



## ***Connecting within for lasting change...***

### **The Healing Connection's services help you:**

- **Increase your self-confidence and sense of self**
- **Experience greater focus and energy**
- **Build positive, solid relationships**
- **Manage day-to-day stress**
- **Feel centered and grounded**
- **Relax easily and effectively**
- **Connect with your heart**

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***Peggy's Self Reiki Meditation Through the Chakras MP3 now available on Amazon and iTunes!***

**Peggy Koelliker**, Holistic Energy Coach, Professional Development Coach and owner of **The Healing Connection**, provides simple, cutting-edge strategies to help you increase the overall quality of your personal and professional life. She does this through private client services, workshops, and speaking engagements.

#### **■ ■ Our Professional Development Services**

Our professional development services will help you take your skills to the next level in public speaking, listening, clarity of thought, goal-setting, rapport-building, effective communication, posture and presence, while increasing your confidence and sense of self.

#### **■ ■ Our Holistic Health Services**

Your energy system is the foundation that supports your physical, mental, emotional and spiritual health. When its integrity is compromised through the stresses of everyday living, you don't feel well. We offer a variety of strategies to keep your energies flowing for optimum health, increased vitality, spiritual awareness, a peaceful mind and deep relaxation, including Reiki, Eden Energy Medicine, Emotional Freedom Techniques (EFT), Jin Shin Jyutsu and RoHun (spiritual chakra balancing).

Our holistic health classes include Reiki, Eden Energy Medicine and Emotional Freedom Techniques (EFT).

#### **■ ■ Speaking Engagements**

We welcome opportunities to speak to your group or business about ways to optimize your energies for increased productivity, focus and vitality...and have fun while you're doing it!