

Looking for a Speaker for your Meeting or Event?

The practitioners at Full Spectrum Wellness LLC and our sister company, Platinum Principle Training & Development LLC are experienced, well-received presenters and trainers who have spoken at every type of event from international conferences to local business group meetings. Below is a list of topic areas. To find out more information and/or to book a speaker, please call 603.296.0830 x6

Wellness

- Mindfulness & Stress Reduction
- Yoga Demonstrations
- Relaxation Skills /Meditation Demonstrations
- Holistic approach to Self-Care in a Fast Paced World
- The Law of Attraction & Attachment
- Creating Abundance
- Healing Your Relationship with Money
- Reiki Overview
- De-Cluttering/Simplifying Your Life
- Simplifying The Holidays
- Finding Your Energy
- Finding Your Life's Passion

Business/Non- Profits/ Organizational

- Secrets to "Playing Well With Others": Increasing Your Interpersonal Effectiveness in Business and Beyond
- Achieving Your Goals: Methods of Getting What You Want That Match to Your Personality Style
- The Psychology of the Bottom Line
- Prosperous Practices (For solo practitioners/small business owners)
- Developing Effective Vision & Mission Statements
- Creating Unique Value Propositions (For solo practitioners)
- Team Building
- Real Time Stress Management
- Finding Your Energy, Increasing Your Productivity
- Leadership, management and teamwork
- Non-profit administration and fund-raising

Mental Health/Education

- Autism/ Asperger's Syndrome/PDD Overviews
- Radical Self- Care for Parents of Children with Special Needs
- Teaching Social Problem Solving

- It IS Rocket Science: Understanding the Opposite Sex
- When is it Clinical Depression vs. Ordinary Sadness?
- Proactive Strategies to Manage S.A.D.(Seasonal Affective Disorder)
- The Stages of Divorce: What's "Normal" From Before to After a Divorce
- Is this Stress or Could it be Anxiety?
- Couples and the Keys to Successful Communication
- What to Expect When You're Getting Married
- Pro-active Preparedness for Post-Partum Depression
- Empty Nest, Empty Life? Redefining and Finding Your "Self"
- Common Sense Parenting: Back to the Basics
- The Overscheduled Parent: Managing the "To Do's" in Your Child's Life
- Stress Management/ Reduction
- Positive Behavior Management
- The Use of the Arts in Counseling
- The Use of the Arts in Geriatric Care
- The Use of the Arts in Intergenerational Work
- Geriatric Needs
- The Arts and Trauma Recovery
- Trauma and Trauma Recovery
- Abuse Recovery
- Addiction Recovery
- Concurrent Sexual Abuse and Sexual Addiction Recovery
- Freudian Processes in the Classroom
- Practical Theology: Church's Response to the Sexually Broken
- Transformational Learning