



# **STEVE FRIEDLAND ASSOCIATES, INC.**

**NEXT LEVEL LEADERSHIP & ORGANIZATION DEVELOPMENT SOLUTIONS**  
**MANAGEMENT CONSULTING • KEYNOTES • EXECUTIVE COACHING • TRAINING**  
**P.O. Box 1158, Lake Oswego, OR 97035 • 503.875.0444 • [www.stevfriedland.com](http://www.stevfriedland.com)**

## ***NEXT LEVEL INSTITUTE***

### **NEXT LEVEL WELLNESS: Transforming Stress Inside and Out**

Next Level Wellness (NLW) is a life-changing program with an engaging design to enable participants to “go deeper”—to discover what and how they can change and transform to create “next level” wellness—less stressed, improved performance, happier, healthier, and more fulfilled professionally and personally inside and out.

Through stories, humor, experiential exercises, assessments, and research, NLW provides participants a safe context to engage, reflect, discover and learn key insights, principles, practices, tools, and skills drawn from various interdisciplinary fields to help transform being and feeling over-committed, overwhelmed, and stressed-out into someone experiencing and thriving in “next level” wellness.

*Core topics will include:*

- Peak performance principles and practices for optimizing health and well-being
- Cognitive beliefs, behavioral, and lifestyle practices to reduce stress reactions
- Aligning one’s choices and actions with “universal” truths
- Exploring key dimensions of wellness and renewal
- Media, social media, and tech tools—managing what, how much, and usage
- Creating and maintaining healthy boundaries in diverse relationships
- Contemplative, cognitive, behavioral, and lifestyle practices and well as interpersonal relationships that help create and maintain “next level” wellness

Next Level Wellness (NLW) can be customized and delivered as a half-day or full day program. Additionally, NLW can provide further support for individual needs through scheduled **T-sessions**<sup>®</sup> which are safe and confidential counseling-coaching sessions to help a participant further identify, explore, address, strengthen, and integrate specific “next level” development needs and goals.