

Compassionate Leadership: Empowering Positive Transformation

An experiential day integrating mind, body & spirit practices.

9:30 Registration

10:00 -12:00 Laughter Wellness

Experience the art and science of choosing to laugh on purpose.

Laughter Wellness is a lifestyle wellness workshop enhancing health through laughter, joy and connection. Join us for two hours of Laughter-Infused Wellness activities - breathing, integrative movement and positive connections. Laughter Wellness has a long list of documented health benefits, and uses no jokes or comedy. As an interactive body mind practice, laughter wellness invites you to laugh regardless of how you are feeling. *Exercise your FREEDOM to laugh!*

Dr. Sharon Montes, MD, a certified laughter wellness facilitator, is the former medical director of the University of Maryland School of Medicine Center for Integrative Medicine. She has an integrative wellness business based out of northern Colorado and the founder of Living Joy Now - coaching and consulting www.livingjoynow.com

1:30 -2:30 Quintessential Intelligence

Leading from the Future as it Emerges in Fostering Wellness

“My goal, purpose and social mission is to foster the integration of whole plant food and medicine to activate our innate intelligent power to heal ourselves – especially naturally occurring hemp in healthy consumer food choices and practices.”

Cherie Arnold, Founder, Chief Executive Officer, MediQI Energetics - as senior product developer and entrepreneur, has been a visionary force for over 30 years in leading corporate business, wellness practices, social enterprise and wellbeing for quality of life experiences. Cherie founded a startup nutritional hemp company, MediQI Energetics, website: MediQiEnergetics.com. Cherie also is the founder of the QI Life Sciences Institute, and Policy Reform Leadership Network. This purposeful work involves developing life matters practice around the quintessential intelligence existing between the human, plant and endocannabinoid systems which communicate and integrate intelligence, wisdom and healing the way Nature intended.

2:30-5:30 Transformational Leadership & Wellness Practices

The afternoon will be a combination of experiential presentations in leadership and lifestyle wellness practices presented by Utah practitioner's including acupuncture, hypnotherapy, meditation, movement, sound healing and more.