

## ABOUT KAREN

M.Ed. Counseling & Development  
Auburn University

B.S. in Business Administration  
Urbana University

A.A.S. in Human Services from  
Edison Community College

Graduate Edison Community  
Leadership Program



### Specialized Trainings:

Stress & Crisis Management

Suicide Prevention

Wellness & Recovery

Women's Spirituality

Guided Imagery

Energy Work

Empowering clients with  
the necessary skills to be  
well Mind-Body-Spirit

MINDFUL  
AWAKENING L.L.C.

Karen L. Schultz, M.Ed., B.S.

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*Mindful  
Awakening  
L.L.C.*

*Awaken To Wellness*



*Mind—Body—Spirit*

**Karen L. Schultz, M.Ed., B.S.**

**Life & Wellness Coach**

**www.mindfulawakening.com**

# SERVICES OFFERED

## LIFE SKILLS CLASSES

### Bullying Prevention

- Professional Development Workshops for Teachers & Staff
- Presentations for students
- “Bully-Proofing Your Kids” for parents

### Stress Management Classes

[Individual or group sessions]

- Learn how to S.T.O.P. Stress
- “Stress-Busters Lunch Hour”: Balancing Work-Life & learning to relax [45 minutes—1-hour]
- Relaxation

## LIFE

### COACHING

- Building Goals for Success
- Balancing Work-Life
- Invest in Yourself
- Job Readiness

### Home Wellness Parties

#### “Self-Care for the Hectic Goddess”

Need a relaxing evening at home with a few of your favorite friends?



Have fun while learning

#### *Mindful Relaxation*

*Complimentary Goddess Self-Care Kit for each guest*



### Women’s Spirituality

- Individual Consulting
- “The Awakened Women” Seminars
- Meditation Classes
- Energy Work
- Guided Imagery

**Contact Karen**

**937-216-5834**

**[Karen@mindfulawakening.com](mailto:Karen@mindfulawakening.com)**