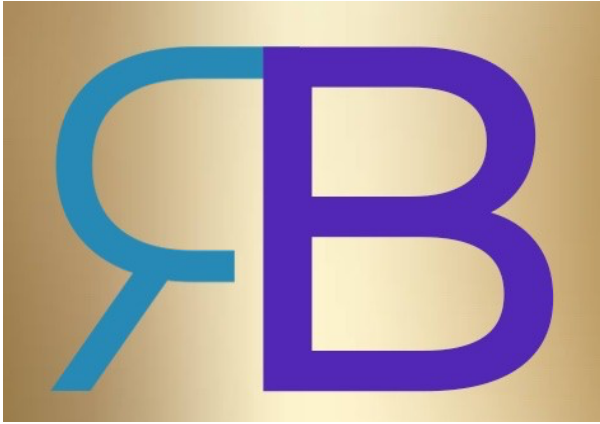


REINA BACH



Are you feeling stuck, distracted, indifferent, unhappy? How about a sense of overwhelm or disengagement in your work or personal life? Have your work and personal relationships taken a toll? Does your life feel like it's on autopilot and you are asleep in the back of the plane? Have you lost who you are along the way to success? Are you wondering what's missing or if your life could be better, asking yourself, "Is this it?"

Would you like to feel more energized, engaged, empowered and happy? You can liberate yourself from the weight of stress and overwhelm and feel more focused, empowered, and lighter. You can rediscover a sense of deeper fulfillment in your personal and professional life. Coming from a place of calm alignment, you'll be better able to deal with challenges that arise, think more clearly, inspire more creativity, and make better decisions. Rejuvenating your wellspring of inner fulfillment can also help improve your relationships at work and in your personal life.

After going through an "etch-a- sketch" experience losing a friend, I looked at my own life as a corporate executive. Outward success was not as fulfilling as I'd hoped. Something was missing. Finding myself again renewed my passion for life, raised my vitality and restored a deeper joy I'd longed for over the years. In my work, I guide my clients through an experiential process that engages their senses. I integrate my extensive experience as a certified executive coach, an engineer, and software developer combined with my background as a trained French chef and Executive Sommelier to help my clients design and live happier and more rewarding lives. I can help you reach the state of happiness you're wanting!

A Few peaking Topics

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- Space & Grace: Strategies to Find Inner Calm & Focus
- Finding the Joy Within Your Reach
- Mind the Vine: Accessing Joy through Wine Tasting
- Accessing Joy Through Your Senses
- Recalibrate to Rejuvenate
- Get Your Life Off Autopilot!
- Leading with Joy
- Resuscitate Your Life: 3 Secrets to Creating a Joyful Life Beyond Your Wildest Dreams