

## RMA St. Louis presents Your Intentional Life

The St. Louis Chapter of The Risk Management Association is pleased to commence its 2021 programming with a five-part series designed to help you be your best self.

Please join us on a journey toward a more intentional life.

**Workshop 1: Dr. Linda Wheatland Smith - January 14, 2021 at 3:00 p.m. C.T.**  
**Your Wellness Inventory: Prevention and Inspiration for our new paradigm**

Did you sleep last night? Did the sun hit your eyes early this morning? Did you take a brisk walk? How do you settle down and find refuge in relaxation? Can you digitally detox and disconnect? And how do you cope with loneliness and isolation in the time of COVID? We will reflect on ourselves and our current lifestyle choices. We will consider habits including good nutrition and exercise to ward off viruses and keep our immune systems functioning at their best. Can supplements help us? We will create a peaceful moment with guided meditation. We will consider our personal wellness goals.

**For this Session please:**

- Wear comfortable clothes
- If possible, in setting up for the session, allow yourself room to move and have a rug or mat to stretch out on
- Have a chair and a small pillow nearby
- Turn off your cell phone and plan to be free of interruptions
- Consider the following questions in advance of the session
  - Taking care of ourselves in the time of COVID has provided unique challenges for each of us. What has been most challenging for you during this time? Examples include:
    - Getting a good night's sleep (defined as 7-8 hours with minimal interruptions)
    - Getting outside to exercise and let the sunshine on us
    - Finding time and energy to eat healthfully (5 fruits and vegetables per day, high fiber choices of foods including beans, whole grains, avoiding processed foods)
    - Finding moments of quiet to do nothing, meditate, listen to nice music, enjoy the moment
    - Finding ways to connect to friends and family
  - What are your wellness challenges generally?



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### **Workshop 2: Ellen Gusdorf Faye - January 28, 2021 at 3 p.m. C.T.**

#### **Power Up Your Productivity**

Do you have enough time to do everything you want to do? Are you getting your most important work done? Do you even know what your important work is? And what about getting time to do things that you want to do? In this workshop you will learn important productivity principles and methodologies, and then apply them to your life through interactive exercises. We will look at time management vs. task management and how to shift your task list to a priorities list. We'll talk about goals and how they inform the decisions you make around your priorities. And we'll look at the impact of stress, perfectionism and procrastination on our productivity.

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### **Workshop 3: Ellen Gusdorf Faye - February 11, 2021 at 3 p.m. C.T.**

#### **Time for Success**

Integrate the principles we learned in Workshop 2 as we dig into tangible exercises to create time for success. We will create a Time Map – a vision board for your time, discuss tips for working at home, and get clear on how to best set boundaries. Then we will bring it all together by creating your very own Time Success Formula to serve as your guide for a most successful 2021.

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### **Workshop 4: Janine Adams – February 25, 2021 at 3:00 p.m. C.T.**

#### **Declutter for Good**

Do you have an overabundance of items in your home or office that get in the way of your living with ease? Do you sometimes create order and then struggle to maintain it? In this workshop you'll learn the benefits of decluttering and organizing and some principles of organizing that apply to most every situation. And then we'll discuss the nuts and bolts of decluttering, so that you'll feel empowered to address the spaces in your home or office that are bothering you. You'll learn about creating organizing systems that work for the way you think and creating beneficial habits that stick.

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### **Workshop 5: Dr. Linda Wheatland Smith – March 11, 2021 at 3:00 p.m. C.T.**

#### **Checking in on Your Wellness Plan**

We will reflect on the past weeks since we first met. What were your most challenging moments? How does your body feel about how you are treating it? And what were your wellness successes? We will stretch, meditate, and develop creative individual approaches to managing stress. We will revise our wellness goals including a plan for healthier eating, exercising and stress management. We will inspire each other to stay the healthy course!

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**Janine Adams, CPO**



- Certified Professional Organizer (CPO)
- Past President, St. Louis Chapter of the National Association of Productivity & Organizing Professionals
- Learn more about Janine at:  
<https://www.peaceofmindorganizing.com/> and  
<https://www.linkedin.com/in/janineadams/>

Janine Adams, a Certified Professional Organizer (CPO), founded Peace of Mind Organizing<sup>®</sup> in St. Louis in 2005. Her teams of organizers help clients create swift and dramatic changes in their homes. Janine blogs at [www.peaceofmindorganizing.com](http://www.peaceofmindorganizing.com) and with life coach Shannon Wilkinson, hosts a podcast called Getting to Good Enough, about letting of perfectionism. An avid genealogist, she started the blog Organize Your Family History in 2012.

**Ellen Gusdorf Faye, PCC, CPLC, CPO<sup>®</sup>**



- ICF – Professional Certified Coach
- Certified Productivity Leadership Coach
- Certified Professional Organizer
- Past President, National Association of Productivity and Organizing Professionals
- Learn more about Ellen at: [www.ellenfaye.com](http://www.ellenfaye.com)

**Linda Wheatland Smith, D.C.**



- Doctor of Chiropractic
- Certified in Acupuncture
- Learn more about Linda at: <http://handsonhealthstl.com/about-us/>



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### Registration Information:

- **Presentation Format:** WebEx - Link for applicable session will follow via e-mail upon registration
- **Workshop Coverage, Presenters and Dates:** Please check which session(s) you wish to attend:

Cost			
<input type="checkbox"/>	• Session 1 -Wellness Inventory	• January 14,2021	\$25.00
<input type="checkbox"/>	• Session 2 – Productivity	• January 28, 2021	\$25.00
<input type="checkbox"/>	• Session 3 – More on Productivity	• February 11, 2021	\$25.00
<input type="checkbox"/>	• Session 4—Organization	• February 25, 2021	\$25.00
<input type="checkbox"/>	• Session 5 – Wellness Plan Check-up	• March 11, 2021	\$25.00
<input type="checkbox"/>	• Register for all sessions.		\$100.00

- **Time:** All Sessions will **start** at **3 p.m. C.T.** and **end** at **4:15 p.m. C.T. (75 Minutes)**. An opportunity to ask questions and to network will be provided.
- **Access:** Upon registration and receipt of payment, a link for the applicable WebEx Session will be delivered to the e-mail address provided.
- **Register** for all or individual sessions at <https://community.rmahq.org/stlouis/home?ssopc=1>.
- **Contact** Rose Corbett at [rmast.louis@gmail.com](mailto:rmast.louis@gmail.com) (573) 301-6111 with any questions you may have.