

***“I got a lot of stuff done today, so why don’t I feel satisfied or happy?”***

Most of us go through life on auto-pilot, from one task or thing to the next, and the needs, responsibilities and distractions of life are never ending, and frankly it can wear you down and sap joy and happiness from your life, if you are not consciously looking for ways to find a life balance.

It's time to learn how to defy the gravity of life that is making you feel weighted down and causing you to feel drained and imbalanced.

### In this 20 minute presentation, you will learn how to:

- Define what in life is causing you to feel weighed down
- Discover how to create a personalized life balance plan which will help you feel lighter and happier
- Learn simple and easy structures and strategies to help you live out your new life balance plan

*“She uses a four-key approach: integrating balance in not only the physical realm of my work and personal life but also in the mental, emotional and even spiritual realms...  
Holly is so very supportive and has mastered mentorship! I unreservedly recommend her”*

*R.R. MBA, Entrepreneur, Writer and Consultant in the Naturopathic Industry*



### Holly Hansen

Holly deeply believes in helping people find out what will uniquely create meaning, happiness, balance and contentment in their lives. She creates a sacred, positive and supportive learning and coaching space to help her clients learn, explore and grow. In her coaching practice, she draws from unique life experiences: from her own wealthy family complex dynamics to early exposure to the entertainment/music industry, as well as successfully overcoming her own personal barriers to happiness. *International Coaches Academy Advanced Program- ICF recognized program.*