



Embodiment and Integration Coaching for Leaders with Sheryl Utal



The Problem

A new survey from Deloitte and Workplace Intelligence reveals that roughly 40% of people say a toxic work environment is harming their mental, physical and social wellbeing. So much so that 60% of employees and 75% of the C-suite say they're seriously considering quitting their jobs for ones that would better support their wellbeing. Another global study found that 38% of workers hate their jobs so much they wouldn't wish it on their worst enemy.

The Opportunity

Work is under intense review and the old superficial "Workplace Wellness" is history. Almost 1 in 5, or 18%, of global employees are loudly quitting or actively disengaged, according to a new report from Gallup of more than 120,000 global employees. Leaders are thirsty for a new way of showing up in the world that's more intentional, spiritually connected, energetically aligned and conscious.



About Sheryl

Expertly delivered inspiration and education that supports personal and organizational wellbeing based on **Psychoneuroimmunoendocrinology**.

Detoxification



Hydration



Movement



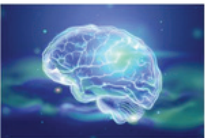
Self Care



Sleep



Mental Fitness



Vision



Nature



Nutrition



Relationships



Sheryl has over 18 year experience in wellness. She devoted herself to supporting the lives of others after she healed herself from an autoimmune disease that she was told was incurable.

She is the founder of the chain of yoga studios called Red Diamond Yoga and the Digital Health Platform Japa Health. She has personally taught 10's of thousands of classes and equally as many students.

12 Week Coaching Program Topics

- Holding space and grounding
- Empowering use of language
- Set, Setting, intentions and going inward
- The nervous system and bio-energetics
- Embodied cognition and emotions
- The Chakras, Kundalini and Meridians
- Heart intelligence and coherence
- Mechanics of breath
- Different breathing techniques
- The shadow, ego, and yin/yang energy
- Brain waves, flow states and meditation
- The Endocrine and Immune System
- Elements of Trauma
- Informed Facilitation
- Understanding Tetany, Shaking and Out of Body Experiences
- Benefits of Breathwork and Somatic Practices and How to Teach Them in a Session
- Sequencing a session
- Integration Techniques
- Issue Management





The Vision

Conscious, embodied and heart centered leaders living on purpose as walking examples of integrity for their teams to joyfully contribute immense value in a way that aligns with both their individual values and those of their organization.

The Transmission

- Initial assessment
- Customized plan
- 3 1 hour calls a week
- 2 in person meetings a month
- Reading and writing recommendations
- Feedback and accountability
- Personalized training manual
- Confidentiality
- Continued personal support



Testimonials

"I recently participated in a Japa Health retreat and I left with a feeling of immense gratitude for the knowledge and useful techniques shared by the Japa team, and simply for the opportunity to be a part of such a powerful experience. Japa's approach was warm, friendly, organized, practical and supportive. It gained so many valuable tools and techniques – many of which I didn't even know I needed - and am eager to apply what I learned in my day to day."

Ken Cruse, CEO Soul Community Planet



"As a high-performing C-level executive, I've attended countless retreats, but none have been as impactful as the Japa Health retreat. I have to tell though, Japa really opened my eye to some exciting possibilities for not only MY health but the health of my team and my family. The tools to navigate and self-regulate were invaluable."

Greg Palmer Chairman & CEO Supplemental Health Care

Personal Benefits

- Improved focus and clarity
- Greater ease through life's ups and downs
- Sense of purpose, peace and heart centered awareness
- Confidence leading others through transformation
- Higher tolerance for discomfort
- Reduced temptation for distractions
- Less dependency on medicine
- Improved relationships
- Deeper fulfillment
- Increased presence and intentionality
- More fun!

Organizational Benefits

- Increased productivity
- Greater collaboration
- Reduced conflict
- Reduced sick time
- Improved trust
- Increased brand loyalty
- Reduced health care expenditures



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