

# Restoring your ideal life balance

## Your family benefits



Jan 2021

Would you love more harmony at home?

Learn to stress less and adore more

No fee/no obligation introduction meeting

Six structured family engagement sessions

Personalised rebalancing plan for each family member

Post program support in sustaining your harmony plan

Investment for a happier family life: €1795

# Program Features

## **CALMER HEADS**

Helping you and others remain calm when needed most

## **ACTIVE LISTENING**

Family workshops in better taking others' perspective into account more often

## **GAINING BUY-IN**

Engage all the family in compromise and agreement

## **MUTUAL SUPPORT**

Family members hold each other accountable to adhering to harmony agreements

## **SUSTAIN FAMILY BENEFITS**

Permanently enjoy and cherish the benefits of a better balanced family life

## Learn more

email: [seamus@poweringhealth.ie](mailto:seamus@poweringhealth.ie)

call: +353 1555 3850

web: <https://www.poweringhealth.ie>



## Connect with Seamus

[CLICK HERE](#)

to book your free, no obligation, introduction to family harmony