



TKI REMARKABLE WELLNESS
DISCOVERING HEALTH THROUGH PURPOSE

CORPORATE WELLNESS

We as a society are suffering with anxiety, fear and exhaustion. On top of that, wounds of historical racial disparities are reopened and significantly impacting daily interactions. Employees are putting on happy faces while living with doubt about job security, and quite honestly, the safety and welfare of their families and property. Conscious and proactive efforts are needed to support employees' mental health and our global spirit NOW! Tonya Kinlow has created online webinars that deliver results for organizations in this stressful environment. Through her Remarkable Wellness webinars, participants will experience an alchemy that will elevate thinking, gain support in this challenging time, and help rediscover calm. Healthy choices, clarity, productivity, connection, and remarkable wellness are the result. Discover the mind/body/spirit connection to regain health and protection over life's circumstances.

TKI Remarkable Wellness Corporate packages include but are not limited to:

- ◆ One to Two-hour Customized Webinar Speaking Events
- ◆ Wellness Coaching & Guided Meditations (based on scientific research & the seven intentions)
- ◆ Curated Workshops - addressing group morale and business ethos
- ◆ *The 10 Days* book & *A Wellness Journey* journal packages
- ◆ Dedicated Email Communication and Private Facebook Group (with additional tips and resources)
- ◆ Wellness Journey- A tailored & guided wellness series w/ TKI books & coaching (Full-Service Package)

About Tonya Kinlow:

Tonya (TK) Kinlow is a nationally sought after Health & Wellness Lifestyle Entrepreneur, a Certified Health & Wellness Coach, and an Author. Her three books, *A Year of (ME) Mindful Eating to Improve Wellbeing*, *The 10 Days: A Wellness Retreat for Personal Transformation*, and *A Wellness Journey*, are all dedicated to health and wellness through mindful living. She writes a weekly blog, *Mindfulness Matters*, raising awareness for living a holistically healthy life. Before her success as a Wellness Entrepreneur, Tonya worked for over 25 years in Corporate America and launched the *UGottaEat* app, creating a virtual marketplace for independent chefs to cook fresh and healthy meals for local communities. As a serial entrepreneur and health coach, TK continues to dedicate herself to her higher mission, improving the overall health and wellbeing of society. Current clients include GE, Global Technologies, All Nations Church and personal coaching for many global executives.

For more information visit [www. RemarkableWellness.us](http://www.RemarkableWellness.us)

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