

# The Science of Happiness is proven to increase well-being!

## It works!

- Experience less stress, anger, and depression
- Learn faster, and think more creatively
- Increase productivity (up to 12%)
- Improve health & reduce the negative impact of stress on your body
- Elevate Immune System
- Increase Resilience to Change



1 [http://www.mayoclinicproceedings.org/article/S0025-6196\(16\)00043-4/abstract](http://www.mayoclinicproceedings.org/article/S0025-6196(16)00043-4/abstract)

**FACT:** 75 – 90% of all doctor’s office visits are for stress-related ailments.

**FACT:** 1 in 10 Americans are affected by depression.

**FACT:** Less than 3 percent of Americans live a ‘Healthy Lifestyle’.<sup>1</sup>

## Elevate Yourself with Lifespiration Wellness Retreat



The *Lifespiration* Wellness Retreat harnesses the Science of Happiness empowering you to achieve holistic wellness, Mind, Body, and Spirit. The elements of this highly effective program are used by employers, hospitals, health plans and other organizations to help the individuals they serve become healthier and happier for life.

### Unmatched flexibility

No other program offers 6 hour, full-day, and multiple day options that let you tailor a program to your organization’s unique needs while providing an experience designed to promote wellness in mind, body, and spirit.

### A systematic approach to wellness

*Lifespiration* Wellness Retreats helps participants develop a plan of action for healthy lifestyle changes and an opportunity to experience immediate and measurable results, all while providing the support they need to execute their plan on an ongoing basis.

### Scientific behavior-based methodology

Based on current behavior change models, the program addresses adopting whole-person wellness in a supportive and engaging style. Who says science can’t be fun?

“THE TRAINER, WILL RUCKER, WAS GREAT! VERY ENGAGING.  
MOTIVATIONAL. EVERYTHING WAS EXCEPTIONAL.”

-College of Southern Nevada

# Workshop Options



## Meditation for Mental Strength

- Learn the science behind meditation
- Four highly-interactive guided meditation sessions
- Introduction to Breathing for Better Health

## Pricing

- \$999.95 for up to 8 participants
- 3 hour workshop
  - Discounts for additional participants
  - Take home meditation guide

## Lifespiration Wellness Workshop

- Delivered in small group settings
- Evidence-based elements for mind, body, and spirit
- Motivational keynote presentation
- includes Meditation for Mental Strength

*Choose from two invigorating options:*

Option A	Pricing
Winning With Will provides a local yoga instructor, workshop facilitator, and coordinates workshop delivery at the spa site.	\$1,699.95 for up to 8 participants <ul style="list-style-type: none"><li>• Facilitator travel costs are billed separately; fees to be determined</li></ul>
Option B	Pricing
Winning With Will trains designated employee(s) to deliver workshop content. Upon completion, trained facilitator(s) may deliver an unlimited number of workshops to clients over a one-year period.	\$2,699.95 for a one-year license to a single facility <ul style="list-style-type: none"><li>• Facilitator travel costs are billed separately; fees to be determined</li><li>• Discounted rate for Keynote presentation</li></ul>

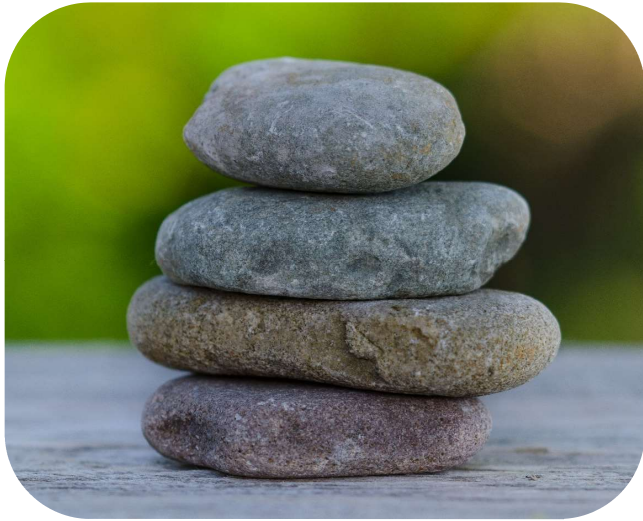
## Lifespiration Premier Wellness Retreat

### 3 Days for a healthy mind, body, and spirit

- Includes expanded Lifespiration Wellness Workshop
- Alleviate physical pain by acknowledging, accepting and releasing trapped emotions

## Pricing

- \$5,699.95 for up to 8 participants
- Facilitator travel costs are billed separately; fees to be determined



## A smart choice for businesses and individuals

### Workshop Elements include:

**Attitude of Gratitude** – Enjoy a more fulfilled and blissful life by adopting an attitude of gratitude. Learn how you can make this gratifying lifestyle change.

**Benefits of Massage & Touch** – Massage therapy is an ancient form of healing that has many benefits. Learn the history of massage therapy, massage as treatment for chronic and acute symptoms, and massage therapy for stress relief and well-being. As a bonus, you will learn how to master the ‘20-second hug’.

**Yoga** – The body is the one thing that stays with us throughout a lifetime. Yoga practice is a way to extend the body’s capabilities by creating balance, strength, and flexibility while releasing stress.

**Meditation & Mindfulness** – The ‘fight or flight’ reflex wreaks havoc on our body, mind, and spirit. Learn four forms of meditation and practice mindfulness exercises that are proven to help you remain centered, reduce stress, and strengthen the immune system.

Schedule your workshop *today!*

Call us: (702) 483-8007

Email us: [Will@WinningWithWill.com](mailto:Will@WinningWithWill.com)

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### About Will Rucker Speaking & Coaching Services

“Where there’s a Will, there’s a way” may be a popular cliché to some, but for Will Rucker it’s a way of life. Offering a one-of-a-kind view of life and the world, Will provides valuable insight that transcends a single area of focus, fostering holistic wellness, enhancing the quality of the whole-person life experience.

Will Rucker is a master at unlocking the hidden potential within every human being. Using his signature approach appropriately called “Will Power,” Will creates a custom experience for each client based on science, spirituality, and knowledge gained over more than a decade of coaching individuals, groups, and businesses.

*Past and current clients include:*

