



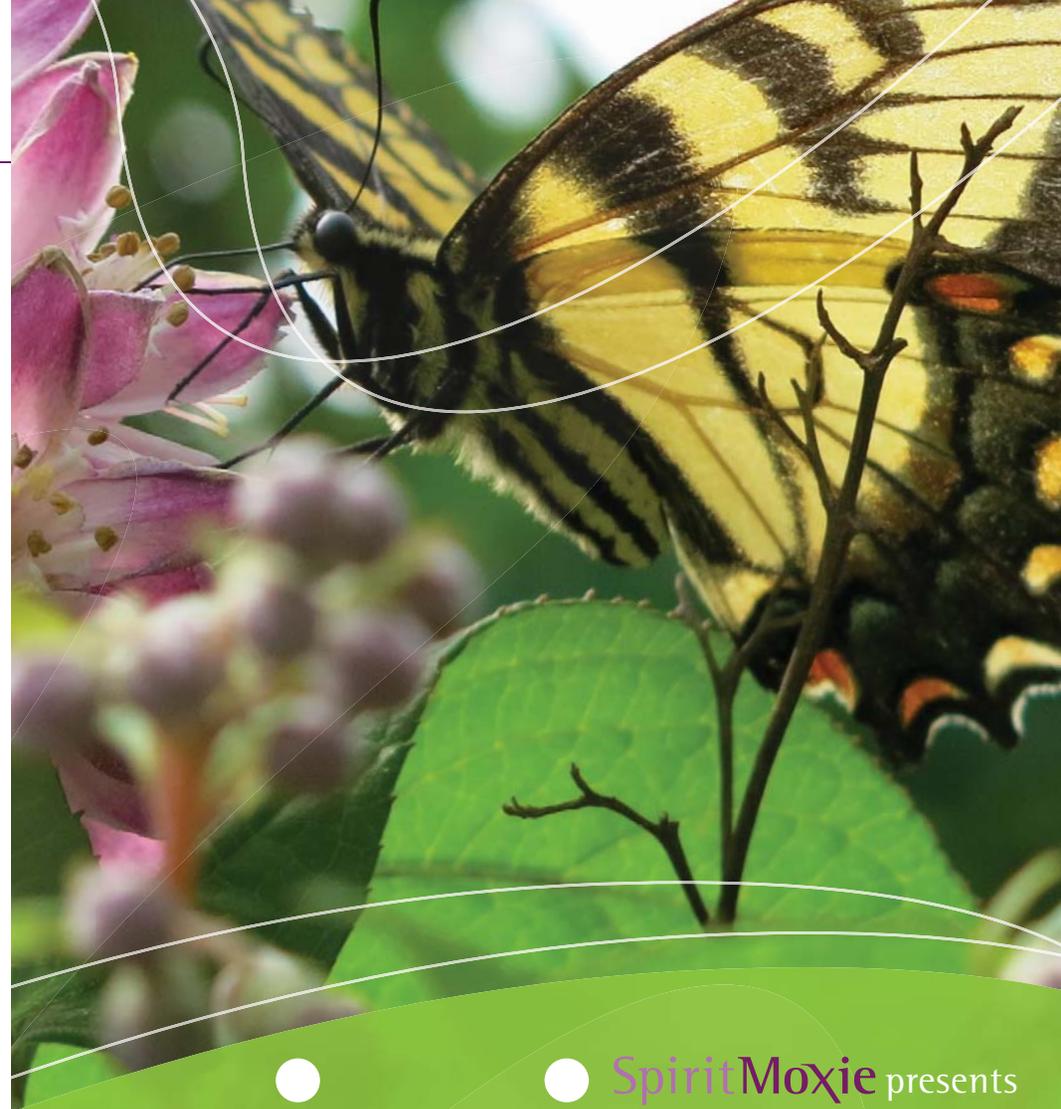
Sally B. Sedgwick

Sally B. Sedgwick has been working with organizations and groups, both secular and religious, for over 30 years. Trained academically and through personal study in theology and spiritual growth, she brings personal experience, a deep sense of inclusiveness, and a lively appreciation for all that's possible to Spirit Moxie. She loves travel, great food, and the unexpected; reads mysteries; gives parties; and is up for a conversation and a walk almost any time. She believes the spirit is searching for ways to change the world and invites you along to help.

If you like official resume information, you can find one for Sally at www.spiritmoxie.com/biography

Contact us now to learn how Living Consciously can work for you.

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• SpiritMoxie presents
living
consciously
workshops & retreats for our day-to-day life



SpiritMoxie.com

Would you like to be more productive, healthier, and happier? Maybe it's time to hit pause. Or at least to play your life in real time rather than in fast forward, rewinding to see what you've missed. We've become increasingly busy. Work weeks aren't long enough. Weekends go by in a blink. But multiple studies and experiments have shown that rather than making us more effective, busyness actually slows us down.

Do you keep reliving the past?

How much time do you spend in "if onlys" and "what ifs?" Are you grieving a loss, playing it over and over? Do you spend a lot of time remembering when things seemed easier or, at least, different?

Do you worry about the future?

Do you spend time planning as the only way to get things done? Does your "to do list" feel overwhelming? Are you often lost in dreams? Do worst-case scenarios seem to follow you?

What are you missing?

What if you truly saw the world as beautiful and good? What if time was a servant rather than something that controls you? Living Consciously is an invitation to reconnect with your world.

Explore who you are

- With your family
- At work
- Walking down the street
- At the store
- Playing (you do play, don't you?)

Enhance how you

- See others
- Connect with everything
- See yourself

Embrace and claim

- Your place in the world day-to-day
- Exciting things to learn about yourself

All without new programs to join, projects to "do," or books to study

Living Consciously Workshops & Retreats

- can be as short as one hour to as long as several days, but at least one whole day is recommended
- are appropriate for groups, religious or secular
- involve no new programs to join, projects to "do," or books to study
- can help build relationships among a staff or governing board

